



Volume XL No. 4

Santa Clara County Newsletter

April 2015

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General Meeting, Tuesday, April 14, 2015

Presentation of Documentary *The Shaken Tree: Families Living with Mental Illness*

The Shaken Tree is an award-winning documentary that illuminates — through a collection of stories — the journey families experience when one of its members has chronic, persistent mental illness. The film provides hope to families that they are not alone and describes ways to live life fully while sharing it with someone who has a mental illness.

Our presenter, **Diana Guido** (with Behavioral Health Department’s Office of Family

Affairs), will introduce the documentary followed by a viewing of the 30-minute film. Afterwards, there will be a Q&A session.

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

Silicon Valley Gives: A Day of Giving

On **Tuesday, May 5, 2015**, the Silicon Valley Community Foundation (SVCF) will once again raise money for local nonprofits. Last year’s event — the first-ever Day of Giving — was a phenomenal success: Over **\$8 million** was raised for 700 nonprofits. This year thousands of people will again show support for their favorite nonprofits. Every donation we get will help us claim our share of thousands of dollars in prize money. This is going to be a big event!

And helping is as easy as 1-2-3:

1. Mark **May 5, 2015** on your calendar and link to our Silicon Valley Gives page www.razoo.com/story/namisantaclara
2. Follow us on Facebook: [Facebook.com/namisantaclara](https://www.facebook.com/namisantaclara). Follow us on Twitter: [@NAMISantaClara](https://twitter.com/NAMISantaClara). Help us build the buzz.
3. Spread the word! Share this info with family, friends & colleagues in your professional network.

Calendar:

- Apr. 5 / Sun.**
Nature Walk (p.4)
- Apr. 5, 12, 19, 26 / Sun.**
Recovery Support Group (p.4)
- Apr. 7 / Tues.**
NAMI Board Meeting (p.3)
- Apr. 8 / Wed.**
NAMIWalk Kick-Off Luncheon (p.3)
- Apr. 14/Tues.**
General Meeting & Installation of Board Officers
- Apr. 15 / Wed.**
Momentum Family Night: TED Talks
- May 5 / Tues.**
Silicon Valley Gives
- May 30 / Sat.**
NAMIWalk in San Francisco

Momentum for Mental Health Family Advisory Board Presents Family Night: TED Talks—When Mental Illness Enters the Family

Momentum for Mental Health in collaboration with its Family Advisory Board will present an evening to view TED Talks focused on the topic “When Mental Illness Enters the Family,” followed by a discussion. The evening will be hosted by **Dr. Lloyd Sederer**.

Everyone is welcome to attend. Refreshments will be served.

WHEN: Wed., April 15, 2015
7-9 P.M.

WHERE: 2001 The Alameda SJ 95126

CONTACTS: **Janna Mitchell**
408-261-7777 ext 2212
Lynn Dellaporta
408-247-1362

Installation of NAMI Santa Clara County Board Officers

The NAMI SCC annual election of officers was held at the March General Meeting. Installation of officers will take place at the General Meeting on **April 14, 2015**.

President: **Victor Ojakian**
Vice Presidents: **Beverly Lozoff (1st VP)**
Juan Perez (2nd VP)
Gerry Larvey
Harold Brown
Treasurer: **Steve Wade**
Secretary: **Peter Newman**

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 Santa Clara County’s New Phone System: We’re excited to announce the installation of our new VOIP phone system that allows our community members easier access to our office staff and volunteers. Simply call our main number — **408-354-0400** — and dial into the Directory for the extension of the person you are looking for.

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.

Mental Health Services at the Gronowski Center Feb. 10, 2015 General Meeting Write-Up

By Cole Buxbaum

Our presenter, **Dr. Sandra Macias**, is director of the Gronowski Center, a community mental health clinic dedicated to providing counseling, psychotherapy and assessment services to those within & surrounding Santa Clara County. The center is an academically based teaching/training clinic with doctoral student therapists providing clinical services under the supervision of licensed clinical psychologists. As many as ninety student therapists train at the center for a period of approximately nine months to one year.

The Center offers treatment for psychological disorders including depression; anxiety; relationship problems; parenting and teenage problems; emotional and behavioral problems in children; identity confusion; trauma; grief and bereavement; shyness and social anxiety anger; bipolar disorders; and schizophrenia and psychotic problems.

The types of support include cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), emotion-focused therapy (EFT) and psychodynamic therapy, with the best treatment approach selected for each client.

According to Dr. Macias, cognitive behavioral therapy deals with the understanding of how our thoughts and behaviors are linked. When something goes wrong, negative thoughts result. When a person suffers from emotional stress, he/she frequently does not know how to regulate their feelings. Dialectical behavior therapy addresses this area. In addition, if clients need to find a balance to reduce hyper

reactions to life's stresses, they can find help at the center.

If a client has a psychiatric problem, it is important to have frequent interaction with their psychiatrist. If the situation is severe, the Gronowski Center cannot get involved until it improves sufficiently.

In cases of depression, it may take as long as six to nine months to recover. The client should know the sources of the problem to better cope with it.

When a client is suffering with a dual diagnosis (mental illness and substance abuse), four to five sessions are completed and a detailed treatment plan is worked out.

