



National Alliance on Mental Illness

Santa Clara County Newsletter

Volume XL/XLI No. 10/1

December 2015/January 2016

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General Meeting, Tuesday, January 12, 2016 Creativity and Mental Illness, Dr. Sheri Johnson

Dr. Sheri Johnson will describe biographical & experimental studies on mood disorders and creativity. Particularly clear evidence suggests that creativity, of many different forms, is high among family members of those with bipolar disorder and those with minor experiences of manic symptoms. Mechanisms and theories about this link will be described.

Dr. Johnson is a Professor of Psychology at the UC Berkeley and Director of the Cal Mania (Calm) Program. She has conducted research on psychological facets of bipolar disorder over the past twenty years with funding from NARSAD, the National Institute of Health, and the National Science Foundation. She has published over 200

manuscripts, including in the Journal of Abnormal Psychology, Psychological Bulletin and the American Journal of Psychiatry. Some co-authored books include *Bipolar Disorder for the Newly Diagnosed*, *Psychological Treatment of Bipolar Disorder* and a best-selling textbook on abnormal psychology (Wiley). She is the president for the Society for Research in Psychopathology.

Join us in the auditorium of Good Samaritan Hospital (in the basement of the main building) at 7:30 P.M. for an information 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. For directions, go to www.maps.yahoo.com.

NAMI SCC Board Officer Nominations

In accordance with our bylaws, our annual election of officers will take place at the March, 2016 General Meeting. We need candidates for:

- President
- 4 Vice Presidents
- Treasurer
- Secretary

If you are interested in a position or wish to suggest someone, please contact the NAMI SCC

office. If you are interested in serving on the nominating committee, contact NAMI Board VP Beverly at blozoff@namisantaclara.org.

Nominations will be accepted from the floor at the February and March general meetings. Installation of officers will take place at the April meeting, following the election in March.

Calendar:

- Dec. 1 & Jan. 5 / Tues.**
NAMI Board Meeting (p.3)
- Dec. 1 / Tues.**
Criminal Justice Training (p.3)
- Dec. 6, Jan. 3 / Sun.**
Nature Walk (p.4)
- Dec. 6, 13, 20, 27 & Jan. 3, 10, 17, 24, 31 / Sun.**
Connections Group (p.4)
- Dec. 11, 12 / Fri., Sat.**
Holiday Gift Drive (p.4)
- Dec. 16 / Wed.**
Momentum Family Night (p.1)
- Dec. 25 & Jan. 1/ Fri.**
Office Closed
- Jan. 18 / Mon.**
Office closed (MLK Day)
- Jan. 26 / Tues.**
Consumer Adv. Council (p.3)

Legacy Gift — Planned Giving

To help ensure that the array of NAMI SCC's programs are available for the generations to come, NAMI Santa Clara County encourages our supporters of all ages to consider preparing a legacy gift to us. Legacy gifts come in all shapes and sizes — not just in five or six figures!

The most popular gift is a bequest in your will or living trust. You may designate a specific

amount or piece of property, a percentage of your estate or the remainder of your estate. If you already have a will, bequests may be added with a simple amendment or codicil. Please contact your attorney for more information.

If you are considering such a donation, please contact **Emily Wu**, NAMI SCC Development Manager, at ewu@namisantaclara.org.

Momentum's Family Night Holiday Celebration

Momentum for Mental Health in collaboration with Momentum's Family Advisory Board will host a Family Night Holiday Celebration with delicious holiday foods, games and ideas for coping with holiday stressors. Everyone is welcome, including children!

WHEN: Wed., Dec. 16, 2015, 7-9 P.M.

WHERE: 2001 The Alameda SJ 95126

CONTACTS: Janna Mitchell
(408-261-7777 x 2212)
Lynn Dellaporta
(408-247-1362)

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.

NAMI SCC Extends Wishes for a Very Happy and Safe Holiday Season!

The NAMI office will be closed on these days:

Friday, Dec. 25, 2015
Christmas Day

Friday, Jan. 1, 2016
New Year's Day



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 Programs

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.

Talk Therapy and Psychosis

Excerpted from *Our Voice* by Lorraine Zeller, Winter 2016

A talk therapy treatment for psychosis used in Finland, called Open Dialogue, has been successful in reducing the need for antipsychotics. A large study found that only 35% of patients required antipsychotic medication as opposed to those who were treated as usual.

A new report published in October, 2015 in *The American Journal of Psychiatry* and funded by the National Institute of Mental Health, once again illustrates that talk therapy can reduce the need for anti-psychotics. According to *The New York Times*, “the findings from by far the most rigorous trial to date conducted in the United States, concluded the schizophrenia patients who received smaller doses of antipsychotic medication and a bigger emphasis on one-on-one talk therapy and family support made greater strides in recovery over the first two years of treatment than patients who got the usual drug-focused care.”

