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Calendar:

May 27 / Wed.
Celebrating Hope, Wellness, Recovery (p.3)

May 30 / Sat.
NAMIWalk in San Francisco

June 2 / Tues.
NAMI Board Meeting (p.3)

June 7 / Sun.
Nature Walk (p.4)

June 7, 14, 21, 28 / Sun.
Connection Recovery Support Group (p.4)

June 9 / Tues.
General Meeting (p.1)

June 12 / Fri.
Movie at NAMI SCC (p.4)

June 24 / Wed.
Momentum Family Night (p.1)

July 6-9 / Mon.-Thurs.
NAMI National Convention (p.3)

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.namisantacalara.org
M-F, 10 A.M.-2 P.M.

General Meeting, Tuesday, June 9, 2015

Treatment for People with Psychotic Disorders, Dr. Jacob Ballon

Dr. Jacob Ballon is Director of the INSPIRE Clinic at Stanford that focuses on treating people with psychotic disorders and those at risk. The clinic is part of the Stanford Medical School's Department of Psychiatry and Behavioral Sciences. Dr. Ballon will speak about the clinic; treatment options, including Cognitive Behavior Therapy; psychopharmacology; psychosocial consultation; ongoing/future research, as well as collaboration with other medical specialties to help advance care for the whole person beyond treating psychiatric symptoms only. He is particularly interested in identifying those who may be at risk for mental illness during adolescence and those who cope with chronic mental illness.

Dr. Ballon did undergraduate work at UCLA and attended Medical School at UC San Diego followed by graduate work in Public Health and Policy Management at Columbia University.

Tracy Chesler, Clinical Social Worker, works closely with Dr. Ballon and will talk about psychosocial aspects of care. Both talks will be followed by a Q&A.

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



Eleventh Annual NAMIWalk SF Bay Area on May 30

It's almost here! Or perhaps by the time you read this, we will have walked once more in

Golden Gate Park! Look for pictures and details next month. We have a wonderful group of teams, sponsors, walkers, and volunteers from Santa Clara, and thanks to you all.

This major outreach, stigma-busting, educational and fundraising event could not happen without you. And there's still time to participate in activities, even after Walk Day. (See page 3)

We are still looking for donations for Walk Day. We have made arrangements to have a bus available, but unlike in past years when the County provided one at no cost to us, the is not an option this year. The cost of the bus is \$554, so any donations are greatly appreciated.

On Walk Day, May 30, a bus will be waiting outside the NAMI SCC office (1150 S. Bascom Av, SJ) and will depart for SF's Golden Gate Park at **8:30 A.M.** The bus will leave the park at **2 P.M.** to head back to San Jose.

NOTE: Be sure to contact the NAMI SCC office as soon as possible to reserve a spot — there are only 50 seats.

Momentum for Mental Health Family Advisory Board

A panel of personal narratives offers a very real view into the lives of people who have been diagnosed with a mental illness or have a loved one with a mental illness and who have gone on to lead healthy and productive lives.

WHEN: Wed., June 24, 2014
7 P.M. – 9 P.M.

WHERE: 2001 The Alameda
San Jose, CA 95126

Everyone is welcome to attend! Light refreshments will be provided.

For more information, contact:

- ♦ **Janna Mitchell, LMFT**, 408-261-7777 ext. 2212
- ♦ **Lynn Dellaporta**, Family Advisory Board Member, 408- 247-1362



NAMI SCC Annual Picnic

Sun., July 26, 12-3 P.M.

Elks Lodge, 1680 Martin Avenue, Santa Clara

We're starting the planning for our annual picnic. If you can help, call **408-453-0400** to sign up.

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),

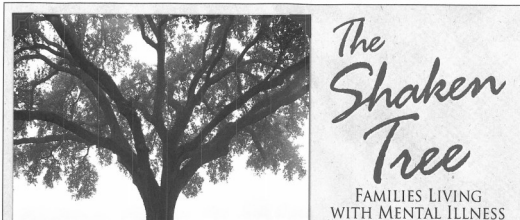
Beverly Lozoff

(Coordinator), **Donna-Jo** (Typesetter) and our great volunteers.

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

April 14, 2015 General Meeting Write-Up

By Cole Buxbaum



Diana Guido (of Behavioral Health Department's Office of Family Affairs) presented the 30-minute film, 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.

It begins: "Our lives are made of myriad experiences — some we treasure, (others are more difficult), some we try to forget. As family members who have loved ones with a mental illness, we hold tight our good memories and look to others for help through difficult times. Sadly, the stigma of mental illness extends to family members, and the support we so desperately need — support that would otherwise be offered if our family member had other illness — just isn't always there.... We are the families of those who live with mental

illness. We have faced discrimination as parents. We have worked with our siblings toward recovery. As partners and spouses, we've learned that love has many meanings. These are our journeys of despair, hope, and survival."

Listening to some audio from *The Shaken Tree* gives us a feel for the power of the problem.... "You see someone in your life who starts to display symptoms of mental illness you may not even know what it is, you just know that something is wrong: she took a gun and shot herself in the heart..." "I went home and I walked in to find myself staring at my mom who was holding a knife..." "...my son was on a roller coaster of medical treatments, I woke him up and he said, 'I'm still here,' he must be in a state of mental illness, I thought."

