



National Alliance on Mental Illness

Santa Clara County Newsletter

Volume XLI No. 3

March 2016

Inside This Issue:

General Meeting	1
Slate of Board Officers	1
NAMI Basics Course	1
General Meeting Write-Up	2
New Therapeutic Support Group	2
Other New Groups	3
NAMIWalk News	3
Consumer Advisory Council Write-Up	3
Consumer Appreciation Art/Craft Show	3
NAMI Conferences	3
Classes & Workshops at Zephyr Self-Help	4
Connections/Nature Walk	4

General Meeting, Tuesday, March 8, 2016 Ask the Doctor, Rona Hu, M.D.

We are pleased to announce that **Dr. Rona Hu** will be our March General Meeting speaker. Dr. Hu is a Clinical Associate Professor of Psychiatry and Behavioral Sciences at Stanford School of Medicine. Dr. Hu has been at Stanford since 1998. Her main interest is schizophrenia, but she also sees those with bipolar disorder and depression.

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, including voting on our slate of Board officers (see below) followed by the presentation from **8-9 P.M.** including Q&A.

Dr. Hu will speak briefly about schizophrenia and bipolar disorder, and then will spend most of the time answering questions.

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

The NAMI SCC Nominating Committee is pleased to announce the following slate of officers for 2016-2017:

Please note that nominations can still be accepted from the floor at our March General Meeting.

President: **Victor Ojakian**
1st VP: **Beverly Lozoff**
2nd VP: **Juan Perez**
Other VP's: **Gerry Larvey, Harold Brown**
Treasurer: **Steve Wade**
Secretary: **Peter Newman**

The slate of candidates will be voted on at the March meeting and installation of officers will take place in April.

Calendar:

- Mar. 1 / Tues.**
NAMI Board Meeting (p.3)
- Mar. 6 / Sun.**
Nature Walk (p.4)
- Mar. 6, 13, 20, 27 / Sun.**
Connections Group (p.4)
- Mar. 8 / Tues.**
General Meeting (p.1)
- Mar. 26 / Sat.**
Hearing Voices Workshop (p.3)
- May 6 / Fri.**
Consumer Appreciation Day (p.3)
- July 6-9 / Wed.-Sat.**
NAMI National Convention (p.3)
- Aug.26-27 / Fri.-Sun.**
NAMI CA Conference (p.3)
- Sept. 17 / Sat.**
NAMIWalk Silicon Valley (p.3)

NAMI Basics Course Beginning in April, 2016

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. The program helps parents and other family caregivers to understand the illnesses that are causing the behavioral difficulties and the critical role families play in treatment.

NAMI SCC will offer its NAMI Basics Education Program in Spring 2016, starting at the beginning of **April**. Classes will be held on **six consecutive Saturday mornings at the NAMI SCC office**. Please note that you must register to attend. To do so, call our Warmline/ Help Desk at **408-453-0400**.

NAMI SCC Community Merit Award to Patricia Gardner

Every year NAMI SCC recognizes an individual or group in the community that makes a difference to those living with a mental illness and their families. In the past we have honored such individuals as **State Senator Jim Beall**, then *San Jose Mercury News* columnist **Patty Fisher** and **Behavioral Health Services at El Camino Hospital**.

Patricia has worked to magnify the voice of non-profits in our county and has been the voice for the many clients served by nonprofit agencies. She has promoted a broad range of mental health issues to ensure that access to services is a priority and has helped key community issues such as suicide prevention, youth and school-based mental health programming as well as mental health awareness. Her newest focus is on leading a coalition to address the lack of mental health services in our justice system.

At our February, 2016 General Meeting we presented the **2015 Community Merit Award** to **Patricia Gardner**, CEO of the Silicon Valley Council of Nonprofits. During her tenure

Congratulation, Patricia!

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
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)

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year by the Newsletter
Crew: **Cole Buxbaum**
(Editor), **Beverly Lozoff**
(Coordinator), **Donna-Jo**
(Typesetter) and our great
volunteers.

