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General Meeting, Tuesday, May 12, 2015

Healing from Within: Can Meditation Make Us Healthier? Bob Horowitz, M.D.

Dr. Horowitz has been a long-time practitioner of meditation. Popular and scientific interest in meditation has increased enormously in recent years, with numerous reports about great benefits to mental and physical well being. Does it really live up to the hype? We'll explore what meditation is and what's known about how it works, focusing primarily on mindfulness practice. Dr. Horowitz will discuss applications of meditation to medical and mental health issues, including burnout and caregiver distress. We'll also discuss the special role of compassion in improving resilience.

Dr. Horowitz did undergraduate work at MIT, then attended medical school at Stanford. He practiced internal medicine and geriatrics at Santa Clara Valley Medical Center since 1981.

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

Calendar:

May 3 / Sun. Nature Walk (p.4)
May 3, 10, 17, 24, 31 / Sun. Recovery Support Group (p.4)
May 4 / Mon. Stand Up for Mental Health (p.1)
May 5 / Tues. Silicon Valley Gives (p.1) NAMI Board Meeting (p.3)
May 12 / Tues. General Meeting (p.1)
May 18-21 (Mon.-Thurs) Mental Health Awareness Week (p.1)
May 25/ Mon. Office Closed: Memorial Day
May 30 / Sat. NAMIWalk in San Francisco (p.3)
July 6-9 / Mon.-Thurs. NAMI National Convention

Get That Giving Feeling: Silicon Valley Gives Day, May 5, 2015

NAMI Santa Clara County is participating in **Silicon Valley Gives Day**, a day of giving on **May 5**. Donors will be able to support their favorite nonprofits, like NAMI, by donating online. Join us as we raise money to support our programs—Peer PALS, Family-to-Family, Connections—and a host of other resources and support groups.

Last year we raised almost \$7,000; this year our goal is to double that amount to **\$14,000**, but we need your help!

Here's how you can help:

1. You don't have to wait! Donate NOW at bit.ly/SVGNami (It will still count towards our totals on May 5)
2. Send an email to your friends, family and colleagues about NAMI SCC's participation in Silicon Valley Gives Day.
3. Spread the word about us on social media: Tweet us [@NAMISantaClara](https://twitter.com/NAMISantaClara). Mention us on Facebook facebook.com/namisantaclara

Events for "May Is Mental Health Month"



◆ **Mon., May 4, 6-8 P.M.**
Stand Up for Mental Health: Stories & Inspiration of Hope for Recovery

Come listen to individuals share their personal stories of resilience through lived experience, as well as digital stories, art and other interactive activities.

WHERE: San Mateo County Health System
Rm 100, 225 36th Av., San Mateo

INFO: AnnR@caminar.org

◆ **Mon.-Thur., May 18-21**
Mental Health Awareness Week at El Camino Hospital

This has become an annual event that has garnered incredible support and attendance. Experts in mental health convene to discuss topics of interest and provide hope and information about mental health issues. The goal of this event is to provide education and spread awareness of mental health issues and to continue to grow a community network for support. For specific event information, visit www.elcaminohospital.org. Palo Alto Medical Foundation has also committed to joining the week-long event by hosting presentations at PAMF sites in Santa Clara County. Please visit www.pamf.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.

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)

Indra Carlos:
Family-to-Family

Greg Osborn:
Provider Education

Sharon Ruhl:
NAMI Basics

Cindy McCalmont:
Peer PALS Advisor

David DeTata:
Peer PALS Coordinator

Barbara Thompson:
Peer-to-Peer

Isabel Romero:
Spanish Program Coordinator

Marc Fowler:
Community Programs
Coordinator (In Our Own
Voice, Ending the Silence,
Parents & Teachers as Allies)

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.

Behavioral Health Challenges, Michael Fitzgerald, APRN, and Daniel Becker, M.D.