Counseling and psychology services are offered on a sliding scale basis, with the fee ranging from \$5 to \$20 per session. A psychiatrist (Dr. French) is also available to help manage side effects of medications when needed.

According to Dr. Macias, "We should all remember that each of us has a life outside of time spent in therapy."

The Gronowski Center is located at 5150 El Camino Real, Los Altos 94022. The phone number is 650-961-9300.

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

NOTE: In January, our speaker was **Dr. Victoria Stanton**, a psychiatrist at Momentum for Mental Health. Dr. Stanton is working on a book to provide practical answers to questions about mental health care and suggestions on how to receive the best mental health care possible. She would like to know: **Are there questions you wish you could ask a psychiatrist but don't have the time? Are there questions you're embarrassed to ask?** If you have questions you'd like included in her book, please send her an email at drvstanton@gmail.com

Staff or Volunteer Spotlight: Rita Girman



After taking Family-to-Family in 2012, **Rita** was inspired to volunteer for the Warmline, because she felt that NAMI was instrumental in helping her own family. Earlier this year, Rita accepted a staff position as the NAMI Warmline Coordinator. Her responsibilities include supporting Warmline volunteers, handling difficult or crisis calls and working to make the Warmline processes more efficient, consistent & informative to people seeking help from NAMI.

Rita loves her work at NAMI because it allows her to use both her personal and Warmline experiences to assist people. Because she was blessed to receive unconditional support from friends and co-workers when her family was in crisis, she is grateful for the chance to give back to others.

In 2010 Rita retired after 30 years of working in the Mental Health and Information Systems departments in SCC. Besides the time she spends at NAMI, her interests include yoga, hiking, skiing, staying at her cabin in the mountains and traveling with her husband, Don.

NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, April 7, 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 Groups at Zephyr Self-Help Center

◆ Employment Support Group

Zephyr 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 or currently employed.

◆ NEW Support Group in Spanish

1st Meeting:

Tuesday, April 9

11 A.M.- 12:30 P.M.

More info:

Leticia Medina

408-792-3921 or

Enrique Ruiz

408-792-2140

Zephyr Self-Help Center
1075 E. Santa Clara St.
(Back of Building)
San Jose

NAMIWalk 2015 News

Bus on WALK Day: For a number of years the Mental Health Department has provided a bus for our NAMIWalkers to go from our office to the NAMIWalk in San Francisco, for which we are most grateful. This year the County is not able to provide the funds for a bus. Do you know someone with access to a bus for 50 people so that we can continue to provide transportation? The cost of renting a bus is approximately \$650, and donations would be a big help. If you would like to contribute to this important part of our NAMI-Walk, please call our office.

Team Captain Lunch: Our Team Captain Lunch on Sat., March 7 was a wonderful gathering. Many thanks to **Kathy, Dawn, Harold**, and our NAMIWalk Committee who put it together — great food and lots of time to get to know each other, share ideas, celebrate our generous sponsors from last year and this year, and fill our team captains with renewed enthusiasm for 2015!

Kick-Off Luncheon: This year's luncheon will take place on **Wed., April 8, 11:30 A.M.-1:30 P.M.** at **Crow Canyon Country Club** in **Danville**. This is our free NAMIWalk Bay Area Kick-Off Luncheon. You'll hear inspiring stories, learn new ideas and have a chance to pick up all the materials needed for your teams and walkers. Our sponsors from around the Bay Area will be there and the Top Ten Teams from 2014 will be honored.

WALK Registration: You can register at www.namiwalksfbay.org. Please remember to select **NAMI Santa Clara County** as your affiliate during the registration process.

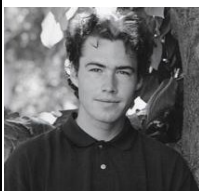
If you have questions about registration or anything else about NAMIWalks, please call the office or email dbrown@namisantaclara.org and we'll help you through.

New NAMI Basics Class Starting on Sat. Morning, April 25, 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 a mental health issue, including how to advocate for them.

If you are interested in finding out more about this course or signing up for it, please call **Sharon Ruhl** at **408-453-0400 ext. 3060** or email basics@namisantaclara.org

The Passing of...



Joseph Campbell, the son of long-time NAMI SCC volunteers **Beth** and **Jim Campbell**, was a lover of all things art and was a painter, poet, musician, avid reader and a beautifully untrained philosopher. His passion to create has spread his works of art throughout his circle of friends, family, community and beyond. Joe was a free spirit with a big heart and kind soul. Joe will be forever in the hearts and minds of all his dear friends and relatives.



Steve Alman was passionately engaged in our NAMI SCC community. He regularly attended the Connection Peer Support Group. Along with his girlfriend, **Vicki**, he donated his time to working on office projects with other NAMI office volunteers. His circle of friends at NAMI was impressive. He was so friendly, enthusiastic, generous of spirit and was well-liked and appreciated by everyone.

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 cut-off discount registration fee is **Saturday, June 6, 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. The group 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.**



Spring Dance at Grace Community Center

Grace Community Center has scheduled a dance on **April 10 from 6-8 P.M.** Admission is \$2 and snacks will be provided. Grace Community is at **484 E. San Fernando St, San Jose.**

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



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**