Dr. Sheri Johnson, Ph.D., "Creativity and Mental Illness" January 12, 2016 General Meeting Write-Up

By Cole Buxbaum

Dr. Sheri Johnson, Professor of Psychology at UC Berkeley and Director of the Cal-Mania (CALM) Program, described her work on different forms of mood disorders, which she noted is high among people with bipolar disorder. She has worked over the past twenty years with funding help by the National Alliance for Research on Schizophrenia and Depression and the National Science Foundation, and has authored many books and papers including *Bipolar Disorder for the Newly Diagnosed*.

In 1993 **Kay Redfield Jamison** wrote a book describing how people through the ages suffered from mania or hypomania and yet still enriched our lives. Such creative people as authors, artists, scientists and doctors are examples of the more than 1,000 people who have been written about in the *New York Times*. It appears that throughout the world the number of these individuals with mania or hypomania is higher than that in the general population.

The Swedish population shows 1.5 times the general population for bipolar illness and creativity. Three hundred thousand people were

examined and 30,000 were found to have bipolar disorder. In addition, it appeared that people with a family history showed an even higher percentage. Furthermore, they also enjoy more complex professions. In addition, schizophrenia did not show a higher level of creativity.

A question was raised about whether the age of onset relates to creativity. Dr. Johnson did not know.

People with bipolar disorder describe themselves as more reactive to rewards and goals in their life and are more prone to positive moods, even when they are asymptomatic. These basic traits help to understand the processes through which mania unfolds. The level of reward sensitivity, as well as recent increases in goal engagement both predict increases in mania over time among people with bipolar disorder.

Contact Information: sljohnson@berkeley.edu

To access audio recordings of our
General Meetings, go to

www.namisantaclara.org/meetings.htm

"Touched with Fire," A Commercial Movie About Bipolar Disorder

Dr. Kay Redfield Jamison's book *Touched with Fire* has been made into a movie that is about to be released to theaters. Both Dr. Jamison (referenced above) and the screenplay writer, **Paul Dalio**, have bipolar disorder.

Charlie Rose interviewed Dr. Jamison recently on his TV show. The 1st link to the interview appears in the shaded box below. The 2nd link below features an interview with Paul Dalio in which he speaks about being proud to be bipolar.

- 1) <http://www.charlierose.com/watch/60682894>
- 2) <https://www.youtube.com/watch?v=jUnkt7M-GCM>

New Therapeutic Support Group for Adult Daughters of Mothers

An 8-week group designed to explore issues that are indicative of those who grew up with mothers who experience mental health issues. The goal is to find hope, support and recovery together.

WHEN: 1st Meeting, March 12, 10 A.M.–noon

**WHERE: 160 Saratoga Ave, Ste. 290,
Santa Clara**

Please call to register: **Alexis 408-236-2231 OR Shelly 408-647-5323.**

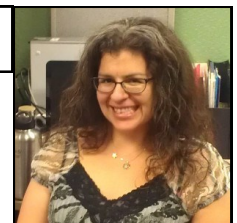
COST: \$35 per session, or \$30 if all 8 weeks are paid in advance.

Staff Spotlight: Verna Barrientos

Verna has been involved at NAMI since 2014. Like many of the people who work here, Verna has many different roles within the organization: she is a part of the Volunteer Project Assistant team; a mentor in the Mentors on Discharge Program; does Peer PALS and Mentors on the Unit presentations at locked inpatient psychiatric facilities; and is trained to do In Our Own Voice presentations. Verna has completed Peer-to-Peer and is currently

enrolled in Family-to-Family; both of these classes have taught her the power of empathy.

Verna's dream is to get her Master of Social Work degree at SJSU, become a Licensed Clinical Social Worker and become a therapist. In her down time she enjoys hiking with her pound puppy, practicing mindfulness, watching the sunrise, reading, and going to live music/comedy shows.



NAMI SCC Board Meeting

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, March 1**, 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

NEW Support Groups

1) Parent Chat

A peer support group for parents/caregivers of children ages 14-24 with mental health challenges will begin on

Feb. 23 and will meet on the 2nd & 4th Tuesdays from 7-8:30 P.M. in the **Orchard Rm. at the Los Altos Library, 13 San Antonio Rd., Los Altos. Call Trudy at 650-208-9116 OR Donna at 650-823-0997.**

2) People with Disabilities Silicon Valley Independent Living Center (SVILC) hosts a free support group for people with disabilities. This group meets in **San Jose every Friday, 10:15 –11:45 A.M. at 2202 N First Street, San Jose CA 95131**

INFO: Michelle Galitz, 408-894-9041 x207 OR michelleg@svilc.org

Premiere of Movie "Dan and Margot"

The U.S. Premiere of a documentary will take place at the Cinequest Film Festival at Camera 12 in **San Jose on March 6, 7, 8.** The film is an intimate look at Margot, a woman with schizophrenia who attempts to reclaim the years she lost to illness.