April 14, 2014 General Meeting Write-Up

By Cole Buxbaum

Michael Fitzgerald, APRN, Executive Director of Behavioral Health Services at El Camino Hospital, and **Daniel Becker, M.D.**, Medical Director for Behavioral Health Services at Mills-Peninsula Hospital, spoke about how their organizations are working across systems of care to address challenges facing behavioral health today.

Fitzgerald discussed the benefit in looking to the past to see what has occurred in the mental health system. Before the 1960s people were warehoused in large psychiatric facilities. In 1963, the last major accomplishment of President John Kennedy was the passage of the Short-Doyle Act that shifted care away from large state institutions. Then in the 1980s more stand-alone psychiatric hospitals began to sprout up, and the HMO (Health Maintenance Organization) concept began.

In the 1990s the realignment concept began, moving support from state to county, putting money into outpatient services; however, funding did not follow. In 2010 the Mental Health Parity Law was passed which improved access to mental health. Then in 2013 the concept of early treatment of a mental health condition to reduce the cost and length of hospital stay began to take hold. In 2014, California passed SB82, authorizing \$142 million for crisis residential, stabilization and mobile crisis support.

Expenditures as a percent of GDP for health care in the U.S. are the highest in all of the modern world. Expenditures for mental health care have shifted from 7% in 1986 to 27% in 2005 for prescription drugs but decreased from 42% for inpatient care services to 19% in 2005. Hospitals are dropping out of psychiatric services. The number of psychiatric beds in 1940 has dropped from 200 beds per 100,000 popula-

tion to 14, while the number of prisoners has gone up to 700 per 100,000. This has not been true for other medical conditions such as cancer and heart disease.

Early treatment of mental health and substance abuse conditions has had a positive impact. To better address this need, the administrators at El Camino and Mills-Peninsula are looking for stronger Medicare/Medicaid funding; Mr. Fitzgerald is very active in this effort. To improve mental health/substance abuse care, the system should be designed for three levels of care: primary, secondary and tertiary. Getting early treatment from screening and mild conditions can reduce the severity of an illness and the overall expenditure, as well as long-term outlook. It is notable that the cost of health care is much higher when depression is included.

Daniel Becker, M.D., continued the presentation. He has worked for thirty years in hospital-based psychiatry. In the 1960s patients had their first interaction with a medical team when they first developed an acute condition. Now, with early care and better involvement, treatment has improved—however, this is not as true in psychiatry, which is separated from the rest of the health care system. Most specialties have advanced more rapidly than psychiatry due to the greater complexity in the genetic basis of mental illness as compared to physical illness.

Dr. Becker and Mr. Fitzgerald's organizations are working to develop structures to improve the interaction between primary care and psychiatry, as is currently being done with the Palo Alto Medical Foundation.

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

NOTE: Do you have questions you wish you could ask a psychiatrist, perhaps something you're embarrassed to ask? Dr. Victoria Stanton, a psychiatrist at Momentum for Mental Health, is writing a book to provide practical answers to questions about mental health and suggestions on how to receive the best care possible. She would love to hear what you have to say. Please send her an email at drvstanton@gmail.com



Staff or Volunteer Spotlight: Indra Carlos

Indra is NAMI Santa Clara County's Family-to-Family Coordinator dedicated to supporting the Family-to-Family Program that educates family members dealing with loved ones diagnosed with mental illness.

Indra has passion and shares hope to help family members through education to promote wellness and recovery for themselves and their loved ones. When not at NAMI, Indra enjoys spending quality time with her family and her first grandchild. She also enjoys travelling and maintaining a healthy lifestyle.



NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, May 5, 7–9 P.M.**, at NAMI SCC.

Officers of the NAMI SCC Board

President:

Vic Ojakian

Past President:

Jen Hong

Vice Presidents:

Beverly Lozoff (1st VP)

Juan Perez (2nd VP)

Gerry Larvey

Harold Brown

Treasurer:

Steve Wade

Secretary:

Peter Newman

Members-at-Large:

Alan Cade

Lowanda Pierson

Lilly Henning

Art Shows Coming Up

- June 5/Fri. at Zephyr:**
Submit up to 3 pieces of artwork by May 29.
Call **408-792-2140** for details.
- June 19/Fri. at South County:**
Call **408-852-2460** for details.

