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 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

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.

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.
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 Carlton.

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.namisantaclara.org/meetings.htm

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.

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.
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.

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.

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.

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.

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!

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 to view and purchase them.
**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).

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**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 nonemergencies, 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](http://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

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**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: __________________________

**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

$ 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