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**General Meeting, Tuesday, April 12, 2016**

**NAMI Santa Clara County Peer Mentor Programs**

Did you know that NAMI SCC now has three Peer Mentor Programs? And this is what the April General Meeting is all about: **Peer PALS, Mentors on Discharge** and **Community Peers**. **Cindy McCalmont**, Peer PALS Advisor & Mentors on Discharge Manager; and **David DeTata**, Peer PALS Coordinator, along with **participating peers & mentors** will talk about exciting new developments in these programs and how you may be able to participate in them.

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.

**NOTE:** Good Samaritan Hospital is located at 2425 Samaritan Drive, San Jose. For directions, go to [www.maps.yahoo.com](http://www.maps.yahoo.com).

**Induction of NAMI SCC Board Officers for 2016-2017**

The NAMI SCC annual election of officers for 2016-2017 was held at the March General Meeting. Installation of officers will take place at the General Meeting on April 12, 2016.

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

**Calendar:**

- Apr. 3 / Sun.**  
Nature Walk (p.4)
- Apr. 3, 10, 17, 24 / Sun.**  
Connections Group (p.4)
- Apr. 5 / Tues.**  
NAMI Board Meeting (p.3)
- Apr. 12 / Tues.**  
General Meeting (p.1)
- Apr. 26 / Tues.**  
Consumer Advisory Talk (p.2)
- May 6 / Fri.**  
Consumer Appreciation (p.2)
- July 6-9 / Wed.-Sat.**  
NAMI National Convention (p.3)
- Aug. 4-5 / Fri.-Sat.**  
Adolescent Mental Wellness Conference (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, 6-week program designed for parents and other family caregivers of children & adolescents with emotional and behavioral difficulties. The program helps parents and other family caregivers to understand the illnesses that are causing behavioral difficulties and the critical role families play in treatment.

NAMI SCC will offer Basics in Spring 2016 on **six consecutive Saturday mornings** at the **NAMI SCC office** starting on **April 2**.

**NOTE: You must register in advance.** To do so, call our Warmline/Help Desk at **408-453-0400**.

<http://www.namisantaclara.org/classes/child-and-teen/>

**NAMI Family-To-Family Course Beginning in April 2016**

NAMI Family to Family is a free, 12-week education program designed for loved ones (over age 18) of individuals living with mental illness. Class is taught by trained family members of those living with mental illness and provides critical information and strategies related to caregiving. Class incorporates presentations, discussion and exercises; and is designated an

Evidence-Based Practice by SAMHSA (Substance Abuse/Mental Health Services Administration)

NAMI SCC will offer Family to Family beginning the week of **April 4** at the **NAMI SCC office**. **NOTE:** You must register in advance.

To do so, call our Warmline/Help Desk at **408-453-0400**. <http://www.namisantaclara.org/classes/f2f/>

**Silicon Valley Gives: A Day of Giving on May 3, 2016**

On **Tuesday, May 3**, NAMI SCC will participate in the third annual **Silicon Valley Gives**. This fundraiser, sponsored by the **Community Foundation Silicon Valley**, will raise money for NAMI SCC through a single online donation platform, providing a simple way to connect donors to charitable causes they care about the most. This 24-hour online effort will begin at **12:01 a.m.** on May 3.

of the **Bernard Newcomb Foundation** which has pledged to match the first **\$25,000** of every dollar we raise.

Look for more info and emails on how you can participate in supporting NAMI SCC during Silicon Valley Gives.

NAMI SCC is so fortunate to have the support

**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](http://www.namisantaclara.org)  
M-F, 10 A.M.-2 P.M.

[www.svgives.razoo.com/story/namisantaclara](http://www.svgives.razoo.com/story/namisantaclara)

Tuesday, May 3, 2016



### 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.

## Residents' Rights Workshop, Jung Pham February 9, 2016 General Meeting Write-Up

By Cole Buxbaum

**Jung Pham**, Staff Attorney for Disability Rights California – in collaboration with Mental Health Advocacy Project (MHAP) and Consumer Affairs (SCC Behavioral Health Department) – presented a program concerning Board and Care Residents' Rights. Disability Rights California focuses on discrimination and stigma issues in adult residential care facilities. One of their main emphases is the protection of residents against unsafe living conditions.

The workshop presents collective experiences of various providers along with stories of substandard living conditions and mistreatment of residents told by consumers, family members and clinicians.

In licensed facilities, basic needs such as number of clients per bedroom, linens, toothpaste, brushes, etc., must be met. Food including three meals per day, meals served in a dining room where residents can eat together, and modified meals for special diets. All dishes and utensils must be cleaned after each use.

In licensed facilities the staff must assist in activities of daily living, bathing, dressing, eating and

so on. There must be planned recreational activities, reading materials, participation in religious activities if a person chooses, and private visitors during waking hours. Board and Care cannot force a client to leave without proper notice or be locked out without a court order. If a client in board and care is being told to leave, not to return, or given an eviction notice, they are urged to contact Mental Health Advocacy Project (MHAP) immediately.

If a facility is unlicensed, the level of support to the tenants is less stringent but still must meet requirements to protect against unsafe living conditions. Unlicensed facilities fall under the same category as regular landlord-tenant laws. There is no special protection, as with licensed facilities, for residents in unlicensed homes.