DBSA San Jose Event

On **Monday, April 27**, at 7 P.M. in the gym at the **Saratoga Campus of WestGate Church**, a Depression Community Education Program is being offered. Go to the following link for details:
<http://www.dbsasanjose.org/events/know-the-five-signs>

NAMIWalk 2015 Updates

Bus on Walk Day: A bus will be waiting outside the NAMI SCC office (1150 S. Bascom Av, SJ) the morning of **May 30**, departing for SF's Golden Gate Park at **8:30 A.M.** The bus will head back to San Jose at **2 P.M.** Be sure to contact the NAMI SCC office as soon as possible to reserve a spot — there are only 50 seats. **(The cost of the bus is \$554, so any donations are appreciated.)**

NAMIWalk Kick-Off Luncheon: What a great start to NAMIWalk 2015! A big crowd heard excellent tips about being a team captain from **Wayne Baldaro**, NAMIWalk Regional Manager, as well as some of our top captains, and we recognized our sponsors and top ten teams from last year's NAMIWalk. This was also an opportunity to see long-time friends from our years with NAMIWalk SF Bay Area and to compare notes

with our partner affiliates.

Special thanks to **Donna Mechanic**, who managed the RSVPs; **Andrea & David Marquardt**, who printed & delivered the name tags; and **Barbara Thompson**, who led registration. Thanks also to **Laurie Williams**, our NAMIWalk SF Bay Area Director, and all who attended from SCC.

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

Team Building? Fundraisers? Volunteering before and on Walk Day? Signing up for the bus? Recruiting your friends, family, and colleagues? Lots to do before May 30th.

Message from Our New Board President: Vic Ojakian

I am honored to become the next NAMI Santa Clara Co. Board President. I am following some very capable former Board Presidents, including **Sharon Roth, Kathy Forward, Navah Statman, John Mitchem & Jen Hong**, who have guided our affiliate well. We have a very capable office staff. The goal is to maintain or enhance these efforts, not make dramatic changes.

There is much need for mental health education, awareness and assistance. There are both many family and consumer needs. I hear about these needs almost daily. My wife and I have referred several families to NAMI Santa Clara County, including last week a friend who signed up for the Family-To-Family class.

There are four key areas that will require time and effort. One is having stronger finances. The goal is not to have money for money's sake, but to make sure we are serving the most people in need. The second is creating better NAMI name

awareness. We do good – great – work, but not enough people know about us. Third, complete a strategic plan to guide our efforts. Fourth, create better working relations with our Santa Clara County mental health providers.

Many know I got involved in mental health care about ten years ago after my son took his life. After reviewing his situation, my wife and I concluded he had struggled with a mental health condition and had no understanding of what to do about it. I have work to make sure others are not in a similar situation. I am grateful for the help I have received from many people, but especially my NAMI brethren.

No one individual or a few individuals can help promote better mental health care. But, collectively, I sincerely believe we can overcome significant social stigma and improve mental health services. We owe making this effort to our loved ones, friends and colleagues.

May 26 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.

This event was originally scheduled for an earlier date.

WHEN: Tuesday, May 26, at 4 P.M.

WHERE: NAMI SCC Classroom

RSVP: 408-453-0400

NAMI Conferences: Dates to Remember

NAMI National Convention:

July 6-9, 2015 in San Francisco.

Go to www.nami.org/convention for details.

NAMI California Conference:

August 21-22, 2015 in Newport Beach.

Go to www.namicalifornia.org for details.

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.**



Each Mind Matters and the millions who support the mental health movement are gearing up to paint the state lime green this May. Wear a green ribbon to help raise awareness and continue the fight to end the stigma.

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

www.NewLifeStyles.com **800-869-9549**



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**