



National Alliance on Mental Illness

# Santa Clara County Newsletter

Volume XL No. 11

November 2015

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## General Meeting, Tuesday, November 10, 2015 Programs for Teens: ASPIRE and REACH

**After-School Program Interventions and Resiliency Education (ASPIRE)** at El Camino Hospital is designed to help teens with anxiety, depression or other symptoms related to a mental health condition. The program incorporates the use of dialectical behavioral therapy (DBT), which identifies the adolescent's need to develop skills to help regulate emotions. Those in treatment learn a language of wellness that is relevant to their needs. For information, visit <https://www.elcaminohospital.org/services/mental-health/specialty-programs/aspire>. The access team can be reached at 650-988-8468 or 866-789-6089 to schedule an assessment.

**Raising Early Awareness and Creating Hope (REACH)** is a collaborative effort between Momentum for Mental Health and Starlight Community Services. It is the first program in SCC dedicated to providing early intervention and prevention services to transitional-aged youth (ages 10-25) who are either experiencing early warning signs of psychosis or have

recently been diagnosed. REACH staff provide multi-disciplinary services, including psychiatry, individual, family and couples counseling, case management, occupational therapy, supported employment, peer and family mentorship and multi-family groups. REACH's mission is to raise awareness about the importance of preventative treatment in mental health, through educational outreach in SCC, in order to reduce stigma and strengthen the community's hope about psychotic disorders among youth and young adults. To learn more about REACH, please visit [www.reach4scc.org](http://www.reach4scc.org) or call 855-2REACHUS (1-855-273-2248).

Join us in the auditorium of Good Samaritan Hospital (in the basement of the main building) at 7:30 P.M. for an informational meeting followed by the presentation from 8-9 P.M. including Q&A.

**NOTE:** Good Samaritan Hospital is located at 2425 Samaritan Drive, San Jose. Directions can be found at [www.maps.yahoo.com](http://www.maps.yahoo.com)

## Calendar:

- Nov. 1 / Sun. Nature Walk (p.4)
- Nov. 1, 8, 15, 22, 29 / Sun. Connection Recovery Support Group (p.4)
- Nov. 3, Dec. 1 / Tues. NAMI Board Meeting (p.3)
- Nov. 6 / Fri. Volunteer Luncheon (p.2)
- Nov. 10 / Tues. General Meeting (p.1)
- Nov. 11 / Wed; 26, 27 / Th, Fri Veterans Day; Thanksgiving — Office Closed
- Nov. 24 / Tues; 25 / Wed. Thanksgiving Dinners (p.3)

## NAMI SCC Holiday Gift Drive 2015 (See Flier)

In 2014, we distributed gift bags to more than 500 clients; many of the gift bags included \$5 gift certificates. It's now a tradition! We're looking for gift certificates to places like **Jamba Juice, Starbucks, Peet's, McDonalds, Burger King**, as well as pharmacies and discount stores.

In addition to gift certificates, we're asking for socks, scarves & gloves, winter hats, nutrition bars & toiletries. When making purchases, please keep in mind that we serve both men and women (typically more men).

## Important Dates for the Holiday Drive

- ♦ **Wed., Nov. 25:** Please bring your donations to the office by this date. Monetary donations are always welcome.
- ♦ **Fri., Dec. 11, 10:30 A.M.-1:30 P.M. and Sat., Dec. 12, 1-3 P.M:** Holiday helpers are needed at the NAMI office.

## 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.

## Mentors on Discharge By Cindy McCalmont

Pictured at the right are some of NAMI's 15 new Mentors on Discharge — NAMI Santa Clara County's new program. Having completed 40 hours of training in "The Art of Facilitating Self-Direction," these mentors will begin the work of supporting El Camino patients as they leave the hospital.

Thanks to the El Camino Healthcare Foundation for their very generous grant and to **Kathy Forward** for her tireless support.



## Who's Who at the NAMI SCC Office

**Kathy Forward:**  
Executive Director

**Francesca Merchant:**  
Office Manager

**Emily Wu:**  
Development Manager

**Donna Mechanic:**  
Administrative Helper

**Rita Girman:**  
Warmline/Help Desk Manager

**Indra Carlos:**  
Volunteer Services Coordinator

**Eleanor Russell:**  
Volunteer Project Assistant

**Verna Barrientos:**  
Volunteer Project Assistant

## Programs

**Indra Carlos:**  
Family-to-Family

**Greg Osborn:**  
Provider Education

**Sharon Ruhl:**  
NAMI Basics

**Cindy McCalmont:**  
Peer PALS Advisor  
MoD Manager  
FaithNet Coordinator

**David DeTata:**  
Peer PALS

**Barbara Thompson:**  
Peer-to-Peer

**Isabel Romero:**  
Spanish Program

**Marc Fowler:**  
Community Programs (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.

## The Mentally Ill and CA Justice System, Judge Richard Loftus, Jr. NAMI SCC General Meeting, September 8, 2015

By Cole Buxbaum

**Judge Richard Loftus, Jr.** is Chair of the California Judicial Branch's Mental Health Task Force, past Presiding Judge of Superior Court of SCC, Supervising Judge of Family Court, and Presiding Judge of Juvenile Court. He presided over the first Juvenile Mental Health Court.

