General Meeting, Tuesday, October 13, 2015
Engaging With Psychosis: Beyond the Status Quo

Nev Jones, PhD, is a research psychologist & currently a postdoctoral fellow at Stanford University. She grew up with a parent with severe schizophrenia and was later diagnosed with schizophrenia herself (aka “wears many hats”). Nev’s research focuses on the socio-cultural determinants of disability & recovery, phenomenological & developmental variations in psychosis, as well as the development of interventions aimed at improving functional outcomes, particularly in early psychosis. Dr. Jones is a core working group member of the International Consortium on Hallucination Research and a research affiliate with Durham University’s award-winning Hearing the Voice project. Nev is also acting board president of the Bay Area Hearing Voices Network and the former director of both Chicago Hearing Voices and the Lived Experience Research Network.

Nev’s presentation will cover her personal experiences as well as “myths versus research” regarding psychosis, emphasizing the emerging international consensus on the variability and heterogeneity of psychotic symptoms as they play out across etiology (causes), phenomenology, course and treatment response. She will make a case for the pressing need to “personalize” treatments for psychosis in the US and expand the array of psychosocial and rehabilitative options available. Finally, she will link the above research to her grassroots advocacy efforts with the Bay Area Hearing Voices Network and the newly formed South Bay group Project Resource.

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

NAMIWalk 2015 Results

A huge congratulations to all who volunteered, participated, donated, solicited sponsors, led teams and cheered for our 2015 Bay Area NAMIWalk! Despite declining involvement on the part of some of our Bay Area affiliates, Santa Clara County raised a record $145,000+.

After expenses, this remains a significant portion of funding for our affiliate. Your collective effort continues to be exceptional. Thank you!

See page 3 for important information about NAMIWalk 2016.

Mental Health Awareness Week — October 4–10, 2015

Mental Health Awareness Week is the first full week of October, recognizing NAMI’s efforts to raise mental health awareness. This is important because millions of Americans face the reality of living with a mental health issue. Highlighting this during the designated week provides time for people to come together and display the passion and strength of those working to improve the lives of persons affected by mental illness.

ACTIVITIES

✦ Oct. 6: NAMI Presentation & Candle-lighting Service and National Day of Prayer for Mental Illness Recovery & Understanding (7-8:30 P.M.) at Santa Teresa Church, 794 Calero Ave., SJ
✦ Oct. 8: In Our Own Voice (IOOV) Presentation (7-8:30 P.M.) at Santa Teresa Church, 794 Calero Ave., SJ

Go Green: This year NAMI is coordinating an effort across the country to get everyone to “go green” (green is the national color of mental health awareness). Wear green to show support for people living with mental health challenges and help break down the barriers that prevent many from seeking the help they need. Here are some ways to show your support:

✦ Change your Facebook cover photo;
✦ Make your Facebook/Twitter profile picture green;
✦ Dye your hair or paint your nails green;
✦ Initiate a “Wear Green Day” and encourage others to pick a day to wear green.
Mental Health Treatment in Our Jails
By Beverly Lozoff

In August Michael Tyree, a 31-year-old inmate with a mental health condition, was temporarily assigned to San Jose’s Main Jail because no acute inpatient beds were available. Before his five-day stay ended, he was found dead in his jail cell, allegedly the victim of a beating by the correctional officers assigned to protect him. A number of people have indicated that this was not an isolated incident.

As tragic as the death of a mentally-ill inmate is, the result is that change in the jail system and the plight of mentally ill inmates may actually begin to occur. SCC leaders are calling for swift action to improve its jail system. Officials are enlisting the help of the federal government to review jail policies. The SCC Sheriff and Board of Supervisors have formed a Blue Ribbon Commission to evaluate the current jail environment and mental health care treatment. Questions remain about what this commission will review, who will participate, and what the commission’s authority and objectives will be. Recommendations include forming a blue ribbon task force to investigate inmate care, modernizing and expanding the surveillance camera system and establishing an anonymous hotline to report abuse.

Sheriff Laurie Smith has called for all correctional officers to complete the 40-hour CIT (Crisis Intervention Training) academy. We at NAMI know that CIT training saves lives and reduces injuries.

What can we at NAMI do? How can we help?
Here are some actions we can take:
- Write us (anonymously is fine) about any first-hand knowledge you have of beatings or suicides in our Santa Clara County jails.
- Write to your county supervisor or all five supervisors asking that they establish independent civilian oversight of the sheriff’s office.
- Laud the County for establishing a Blue Ribbon Task Force and encourage a citizen-driven independent process. NAMI needs to be a participant.
- Send us your ideas for how we can implement change.

