



Santa Clara County Newsletter

Volume XL No. 10

October 2015

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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

Calendar:

- Oct. 1 / Thurs.**
Disability Awareness Day (p.3)
- Oct. 4-10 / Fri.-Sat.**
Mental Health Awareness Week (p.1)
- Oct. 4 / Sun.**
Nature Walk (p.4)
- Oct. 6 / Tues.**
NAMI Board Meeting (p.3)
- Oct. 11, 25 / Sun.**
Connection Support Group (p.4)
- Oct. 13 / Tues.**
General Meeting (p.1)
- Oct. 23 / Fri.**
Shining Stars Benefit (p.3)
- Nov. 6 / Fri.**
Volunteer Appreciation (p.2)

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.

◆ **Oct. 10: National Depression Screening Day**, www.mentalhealthscreening.org
Complete an anonymous self-assessment for yourself or a loved one.

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:

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 Av., SJ
- ◆ **Oct. 8: In Our Own Voice (IOOV) Presentation (7-8:30 P.M.)** at Santa Teresa Church, 794 Calero Ave., SJ

- ◆ 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.

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
M–F, 10 A.M.–2 P.M.

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.**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.

CONFERENCE DETAILS**WHEN:** Nov. 5-6 (all day starting at 8:15 A.M.)**WHERE:** **Hilton San Francisco**
(Financial District)
750 Kearny Street, SF**INFO:** **415-421-2926**

Use the link in the shaded box below to find out about workshops and useful tips.

<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.



NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, Oct. 6, 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

Suicide Bereavement Support Group

A six-week support group will meet:

WHEN: Tues. 6:30-8 P.M.
Sept. 22-Oct. 27

WHERE: Holy Spirit Church
1200 Redmond Av.
San Jose

CONTACT: 408-997-5110 or
lharris@dsj.org

The co-facilitators are **Barbara Zahner**, Board Certified Chaplain, and **Leah Harris**, Director of Pastoral Care at the church.

- ◆ Finding Your Way Through the Wilderness of Grief
- ◆ Honoring Your Way
- ◆ Seeking Understanding
- ◆ Moving Through
- ◆ Finding Strength & Hope

National Alliance on Mental Illness

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

WHEN: Thursday, Oct. 1
10 A.M.-1 P.M.

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

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

<http://www.eventbrite.com/e/disability-awareness-day-tickets-17268579787?aff=erelexporg>

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_btn

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.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 **800-869-9549**



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

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 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**