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**General Meeting, Tuesday, February 9, 2016
Residents' Rights Workshop**

Disability Rights California and the Consumer Affairs program under Santa Clara County Behavioral Health will present a Residents' Rights Workshop. This workshop will focus on informing consumers and families about their rights in licensed adult residential facilities (board and care homes), as well as relevant landlord tenant protections in licensed and unlicensed community facilities.

The collective experience of various consumer providers along with stories of substandard living conditions and mistreatment of residents told by consumers, family members and clinicians informed creation of this workshop.

The agencies involved in this effort are currently focused on building a coalition of room and board operators, consumer leaders, attorneys, residents, family members and members of affiliated agencies.

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

Nominations will be posted on our website at the beginning of February and 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:

- Feb. 2 / Tues.**
NAMI Board Meeting (p.3)
- Feb. 4 / Thurs.**
M.O.D.E.R.N Voice Hearer (p.3)
- Feb. 7 / Sun.**
Nature Walk (p.4)
- Feb. 7, 14, 21, 28 / Sun.**
Connections Group (p.4)
- Feb. 9 / Tues.**
General Meeting (p.1)
- Feb. 15 / Mon.**
Office closed (Presidents Day)
- Feb. 23 / Tues.**
Consumer Adv. Council (p.3)
- Feb. 24 / Wed.**
Momentum's Family Night (p.1)

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!

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.

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

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

A Heartfelt Thank You for Another Successful Holiday Drive

Thanks to the tremendous outpouring of generous donations and many volunteers who gave us hours of help, we were able to increase our giving to an all-time record of 710 gifts! We can't thank you enough!

Zephyr and Esperanza Self-Help Centers, Riviera Villa, ACT for Mental Health, Inn Vision's Julian Street Inn, local Veterans Board and Care Homes, Grace Community Center, Heaven's Gate Board and Care Home, First Presbyterian Church's Women's Gathering Place and Front Door Ministries, as well as our Connections Support Group attendees.

Gift bags were given to patients at Valley Medical's Barbara Arons Pavilion, our county's

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.

Momentum's Family Night: An Evening with David K. Mineta

Momentum for Mental Health in collaboration with Momentum's Family Advisory Board will host a Family Night catching up with the latest Momentum news and views and introduce **David K. Mineta**, Momentum's new President and CEO. Everyone is welcome to attend!

WHEN: Wed., Feb. 24, 7-9 P.M.
WHERE: 2001 The Alameda, SJ
CONTACTS: Janna Mitchell
408-261-7777 x 2212
Lynn Dellaporta
408-247-1362



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 Basics

Greg Osborn:

Provider Education

Cindy McCalmont:

Peer PALS Advisor
MoD Manager
FaithNet Coordinator

David DeTata:

Peer PALS

Barbara Thompson:

Peer-to-Peer

Eugenio Vargas:

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.

Nev Jones, Ph.D., "Engaging with Psychosis: Beyond the Status Quo"

October 13, 2015 General Meeting Write-Up

By Cole Buxbaum

Dr. Nev Jones is a post-doctoral fellow with a Ph.D. in medical anthropology. She is first and foremost a researcher, but wears many hats, including researcher, activist, family member and peer with a diagnosis of schizophrenia. Her mother and her first husband were treated for mental illness. She knows the moral and ethical challenges faced, as well as the difficulty in finding psychosis specialists for therapy and counseling with family-focused supports.

Dr. Jones has great sympathy and empathy for family members. When she was diagnosed with a mental illness, she was suspended without cause and encountered a great deal of prejudice. When in her mid-twenties, Nev experienced delusions and psychosis and did not respond well to medication. Before she stabilized, she spent a great deal of time involved in clinical appointments, group therapy and medication management, at which point she completely gave up trying to live her life. Fortunately she was assigned to a school that believes in using psychosocial techniques when appropriate, as opposed to amelioration of symptoms. The school emphasized education and employment to better a person's life—which was a lifesaver for Nev.

Dr. Jones is involved in the Bay Area Hearing Voices Network which "represents a partnership between individuals who hear voices, see or sense things others don't, or may have extreme or individual experiences and beliefs and professionals, and has allies in the community and family members."

She is responsible for the South Bay Project Resource Organization that represents a partnership between family members, clinicians and other stakeholders with a commitment to improving psychosis-related supports, working for social change and increasing public awareness.

Unfortunately educational attainment of people with psychiatric disabilities remains lower than other comparable groups.

Dr. Jones then answered questions from the NAMI Santa Clara County meeting attendees.

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

News from Blue Ribbon Commission on Improving Custody Operations at County Jails

By Navah Statman

The Blue Ribbon Commission on Improving Custody Operations has been meeting every two weeks for the past few months. The Commission reviewed several functions and processes at the jail including the Inmate Grievance and Complaint Process, the Custody Health Grievance Process, the Inmate Rule Book, Use of Force Policy, The Inmate Welfare Fund's management and uses, and the correctional officers' discipline process.

During the presentation on the Custody Health Grievance Resolution it was announced that the

County will be adding 58 Custody Health Workers, in order to achieve more timely access to treatment. A psychiatrist will also be added to the booking and intake area.

The next commission meeting is scheduled for **January 23**, and the last meeting will be held on **February 6**. The meetings are held from **11 A.M. to 2 P.M.**, and include time for public comment.

I encourage NAMI members who have experience with the jail to come and have their say!

