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- Research Study at Stanford
- Connections Group / Nature Walk / Movie Event

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.namisantaclaraa.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.

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.

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.

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

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)

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.
Presentation of Documentary *The Shaken Tree: Families Living with Mental Illness*
April 14, 2015 General Meeting Write-Up

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.namisantaclara.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.
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 flyer 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.

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


Cheryl Aronowitz
info, contact

For more information, call the
at Campbell Park in Campbell.

Nature Walks
Join the group 9–11 A.M. on the
1st Sunday 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.211sec.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

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. Facilita-
tors 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 SCC Community Resource & Support Center
1150 S. Bascom Ave, Ste 24, San Jose, CA 95128-3509
M E M B E R S H I P A P P L I C AT I O N  O R  R E N E W A L

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
□ Open Door
-
$ 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