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. The luncheon is dedicated to each of our wonderful volunteers who we greatly appreciate.
Call Indra, 408-453-0400 ext. 3000 by October 28 to RSVP.

17th Annual Conference on Hoarding Behavior

The Mental Health Association of San Francisco will be hosting the International Hoarding and Cluttering Conference. This conference is a two-day international education and learning forum that brings together individuals, service providers, housing providers and researchers in a single location to address hoarding and cluttering disorders.

http://mentalhealthsf.org/programs/ichc/conference/agenda

Staff/Volunteer Spotlight: Melissa Amps

Melissa Amps has been a volunteer with NAMI since 2007, having been referred by Alliance for Community Care. In that year, Melissa also took NAMI Peer to Peer. Since volunteering at NAMI, Melissa’s social skills have improved a lot. It has also helped her to stay on track with her wellness and recovery as well as her improved self-care.

Melissa also spends time going on outings with other volunteers. Additionally, she is involved with a women’s Bible Study group and attends women’s conferences with her church.
Thanks, Melissa, for your participation in our volunteer projects at NAMI SCC.
Big NAMIWalk News: Looking Ahead to 2016

After being a key participant in the SF Bay Area NAMIWalk for 10 years, the NAMI Santa Clara County Board has voted to conduct our own Walk in Santa Clara County. The Board’s reasoning is that we will significantly increase:

- The participation of our membership and community by walking at an easily accessible local site. This will eliminate transportation expenses, for example, chartered buses;
- The enthusiasm & energy of local sponsors, staff, team captains and volunteers;
- Sponsorships by local organizations & businesses;
- Our productivity by reducing travel time for our walk committee, walk manager and volunteers; and
- Net revenue for our chapter.

NAMI National has officially approved our application for a 2016 Silicon Valley NAMIWalk! Site selection has begun and the date will be close to Mental Health Awareness Week in October 2016.

With your continued support, our new NAMI-Walk will fund additional services for our membership and our community.

Momentum’s 18th Annual Shining Stars Rising Above Stigma Benefit

Join Momentum for a festive evening and help raise funds for their programs and services, and speak out against the stigma surrounding mental illness.

Your ticket gives you access to:
- Casino-style gaming including Black Jack and Texas Holder
- Complimentary hors d’oeuvres and drink tickets
- Silent and live auction
- Educational exhibits
- Excellent prizes

EVENT DETAILS
WHERE: Corinthian Grand Ballroom
196 N. 3rd St., SJ

WHEN: 5:00-6:00 p.m.: Registration, Cocktails, Silent Auction and Hors d’oeuvres
6:00 to 10:30 p.m.: Casino-style gaming, educational exhibits and live auction

TICKETS: $150 per person thru Sept. 25
$175 per person Sept. 26-Oct. 23

www.momentumformentalhealth.org/speakeasy

8th Annual Disability Awareness Day in San Jose
Theme: Challenge Yourself – Go For It!

Disability Awareness Day is a free, citywide event celebrating diversity, awareness and empowerment for persons with differing abilities. The mission of Disability Awareness Day is to build an integrated community by empowering people with differing abilities to overcome barriers through access to resources, education and employment opportunities and increasing the appreciation of people with differing abilities by showcasing their talents and gifts.

This event includes a resource fair, games, activities, food trucks, live music, art displays and demonstrations.

To sign up, see the link in the shaded box below for the Eventbrite page:

EVENT DETAILS
WHERE: San Jose City Hall Rotunda & Plaza
200 E. Santa Clara St., SJ

INFO: DAD@sjdistrict1.com or 408-535-4901


Amazon Wish List: Support Our Holiday Gift Drive

In preparation for our annual Holiday Gift Drive, we’ve set up an Amazon Wish List with items that are needed at NAMI. You can purchase from the list; Amazon will ship them directly to our office. Additionally, we can get 0.5% of your purchase price donated back to us through the Amazon Smiles program. Use the link in the shaded box below or go to smileamazon.com and follow these steps:
1. Select NAMI Santa Clara County;
2. Click on “Wish List” at the top;
3. Search under “Find a Wish List or Registry;
4. Type in NAMI Santa Clara County Holiday Drive and you’ll be taken to our list.

http://smile.amazon.com/gp/registry/wishlist/ref=nav_wishlist_btm
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—now meets on the 2nd & 4th 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.)

Starting in November, this group will be held every Sunday.

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.

Dance at Grace Community Center
WHEN: Fri., Oct. 23, 5-8 P.M.
WHERE: 484 E San Fernando, San Jose
INFO: 408-293-0422
COST: $3
Music, dancing, costume contest and snacks!

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

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 ☐ Other

$ 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

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

facebook