March 2016

Page 3



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

Please mark **Saturday, September 17** on your calendars and plan to join with hundreds of NAMI members and mental health supporters from around Silicon Valley and beyond at West Arena Green in San Jose's Guadalupe Park.

Our first Walk committee meeting is scheduled for **Thurs., Feb. 25** from **6:30-8 P.M.** at the NAMI office.

If you would like to participate in our planning, email hbrown@namisantaclara.org or call our office. We need volunteers to support our teams, sponsorship recruitment, kickoff luncheon, advertising, walk-day planning, etc. We will have fun while raising funds so critical to supporting our free NAMI SCC programs.

Write-Up of Jan. 26 Consumer Advisory Council (CAC) Conversation

The Consumer Advisory Council (CAC) is having presentations on subjects of interest. On January 26 the CAC presented a well-attended Housing workshop given by SVILC (Silicon Valley Independent Living Center). Housing is a huge problem in the Bay Area and SVILC has two

staff positions dedicated to finding information, updating resources, presenting workshops and working individually with clients in need of housing. "Information from January Housing Workshop" can be found on the Housing page of NAMI SCC website..

<http://www.namisantaclara.org/resource/housing/>

Hearing Voices Workshop on Saturday, March 26, 2016

The Bay Area Hearing Voices Network and **The South Bay Project Resource** will present a Hearing Voices Workshop. In this one-day workshop, family members and voice hearers will explore compassionate approaches to "being present with, understanding and supporting our loved ones as they experience voices, visions, special messages, extreme states and unusual beliefs."

Dr. Nev Jones, who was our General Meeting speaker in October, 2015, is one of the presenters at this workshop.

EVENT DETAILS

WHEN: March 26, 10 A.M.-5 P.M.

WHERE: Cubberley Community Center
4000 Middlefield Rd., Palo Alto
Rm. H-6

FEE: \$40 (some scholarships available, voice hearers free)

Send a check to **BAHVN, 220 Richfield Dr. #4, San Jose, CA 95129-1537**; follow up by sending email to southbayprojectresource@gmail.com for confirmation.

Consumer Appreciation Day — Art and Craft Show at Zephyr

Come display your artistic talent with paintings, needlepoint, quilting, jewelry, ceramics, crafts, photography, poetry and performance art. Artists must register between **April 26—May 4**; and may submit up to 5 pieces each.

EVENT DETAILS

WHEN: Friday, May 6, 11 A.M.—2:30 P.M.

WHERE: Zephyr Self-Help Center
1075 E. Santa Clara St., San Jose
(rear of building)

NAMI National Convention and California Conference

NAMI National Convention July 6–9, 2016

The NAMI 2016 National Convention will take place in Denver, CO, at the Sheraton Denver Downtown. The Super Saver registration fee of \$215 is available to members until **March 31**. Contact **Hanem Ali** at **703-524-7600** or go to www.nami.org. For complete registration info, go to www.nami.org/convention

NAMI California Conference August 26–27, 2016

This year's conference will take place at the San Francisco Airport Marriott Waterfront, 1800 Old Bayshore Highway, Burlingame 94070. For details, contact **Eugenia Cervantes** at Eugenia@namica.org or call **916-567-0167**. Go to www.namicalifornia.org to register or send a check to NAMI California, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.

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.

Zephyr Self-Help Center 1075 E. Santa Clara St.

- ◆ **Enjoying Life with Laughter Support Group**
Every Wed. 1:30-2:30 P.M.
Call Chris, 408-793-6728
- ◆ **Meditation & Relaxation Group**—Come & practice different meditation skills you can use daily to help relax and reduce stress.
Every Fri. from 1:30-2:30 P.M. Call 408-792-2140

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

Mental Health Urgent Care 408-885-7855

Daily 8 A.M.–10 P.M.; walk in

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**