The group on combined therapy, which included one-on-one talk therapy and low dose anti-psychotic use, also received help with work or school and their family members received

education to increase their understanding of the disorder. The medication doses were kept as low as possible, anywhere from 20% to 50% lower. In addition, subjects who did the best were identified and treated earliest — after the first episode.

According to **Dr. Kenneth Duckworth**, medical director for National Alliance on Mental Illness, the findings are “a game-changer for the field.” This is wonderful news as costs of medications and costs to the health — due to side effects such as weight gain, metabolic syndrome/diabetes, extreme drowsiness, emotional numbing, and decreased ability to self-motivate — of people with psychosis on high doses of these medications is extremely high.

There is hope that people who struggle with psychosis can be empowered to lead a satisfying, joyful and productive life, with appropriate care.

To access audio recordings of our
General Meetings, go to
www.namisanclara.org/meetings.htm

Santa Clara County Blue Ribbon Commission

Dave Cortese, current president of SCC's Santa Board of Supervisors, announced 25 appointees (from a pool of 96 applicants) to serve on the Blue Ribbon Commission tasked to evaluate jail protective custody operations in the county. Retired Judge **LaDoris Cordell** was appointed as the chair of the commission.

According to Cortese, the appointees “were chosen for their unique perspectives that can move us toward a more holistic approach to better serve and keep inmates, custody staff and visitors safe.” NAMI SCC is thrilled that NAMI activists **Navah Statman** and **Hope Holland** are two of the appointed commissioners.

The urgent call to action comes in response to the August 27 beating death of inmate **Michael Tyree** at the county's Main Jail in San Jose. Tyree was awaiting placement in a psychiatric facility. Three

correctional officers face murder charges in connection with his death.

The Blue Ribbon Commission will conduct a series of public meetings to assess where the corrections system is now in terms of policies, procedures and operations and where it should be. The commissioners, who will meet for 120 days, will hear testimony from the public as well as experts. The commission is in the process of setting its agenda, goals and timeline.

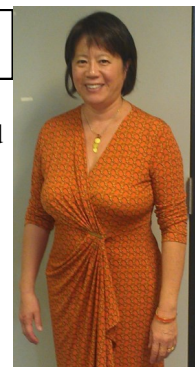
The commission is taking public statements at the beginning of each meeting, and NAMI SCC encourages anyone who would like to share their experience to do so. The Commission's meeting schedule is posted on the Santa Clara County website.

Staff Spotlight: Emily Wu

Emily Wu was born in Chicago, however, has made the Bay Area her home for many years. She has recently joined NAMI Santa Clara County as Development Manager. Her responsibilities include corporate, foundation and individual fundraising. In addition, she works at Peninsula Youth Theatre in Mountain View where she serves as part-time Development Director. PYT is a children's theater that provides performing arts education for young people. Emily was also active

in fundraising at her children's schools and serves on the Board of Directors for Rebuilding Together, a nonprofit agency in San Mateo.

Emily is married and has two grown children. Her interests include travel, fitness, entertaining, reading and volunteering.



NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next two Board Meetings will take place on **Tuesday, Dec. 1, 2015**, and **Tuesday, Jan. 5, 2016**, from 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



Holiday Events

- ◆ **Fri., Dec. 18, 5-9 P.M.**
Holiday Dance at Grace Community Center,
484 E. San Fernando St, SJ
Admission is \$4.
- ◆ **Fri., Dec. 18, 11 A.M.-3 P.M.**
Consumer Craft Fair at Zephyr Self Help Center,
1075 E Santa Clara St.
(enter at rear), SJ
Handmade Crafts by community members for show and sale. If you would like to display and sell your crafts, please call **408-792-2140**.
NOTE: Space is limited.
- ◆ **Thurs., Dec. 24, 11 A.M. – 2:30 P.M.**
Craft Fair: Handmade items by consumers for sale.
South County Self-Help Center, 1235 First St., Gilroy

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NAMIWalk News

By Gini Mitchem

2015, Final Numbers: NAMI SCC netted **\$100,000** — the most we have ever walked away with. Congratulations, All!

A Big Thank You to Donna Mechanic: Donna is amazing! Many special thanks to her for keeping minute track of every single check (and cash too) that came to the office for NAMIWalk over the last 5 years! Even though NAMI San Francisco took over the bookkeeping last year, **Donna** continued to handle the checks and cash, making sure it was all recorded in her log and deposited into the bank. This is a very big job and Donna did it with grace and patience over this long period. We appreciate you so much, Donna!

NAMIWalk 2016: Now let's march into 2016 with our new NAMI Santa Clara County Walk! While still in the planning stages, we do have official approval from NAMI National to hold our NAMIWalk next Fall — perfect time in Silicon Valley. We hope our neighboring NAMI affiliates will join us.