In his remarks Judge Loftus emphasized that the CA Justice System is increasingly responsible for larger numbers of individuals with mental illness. "Unfortunately in California, we have turned the prisons into mental health institutions," stated **U.S. District Judge Lawrence Karlton**.

In 2015, 18.5% of inmates arraigned in California were found to have mental illness. "The LA County Jail is the largest mental health facility in the world," said Judge Loftus.

The annual cost to house each inmate in prison is \$55,000, but for those with mental illness it is \$70,000. In contrast, the annual cost for someone living in supportive housing is \$20,000.

The stigma surrounding mental illness pervades our society's actions and reactions, yet the vast majority of people are nonviolent. The number of individuals competent to stand trial has overwhelmed the state hospital system.

Over the course of many years, most institutions were closed with the intent to have people with mental health conditions live in the community; however, funding did not follow. Family and juvenile cases are about 7% of all county filings yet account for one-third of the trial court's judicial workload.

Here are some of Judge Loftus's recommendations:

- ◆ It is important to have mental health courts, drug courts, veteran treatment courts, and a domestic violence STOP calendar. Drug courts are important to make sure that individuals are treated, not jailed. The various entities in the overall justice system must collaborate; currently they do not.
- ◆ State and County departments of Mental Health and Drug Treatment should design & adopt integrated approaches to delivering services to people with co-occurring disorders (substance abuse and mental illness), which represent a large percentage of the patient load.
- ◆ Law enforcement and local mental health organizations should continue to expand Crisis Intervention Team trainings (CIT) and Mobile Crisis Teams. Parole agents should receive special training.
- ◆ We must support changes in judicial education and assist courts and the Department of State Hospitals in addressing the crisis of the competent to stand trial.

Use the link in the shaded box below to access additional information.

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

[http://www.courts.ca.gov/documents/Mental\\_Health\\_Task\\_Force\\_Report\\_042011.pdf](http://www.courts.ca.gov/documents/Mental_Health_Task_Force_Report_042011.pdf)

## Volunteer Appreciation Luncheon, November 6, 2015

Please join us to celebrate your generous spirit of giving to NAMI over this past year. The Volunteer Appreciation Luncheon will take place from **12-2 P.M.** at the NAMI SCC office.

Call **Indra, 408-453-0400 ext. 3000**, by **October 28** to **RSVP**.



## Passage of New Laws to Require Mental Health Training

We are thrilled to announce that **SB 11 & SB 29**, by **Senator Jim Beall**, were signed into law by **Gov. Brown on Oct. 3!** They will require law enforcement in the basic academy course to receive **15 hours of behavioral health training** and Field Training Officers to receive **12 hours of training**, including 8 hours of crisis intervention training.

These laws were made possible by your support over the past weeks, months and years. Local & state advocacy by NAMI families combined with our partnership with law enforcement officers, made the case for mental health training.

Thank you for your work, your commitment and your vision. NAMI California looks forward to continuing to work with each of you as these new laws are implemented.

**We are collecting thank you cards for Senator Beall and Governor Brown.** If you would like to express your appreciation for this legislation, please send your card to **NAMI California, 1851 Heritage Ln, Suite 150, Sacramento CA 95815**. If you have questions, please contact [advocacy@namica.org](mailto:advocacy@namica.org).

**NAMI SCC Board Meetings**

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, Nov. 3, 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**

**Local Thanksgiving Events**

◆ **Tues. Nov. 24, 5-9 P.M.**  
Thanksgiving Dance at  
**Grace Community Center,**  
484 E. San Fernando Street, SJ  
Admission is \$4.

◆ **Wed. Nov. 25, 12-3 P.M.**  
Celebration of Thanksgiving at  
**Zephyr Self-Help Center,**  
1075 E Santa Clara St., SJ.  
All are welcome!

