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## Calendar:

**June 26 / Fri.**  
Arts & Crafts Fair (p.3)

**July 3 / Fri.**  
Office Closed (Fourth of July)

**July 5 / Sun.**  
Nature Walk (p.4)

**July 5, 12, 19, 26 / Sun.**  
Connection Recovery Support Group (p.4)

**July 6-9 / Mon.-Thurs.**  
NAMI National Convention (p.1)

**July 26 / Sun.**  
NAMI SCC Picnic (p.1)

**July 31 / Fri.**  
Last Day to Make Online or by Mail, NAMIWalk Donations (p.1)

**Aug. 14 / Fri.**  
Movie at NAMI SCC (p.4)

**Aug. 21-22 / Fri.-Sat.**  
NAMI CA Conference (p.3)

**Aug. 29 / Sat.**  
Mood Disorders Educ. Day (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.namisantaclara.org](http://www.namisantaclara.org)  
 M-F, 10 A.M.-2 P.M.

**No General Meetings in July & August**  
**Our next General Meeting will take place on Tuesday, Sept. 8, 2015**

## NAMI Santa Clara Annual Picnic — Sunday, July 26

Please join us for our annual picnic at the end of July. It's always a wonderful event!

If you are available to help with setup, cooking, serving, cleanup, raffle prizes, music and/or other activities, please call the NAMI SCC office to sign up.

### Picnic Details

**WHEN:** Sunday, July 26  
12-3 P.M.

**WHERE:** Elks Lodge  
1680 Martin Ave.  
Santa Clara

**TO BRING:** A dish to share (See flier)



## We're Still Raising Funds for NAMIWalk



There is still time to help us reach and surpass our overall NAMIWalk SF Bay Area goal — \$450,000 — as well as our NAMI Santa Clara County goal — \$120,000. Donations for NAMIWalks will be accepted until the end of July both online and by check.

Be sure to tell your friends and family members

that there are different ways to make a donation:

- ◆ Online at [www.namisantaclara.org](http://www.namisantaclara.org) to make a donation to a specific team or person AND
- ◆ Via mail by sending a check made out to **NAMIWalk SF Bay Area** to our office, 1150 S. Bascom Av. Ste 24, San Jose 95128

## A New NAMI SCC Program: Mentors on Discharge

Building on the success of the highly successful Peer PALS program, NAMI Santa Clara County is preparing to launch a new program called Mentors on Discharge (MoD). MoD will match mentors with persons who are still in the hospital; the mentors will then serve as a support as patients transition out of the hospital and onto the road to recovery. The goal of the program is to reduce rehospitalizations.

Persons who are interested in becoming mentors must have a lived experience of mental illness and the ability to work respectfully with all types of people. Mentors must also complete a 40-hour training course that will be held this fall. Job descriptions and applications to take the training are available at the NAMI SCC office. The application deadline is August 1.

## NAMI National Convention: July 6-9, 2015 [www.nami.org/convention](http://www.nami.org/convention)

NAMI Santa Clara County will be well represented at this year's National Convention in San Francisco. There will be four Poster Presentations by SCC folks. Check them out on July 7 and 8:

- ◆ **Learn about our Peer PALS Program:** Since 2009, NAMI SCC has had more than 300 persons participate in its Peer PALS Program with 83% of the peer clients reporting an improvement in their socialization and overall sense of well-being. Attendees will learn how to set up & oversee their own peer mentoring program.
- ◆ **Interactive Video Simulation Training for Police:** Cost-effective training is desperately needed in our communities in order to provide police officers with tools

to recognize, de-escalate and provide resources to people living with mental illness. Participants will gain access to course materials for IVST, a self-contained 4-hour program that provides officers with tools.

- ◆ **Mentors on Discharge:** Please see description of this program above.
- ◆ **Positive Outcome of a Lawsuit About Discrimination:** A few years ago, Abigail Tamara, a NAMI SCC member, filed a lawsuit after being denied her service dog when she was hospitalized. This case resulted in the first ruling in the nation to state that hospitals, including locked psychiatric wards, must as a rule admit service dogs with patients.

## Who's Who at the NAMI SCC Office

### Kathy Forward:

Executive Director

### Francesca Merchant:

Office Manager

### Dawn Brown:

Development Manager

### Donna Mechanic:

Administrative Helper

### Rita Girman:

Warmline/Help Desk Manager

### Indra Carlos:

Volunteer Services Coordinator

### Karen Fifer:

Office Outreach Assistant

### Eleanor Russell:

Volunteer Assistant

### Michelle Ta:

Bookkeeper

## Programs

### 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.

## Healing from Within: Can Meditation Make Us Healthier? Bob Horowitz, M.D. May 12, 2015 General Meeting Write-Up

By Cole Buxbaum

Our speaker, **Dr. Robert Horowitz**, who until recently practiced internal medicine and geriatrics at Santa Clara Valley Medical Center in San Jose, has been a long-time practitioner of meditation, and he believes that it has great benefits to mental and physical well-being.