Legislative News

By Navah Statman

- ◆ The Federal Budget bill that the President just signed on **December 18** includes a \$400 million boost to the Mental Health budget. It allocates an additional \$85.4 million to the National Institute for Mental Health (NIMH), \$50 million more for the Mental Health Block Grant Program of which \$15 million are allocated to a new Assisted Outpatient Program Pilot and adds additional funding to the First Episode Psychosis (FEP) program. The bill also adds a requirement on the block grant programs to ensure that the increase is focused on evidence-based programs targeted to serious mental illness.
- ◆ After unanimous Assembly and Senate support, **Governor Brown** signed **AB 1194** into law on **October 7, 2015**. The law requires that in a 5150 situation law enforcement officers and evaluating clinicians actively consider the person's mental illness history in addition to immediate: Danger to Others, Danger to Self and Grave Disability. The law further clarifies that the definition of *danger* is not limited to *imminent danger*. It is incumbent on each of us to educate law enforcement officers and county hospital evaluating clinicians on how to properly use this invaluable law.

NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, Feb. 2** 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

**Workshops & Classes
at Zephyr
Self-Help Center
1075 E. Santa Clara
St. (Rear of Bldg.)
408-792-2140**

- ◆ **sTay in School**
Fri. Jan. 29, 1-2:30 P.M.
Help for current students in navigating school resources; help and support for those interested in becoming students.
- ◆ **Gotta Have a Job**
Fri. Feb. 12, 1-2:30 P.M.
Resume building, interview prep, job-seeking resources and vocational school info.
- ◆ **Employment Support Group, Wednesdays, 2-3 P.M.** Call **Enrique, 408-792-2140.**
- ◆ **Wellness Recovery Action Plan (WRAP) Shape Up; Wednesdays, 12-1:30 P.M.;** call **408-792-2152.**



Our first **NAMIWalk Silicon Valley-Santa Clara County** will take place on **Saturday, September 17, 2016** at **San Jose Guadalupe Park's Arena Green WEST** — the field adjacent to SAP Arena and just across the street

Save the Date: Saturday, Sept. 17, 2016!

from Diridon Station for easy access by VTA buses, light rail and CalTrain.

We are recruiting to hire an Administrator/Manager for our NAMIWalk. We also need volunteers for our Steering Committee. The excitement is already building!

Consumer Advisory Council (CAC) Conversation — February 23, 2016

February's conversation will be with **Kim Bullock, M.D.**, of Stanford University's Department of Psychiatry. She will speak on **Cognitive Behavior Therapy (CBT)** and **Dialectical Behavior Therapy (DBT)**.

Come with your questions.

WHEN: Tues., February 23 at 4 P.M.

WHERE: NAMI SCC Classroom

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

Follow-Up to El Camino Panel on Mental Illness and the Courts, Dec. 1, 2015

On **December 1**, a panel discussion was held at El Camino Hospital, sponsored by El Camino Hospital, SV Family & Children Services (CFS) and NAMI SCC. The conference room was filled, making "a powerful statement about the level of concern for the realities affecting people with mental health conditions in the criminal justice system."

The panelists included Assistant District Attorney **David Angel**; Executive Director of Behavioral Health Services at El Camino, **Michael Fitzgerald**; Executive Director of NAMI SCC, **Kathy Forward**; SCC Superior Court Judge (retired) **Eugene M. Hyman**; Deputy Public Defender **Malorie Melrose Street**; and special guest **Judge Stephen Manley**.

The moderator, **Crysta Krames** of CFS, wrote afterwards, "From the discussion, it is clear that families, treatment providers, the public defender's office and the courts all desire greater communication. As David Angel said, 'there is a responsibility to keep the community safe, but that does not exclude consideration for diversion and treatment mandates for people with mental illness. Communicate with service providers, get signed releases from clients that allows for information sharing should there be an arrest, and get information regarding medication and treatment concerns or challenges to the PD as well as the Prosecutor. Together, we can create effective conclusions.'"

Gini Mitchem Honored at SV Philanthropy Day

On **Friday, November 20, 2015**, the **Association of Fundraising Professionals Silicon Valley** held its 28th Annual Philanthropy Day Awards luncheon. Our very own **Gini Mitchem** was an honoree, in recognition of all the fundraising leadership she has provided NAMIWalks for ten + years.

Congratulations, Gini, for all your efforts and dedication. NAMI Santa Clara County could not have done it without you!

**M.O.D.E.R.N Voice Hearer: An Innovative Approach for People Who Experience Distressing Voices**

Debra Lampshire has heard voices since childhood and spent several decades in mental institutions. She discovered a way to get her voices under control and reclaimed her life, leaving mental health services behind. Her approach has now been adopted by mainstream Mental Health Services in New Zealand.

In this presentation, she will discuss her approach to dealing with distressing voices and also the

current mental health environment with an emphasis on *recovery*.

EVENT DETAILS

WHEN: Thursday, Feb. 4, 7-9 P.M.

WHERE: Sunnyvale Community Center Recreation Center Building Community Room

550 E. Remington Dr., Sunnyvale

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 Sunday 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.

Support Group Changes

- ◆ **Stanford Family and Friends Support Group** will now meet on the **2nd and 4th Weds. of month 7-8:30 P.M.**, 401 Quarry Road, Rm. 2211. Info: Pamela, 650-862-2886, pamelapolos@comcast.net
- ◆ **Morgan Hill Support Group** that meets on the **2nd Thurs. of the month** will meet at a *new* location thru **May, 2016**: In Gilroy at **St. Louise Reg. Hosp., 9400 No Name Uno, Board Rm.**

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:

- Eugenio Vargas (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 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 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 individual 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**