The presenter stated, "A lot of families live through mental illness, improve and have very good lives."

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

"Silicon Valley Gives" Event

Thank you for participating in our second annual NAMI Silicon Valley Gives campaign. Your generous contributions helped us raise a total of \$5,355. We appreciate you spreading the word to your network of family, friends and colleagues.

If you were unable to participate in our Day of Giving campaign, you can still make a contribution.

The funds will help those in our community with mental health challenges and their families.

Staff/Volunteer Spotlight: Marc Fowler

A recent addition to the NAMI staff, **Marc Fowler**, serves as Community Programs Coordinator, supporting our outreach programs: **In Our Own Voice**, **Ending The Silence** and **Parents And Teachers As Allies**. Marc has been a volunteer supporter of NAMI's work since 2011, contributing time and service to NAMI's annual NAMIWalk and other events. Marc's career includes entrepreneurial, executive management and leadership consulting experience in manufacturing, network software, retail and fulfillment. He has served on the Board of the Fremont Art Association and has worked with DoMoreNow, a local nonprofit

supporting the empowerment of undereducated girls in India.

Marc is also an award-winning landscape photographer whose images have displayed at local galleries. When not outdoors with camera in hand shooting "wet-belly" close-ups of bugs and flowers, he enjoys tackling home projects, sitting down with a good business management book and watching *X-Files* reruns.



NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, June 2, 7-9 P.M.**, at NAMI SCC.

NAMI SCC Board Officers

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.:**
Zephyr Self-Help Center
1075 E Santa Clara, SJ
(at rear of bldg.)
Call **408-792-2140** for details.
- ♦ **June 19 / Fri.:**
South County Self-Help Center
1235 First St, Gilroy.
Call **408-852-2460**.

National Alliance on Mental Illness

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NAMIWalk 2015 Updates

NAMIWalk is personal. Personal stories, families walking together and strangers becoming community. It is not about crossing a finish line, but about stepping out together.

Interested in fundraising? Here are some ideas:

- ♦ Sponsor yourself: \$25
- ♦ Ask 4 family members to sponsor you for \$25 each: \$100
- ♦ Ask 5 coworkers to contribute \$15 each: \$75
- ♦ Ask 5 friends to contribute \$20 each: \$100

- ♦ Ask 5 neighbors to sponsor you for \$15 each: \$75
- ♦ Ask your boss for a company contribution of \$50
- ♦ Ask 3 businesses you frequent for a donation of \$25 each: \$75

Be sure to tell people that all proceeds fund our Santa Clara County affiliate's programs and outreach.

NAMIWalk Fundraiser at Pasta Pomodoro — June 9, 2015

Pasta Pomodoro, through their Community Fundraising Program, is letting us hold a fundraiser at all five of their SCC locations. So mark your calendar for **Tuesday, June 9** (all day). NAMI SCC will receive 20% of the day's sales. Consider going to the Camden location at **2083 Camden Avenue, SJ**, to socialize with other NAMI members on your way to the General Meeting that night. (The flier for the Camden location is attached.) Dine in or take food out. Simply present the coupon when you pay.

NOTE: There is a different flyer for each location. If you want a flyer for Sunnyvale,

The Alameda, Santana Row or Evergreen, please contact the NAMI office and we will send you one. We can also send a flier by snail mail, if necessary.

Share the love and invite your friends and neighbors to this event. There are just a couple of strings attached: No handing out flyers on the restaurant premises or in the parking lot; no displays in public places.

How far can we spread the word and make this a successful event?

Questions: Contact **Barbara Thompson** at bthompson@namisantaclara.org

Celebrating Hope, Wellness and Recovery — May 27, 2015

The Learning Partnership of The Behavioral Health Services Department presents:
Celebrating Hope, Wellness and Recovery in honor of Mental Health Month.

Everyone is invited to attend. There will be food, music, resources, wellness booths, program information and cultural ceremonies.

WHEN: Sat, May 27, 2015 Noon-3 P.M.

WHERE: Learning Partnership
1075 E. Santa Clara Street
San Jose 95116

Paid Research Opportunity for Adolescents

Do you know a teen with bipolar disorder? The Department of Psychiatry at Stanford University is looking for **14-18 year olds** to participate in a paid research study on **sleep**.

Contact Info: 650-736-2689 or
dailyrest@stanford.edu

The study involves:

- ♦ One visit by teen and parent to the lab
- ♦ Sleep assessments in teen's home
- ♦ Teen filling out a daily diary using cell phone

Participants will receive \$215 for completing the study!

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. 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**.

Consumer Advisory Council (CAC) June Movie

The Consumer Advisory Council will be showing “The Hunger Games” on **Friday, June 12**. This is the first in a series of movies to be held on the **second Friday of the month** starting at 3 P.M. in the NAMI Classroom. For further info, contact **Barbara Thompson, Robin Stepto** or **Cheryl Aronowitz**.

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