There are various forms of meditation. Scientifically it can be considered a form of self-regulation to control one's emotions. In the 1970s **Jon Kabat-Zinn**, Ph.D., developed a program of stress reduction mindfulness meditation, a type of meditation practiced around the world.

A recent study examined subjects at various times of the day, asking if their thoughts were different from what they were actually doing. Findings showed that a greater degree of happiness resulted when the mind did not wander. It appears that 80% of the brain's metabolism is devoted to the state of not thinking about anything in particular at a given time. It seems necessary for normal mental states.

Mindfulness appears to be the phenomenon of being aware of what you are doing when you are doing it. Meditation helps a person look at things without a lot of biases; when properly done the mind wanders less.

Dr. Horowitz began an exercise in meditation, showing the audience how we can be aware of each part of our bodies, paying attention to our breathing; as we notice thoughts coming into the mind, we try to gently bring them back to our breathing. Meditation should be a gentle and friendly thing.

A concept called neuroplasticity states that "neurons that fire together wire together."

Exercising the brain actually changes the brain. Violinists show increases in parts of the brain used in playing music. The same phenomenon appears to take place with individuals who practice meditation; and parts of their brains show an increase in density of neurons. It's possible that people who have 30-40 thousand hours of meditation may become different from the general population.

Meditation can improve people's blood pressure and cardiac condition. Randomized trials on patients with mental illness show improvement with meditation and reduction in negative emotions. There also appears to be an increase in compassion in patients who practice meditation.

Meditation has shown to be beneficial to people with mental illness in conjunction with cognitive behavioral therapy, but only after improvement in one's initial state. At the conclusion of a few large population studies, meditation showed improvement with only specific types of patients. There is still more work to be done in the area of meditation and mental illness.

Dr. Horowitz mentioned courses for individuals who want to explore training in compassion.

One course offered at Stanford is **Compassion Cultivation Training (CCT)**. For info, go to <http://ccare.stanford.edu/education/about-compassion-cultivation-training-cct/>

Another course called **Mindful Self-Compassion** is taught at El Camino Hospital in Mountain View. Email [MSCBayArea@gmail.com](mailto:MSCBayArea@gmail.com) or call **650-940-7000 ext. 8745** for information.

To access **audio recordings** of our General Meetings, go to [www.namisaclara.org/meetings.htm](http://www.namisaclara.org/meetings.htm)



## Local Hero Award

**Peter Newman**, NAMI Santa Clara County's Board Secretary, was recently recognized as a "Local Hero" in Assembly District 25 (represented by Chansen Chu) in a ceremony on **May 28**.

Peter, a longtime NAMI volunteer and activist, was nominated for this award in recognition of his participation formally and informally in support groups and classes for those living with mental illness and their families.

Peter, who is open about his mental illness, serves both as an inspiration and a source of informed advice to others. He is not only a highly successful engineer in Silicon Valley, he is the author of a decorated website called [www.lucidinterval.org](http://www.lucidinterval.org). This website, recommended by the UK's Royal College of Psychiatrists, has been visited by over 275,000 people.

Congratulations, Peter!

## Research Study at Stanford

Stanford is conducting a research study for people between the ages of 16 & 30 to participate in a study on memory, attention and information processing, and how they relate to risk for certain mental health symptoms or

conditions.

Participants will receive \$15-\$30 per hour depending on the task. If interested, please call **650-849-1930** or email

[brain-research@stanford.edu](mailto:brain-research@stanford.edu)

## NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, Aug. 4, 7-9 P.M.**, at **NAMI SCC**. (Please note that there will be **no** Board Meeting in July.)

## 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**

## Mood Disorders Education Day

Mood Disorders Education Day will take place on **Sat., August 29, 2015** at Stanford University. This is an excellent opportunity for community members to hear from experts in the field of mental health.

Please look for details about time and place in our next newsletter and/or go to [www.bipolar.org](http://www.bipolar.org)

## Suicide Bereavement Support Group

A 5-week support group will meet beginning at the end of June.