If you would like to help build this exciting new venture, please let us know by calling the Warmline at **408-453-0400**.

Thanks again for your amazing participation over the last — yes, really — decade! See you with walking shoes on in 2016!

Consumer Advisory Council (CAC) Conversation — Jan. 26, 2016

January's conversation will provide an overview of **Silicon Valley Independent Living Center (SVILC)** services to the cross-disability community in Santa Clara County and in-depth housing search assistance including a basic overview of tenant/landlord rights and responsibilities; SVILC resources for conducting

an effective housing search; community resources available for housing search and assistance.

WHEN: Tues., Jan. 26, at 4 P.M.

WHERE: NAMI SCC Classroom

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

Mental Illness and the Courts: What You Need to Know to Advocate for a Family Member, Friend or Client with Mental Illness — Dec. 1, 2015

NAMI SCC, Family & Children Services of Silicon Valley & El Camino Hospital are presenting a panel discussion on timely topics, such as: How can clinicians or family members get information to the judge? What are the treatment programs that a client could voluntarily be participating in to help their case, before they get to court? How do you advocate for the needs of a client or loved one who is in jail?

The discussion is free and open to the public.

WHEN: Tues., Dec. 1, 11:30 A.M.-1:30 P.M.

WHERE: El Camino Hospital
(Mtn. View Campus)
2500 Grant Rd, Mtn. View
Conference Rm. E/F (basement,
main bldg)

RSVP: ckrames@fcservices.org

Directing Change Student Video Contest

Students throughout California are invited to Direct Change by submitting 60-second films in three categories: Suicide Prevention / Mental Health Matters / Through the Lens of Culture. The winning teams and their associated high schools will win prizes, receive mental health or suicide prevention programs for their schools, participate in a meeting with state legislators on these topics and attend an awards ceremony.

Visit www.directingchange.org for all the information including contest rules.

Two important dates to remember:

- ◆ **Jan. 15, 2016:** Intent to Direct Form is due
- ◆ **Mar. 1, 2016:** Film is due

Order NARSAD Holiday Greeting Cards and Music

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.

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.
Call Enrique, 408-792-2140
- ◆ **Wellness Recovery Action Plan (WRAP) Planning for the Holidays**
Every Wed. 12-1:30 P.M.
Info: 408-792-2152
1075 E. Santa Clara St.
(back of building)

Upcoming Events in January, 2016

- ◆ **NAMI Basics Class Starting in January 2016**
NAMI Basics is a free, six-week educational course for parents and caregivers of children and adolescents 17 and under. The course covers issues frequently faced by families dealing with a child or teen with mental illness, including how to advocate for them. If you are interested, please contact **Sharon Ruhl** at basics@namisantaclara.org or **408-453-0400**.
- ◆ **Name Change Celebration at South County Self-Help Center Tues., Jan. 19, 11:00 A.M. – 2:30 P.M.**
South County Self-Help Center has changed its name to **Esperanza Self-Help Center, 1235 First St., Gilroy.**
- ◆ **Walking for Wellness with Lorraine Zeller & friends! Wednesdays, 1:30-2 P.M. at Zephyr Self-Help Center 1075 E. Santa Clara Ct., SJ, 408-792-2140**
 - Improve your mood
 - Burn some calories
 - Lower your blood pressure
 - Enjoy the sunshine
- ◆ **TAY (Transitional Age Youth) Kickoff Resource Fair Friday, Jan. 22, 11 A.M.-2 P.M. at Zephyr Self-Help Center 1075 E. Santa Clara St., SJ**
Resources for young adults in these and other areas:
 - Local community colleges
 - Vocational opportunities
 - Jobs
 - H.S. GED
 - Peer Support
 - Phones



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

NAMI SCC Holiday Gift Drive 2015

This holiday season we will be distributing gifts to consumers at local hospitals, self-help centers, churches and homeless centers.



- ◆ Socks*
- ◆ Scarves & Gloves*
- ◆ Winter Hats*
- ◆ Power Bars*
- ◆ Toiletries
- ◆ Decks of Playing Cards
- ◆ \$5 Gift Cards (Examples: Starbucks, Peet's, Jamba Juice, Burger King, McDonald's, Discount Stores, Drugstores)

Monetary donations are especially appreciated and needed to cover all expenses.

*Most-needed items. Please remember that we serve both men and women.

Important Dates for the Holiday Drive

- ◆ **Fri., Dec. 4:** Please have your donations to the office. (Monetary donations are most needed, since our budget for this project is well over \$2,500.)
- ◆ **Fri., Dec. 11, 10:30 A.M.–1:30 P.M.:** All gift bags will be assembled at the NAMI office.
- ◆ **Sat., Dec. 12, 1-3 P.M.:** Completion of gift-bag assembly at the NAMI office.

NOTE: Donor letters are available if you choose to solicit at businesses to get discounts.