◆ **Wed. Nov. 25, 11-2:30 P.M.**  
Thanksgiving Celebration at  
**South County Self-Help Center,**  
1235 First St., Gilroy

**Wishing You and Yours  
a Very  
HAPPY THANKSGIVING!**

**Winning SCC Teams for NAMIWalk 2015**

By Gini Mitchem

Congratulations, **BraveHearts** — you did it again! Top of the Top Ten Teams for the 2015 Bay Area NAMIWalk! Close behind came **Weekend Walkers** — about \$14,000 & \$13,500 respectively! And if that isn't terrific enough, two other SCC teams made the Top Ten as well: **Advocates** and **In Memory of Kate**. Wonderful work, Team Captains **Barbara Thompson, John Mitchem, Susan Senter** and **Gerry & Peggy Larvey**, as well as all the hard-working Walkers and Generous Donors! Thanks also to **Laurie Williams**, NAMI SCC member and NAMIWalk Director for many

years. We wish Laurie all the best in her new endeavors.

**NAMI 2016:** As I write, we are already forming the NAMIWalk Committee for our first local NAMIWalk to be held in Fall, 2016. We will take much of what Laurie has taught us into our next adventure. We welcome all participants on the committee. Please let us know by leaving a message at **408-453-0400**.

Thank you all again for a wonderful year of teamwork, generosity, support and community through our NAMIWalk activities.

**Guns and Mental Illness**

By Cole Buxbaum

**Dr. Grant Duwe**, PhD, a criminologist with the Minnesota Department of Corrections, has studied more than 1,300 mass murderers from 1980 to 2013. Many had evidence of mental illness, but others did not. The majority of mass shooters have a grudge against society and show evidence of depression. Research shows that

people with serious mental illness like schizophrenia and bipolar disorder pose only a modestly higher risk of violence. Most people who are mentally ill are not violent. What is needed is much stricter regulation on availability of weapons. No one should be able to obtain a gun without restrictions.

**Creative Writing Workshop with SCC Poet Laureate, Nov. 13, 2015**

SCC's Poet Laureate, **David Perez**, has four years' experience as a mental health counselor. He is looking forward to conducting this workshop and will be facilitating various writing exercises that are both fun and easy.

**NOTE:** Space is limited to 12 participants.

**EVENT DETAILS**

**WHEN:** Friday, Nov. 13, 1-3 P.M.

**WHERE:** South County Self-Help Center  
1235 1st Street, Gilroy

**CALL:** 408-852-2460

**The Show "Next to Normal" Returns to the South Bay, Nov. 6-8, 2015**

The South Valley Civic Theatre will present the Broadway hit and Pulitzer Prize-winning musical "**Next to Normal**." This highly regarded work addresses suicide, drug abuse and ethics in mental health care — and it's a musical.

**EVENT DETAILS**

**WHEN:** Friday-Sunday, Nov. 6-8

**WHERE:** South Valley Civic Theatre  
17090 Monterey St  
Morgan Hill 95037

**CALL:** 408-842-7469

**Consumer Advisory Council (CAC) Conversation, Nov. 24, 2015**

Interested in improving your coping skills and mental health management? NAMI SCC's Consumer Advisory Council members will present a panel on these issues, and also share successes, hopes and dreams. Please join in this conversation!

**EVENT DETAILS**

**WHEN:** Tues., Nov. 24 at 4 P.M.

**WHERE:** NAMI SCC Classroom

**R.S.V.P.** 408-453-0400

**Order NARSAD Greeting Cards and Music for the Holidays**

NARSAD (National Alliance for Research on Schizophrenia and Depression) creates greeting and note cards, as well as gifts for the holidays. Go to [www.narsadartworks.org](http://www.narsadartworks.org) to view and purchase them.

NARSAD "Sunshine from Darkness" artworks showcase artists whose lives have shared the common bond of mental illness.





### Ongoing Activities

#### NAMI SCC

*Supporting others is part of the recovery process.*

#### Connection Recovery Support Group

This group—for people over 18 with a mental illness—*now* meets every **Sun. from 3–4:30 P.M.** at the NAMI office. (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**.

#### Zephyr Self-Help Center

##### ◆ Employment Support Group

Every Wed. 2-3 P.M.

Info: Enrique, 408-792-2140

##### ◆ Wellness Recovery Action Plan (WRAP)

Planning for the Holidays

Every Wed. 12-1:30 P.M.

For more info, 408-792-2152

Location: 1075 E. Santa Clara St. (back of building).

### 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](http://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](http://www.NewLifeStyles.com) **800-869-9549**



**We're on Twitter!**

Be part of our online community and engage in Mental Health conversations 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](http://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](http://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](http://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**