**WHEN:** Tues, 6:30-830 P.M.  
June 30-July 28

**WHERE:** Holy Spirit Church  
1200 RedmondAv,SJ

**CONTACT:** Leah Harris  
408-997-5110

## National Alliance on Mental Illness

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## Recap of NAMIWalk 2015

**Luke Alioto**, a Weekend Walker, told his family that he had a wonderful time at the Walk saying, "Today, I don't feel like a patient. I feel like I'm being celebrated!" Isn't that so much of what our NAMIWalk is about? Thank you, Luke, for sharing your words.

What did you like best about our 11th NAMI-Walk SF Bay Area? I loved walking the route and seeing so many of you from Santa Clara as well as friends from other Bay Area affiliates visiting together and enjoying the day. I also loved hearing our speaker, **Robert Villanueva**. Please send your thoughts to us so we can continue to inspire our community to walk together to show the world who we are and what we do.

Thanks to **Kathy Forward** for taking care of Check-In/Registration while we walked. Thanks

to our local NAMIWalk Committee, our All-Affiliate Steering Committee, our Walk Director **Laurie Williams**, and all of you who participated to make this a wonderful 11th SF Bay Area NAMIWalk!

Details on our fundraising results will follow once the books are closed. Meanwhile, there's still time to keep moving towards our goal. Go to [www.namiwalks.org/BayArea](http://www.namiwalks.org/BayArea) online or by mail till the end of July

Much appreciation, NAMI Santa Clara County and friends! Keep on Trekkin'!

**Gini & the Santa Clara County NAMIWalk Team**

## NAMIWalk Day 2015

By Barbara Thompson

It was foggy and overcast—not too cold and not too hot for a Walk in the Park. There was a sea of faces as **Robert Villanueva** shared his inspiring personal story. Doves were released to remind us of those who have lost their battles with mental illness. Walk team representatives marched across the stage with lots of cheering. There were so

many faces of old friends and new ones, too. There were many teal and pink T-shirts mixed within the crowd. Yeah, BraveHearts!

The bagpipers serenaded us as we started off the Walk. And there was a cheering crowd at the finish line to cheer walkers on.

## Arts and Crafts Fair at Momentum for Mental Health

Momentum, with support from Zephyr Self-Help Center and Grace Community Center, is presenting an Arts and Crafts Fair to celebrate the creativity in the community.

**WHEN:** Friday, June 26 / 11 A.M.-2 P.M.

**WHERE:** 2001 The Alameda, SJ 95126

**QUERIES:** 408-261-7777 x2127 or x2149

## Paul Taylor, CEO of Momentum for Mental Health, Has Retired

By Cole Buxbaum

One of the best-known professionals in the field of mental health support in the Bay Area retired on June 19 after 43 years of commitment.

**Paul Taylor** has been instrumental in putting Momentum on the national stage. A number of NAMI Santa Clara County members are also involved at Momentum.

Taylor said, "We firmly believe all people have the ability to improve the quality of their lives, no

matter what their circumstances." Additionally, he said, "We now know many individuals with mental illness who can have fulfilling lives."

Momentum has established an endowment fund in honor of Paul Taylor. For more information, please call **408-254-6828 ext. 1204**.

## NAMI California Conference: August 21-22, 2015

If you haven't already taken note of the NAMI California Conference, here are details:

**WHEN:** August 21-22, 2015

**WHERE:** Newport Beach Marriott Hotel and Spa in Newport Beach

This year's theme is "Bringing Communities Together." Go to [www.namicalifornia.org](http://www.namicalifornia.org) for more details and/or to register.



## 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 Movie Time

NAMI SCC's Consumer Advisory Council will sponsor a movie on **Friday, August 14** at **3 p.m.** in the NAMI SCC classroom. The title of the movie is yet to be determined. Call the office as the date approaches.

### Notice to All NAMI Education Class Enrollees!

Due to a computer problem, we have lost some data on NAMI Education Class signups. If you have contacted the Warmline/Help Desk to enroll in **NAMI Peer-to-Peer**, **NAMI Family-to-Family** or **NAMI Basics** within the past **three months**, please contact the Warmline to confirm that we have your request and contact information. Please pass this info along to anyone you may know who has called during this time period. We are sorry for any confusion or inconvenience this may cause.

### To Contact the Warmline:

Call **408-453-0400, option 1** (best time to call is between 10 A.M. & 2 P.M.), or email [volunteer@namisantaclara.org](mailto:volunteer@namisantaclara.org)

## NAMIWalk 2015 Photos



### We're on Twitter!

Be part of our online community and engage in conversations on Mental Health on **Twitter@NAMISantaClara**



facebook

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](http://www.facebook.com/namisantaclara.org)