For more information, contact:

• Mental Health Advocacy Project (MHAP):

**800-248-6427**

• Disability Rights California: **510-267-1200**

To access audio recordings of our General Meetings, go to

[www.namisantaclara.org/meetings.htm](http://www.namisantaclara.org/meetings.htm)

## Consumer Advisory Council Conversation: Insomnia

You are invited to a conversation with **Rie Lebus, Ph.D.**, with Stanford's Sleep Health & Insomnia Program (SHIP).

- ◆ Sleep Education
- ◆ How Sleep Works
- ◆ Types of Treatment

**WHEN:** Tuesday, April 26 at 4-5 P.M.

**WHERE:** NAMI SCC Classroom

**RSVP:** Please call the NAMI office to RSVP.

## Consumer Appreciation Day — Art and Craft Show at Zephyr

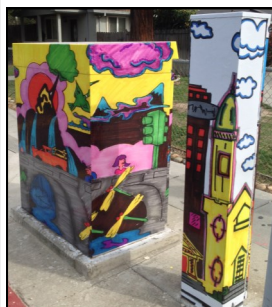
Come display your artistic talent with paintings, needlepoint, quilting, jewelry, ceramics, crafts, photography, poetry and performance art. Artists must register between **April 26-May 4**; and may submit up to 5 pieces each.

### EVENT DETAILS

**WHEN:** Friday, May 6 from 11 A.M.-2:30 P.M.

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

## Emilio Sandoval, NAMI Peer PAL and Recognized Artist



**Emilio Sandoval**, who has been a trained and paid Peer PAL in NAMI's buddy peer support program, was recently commissioned by the City of San Jose to paint scenic cartoon art on a city utility box (Box Artist project).

The pictured artwork is located at the corner of 21<sup>st</sup> and Julian streets in

San Jose. Emilio was commissioned to depict a

scenic representation of Coyote Creek and has included architectural buildings such as a cathedral as well.

Emilio has won awards for his art at Zephyr Self-Help Center's Art Shows, and his works are on display at Grace Community Center and at Momentum. His main genres are cartoon and tattoo art, caricature portraits, and architectural historical buildings. If you are interested in Emilio's art for purchase or viewing, you can contact him at **408-529-3113**.

## NAMI SCC Board Meeting

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, April 5**, 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**



SAVE MART Lucky Foodmaxx

As of **April 1, 2016**, Shares cards will be discontinued, therefore no longer accepted at **Save Mart, Lucky & Foodmaxx** stores. Please dispose of your card after April 1.

**What to do instead:** Save Mart, Lucky & Foodmaxx have now partnered with **escrip**. Simply register your phone number or store rewards card numbers with **escrip** at [escrip.com/shares](http://escrip.com/shares). You'll earn up to 3% for NAMI SCC on qualifying purchases.

You can also continue to support us by registering your debit cards, credit cards & other grocery loyalty cards on **escrip's** secure site to make earning automatic every time you shop.

- ◆ Sign up/add cards
- ◆ Shop at **escrip** online mall
- ◆ Dine out at restaurants in the Rewards Network

Other participating local stores are **Food 4 Less & Lunardi's**.

April 2016

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

## NAMIWalk Silicon Valley 2016 Updates

- ◆ **Steering Committee Meeting:** Our next meeting will be on **March 29** from **6:30-8:00 P.M.** at the NAMI office; we'd love to see you there! Contact the NAMI office or [hbrown@namisantaclara.org](mailto:hbrown@namisantaclara.org)
- ◆ **NAMIWalk Kick-Off Luncheon:** On **Tuesday, May 10, 11:30 A.M.-1:30 P.M.** join us to share your experiences as a team captain; to learn about having a team this year, virtual or actual; to meet our sponsors and planners; and to hear tips for making this an amazing NAMIWalk Silicon Valley! Details to follow through email, on our website, or by calling the NAMI office.
- ◆ **NAMIWalk SV Walk Manager:** We are recruiting for a Manager. See info on our website.
- ◆ **Volunteers:** Please tell us if you or someone you know would like to help with any part of the Walk.

## Adolescent Mental Wellness Conference: August 5-6, 2016

The focus of this conference is on **Breaking Down Stigma and Building Support for Youth Mental Health**. This conference will bring together policy makers, educators, clinicians, family members and youth to explore approaches for supporting the mental health needs of children, adolescents and young adults.

### EVENT DETAILS

**WHEN:** August 5-6, 2016

**WHERE:** So. San Francisco Conference Center

**REGISTRATION OPENS:** April 26, 2016

More specifics to follow next month.

## Research Studies at Berkeley and Stanford

### 1) UC Berkeley Paid Study by Cal Mania (CALM) Program

Seeking people with bipolar disorder who are receiving psychiatric care. Participants will use a small, hand-held biofeedback device to test whether it could help relieve symptoms of mania, as a supplement to medication. At initial and follow-up sessions participants will earn \$15 per hour.

More info: [calmprogram@gmail.com](mailto:calmprogram@gmail.com) or **510-542-8969**.

### 2) Stanford University Department of Psychiatry

Recruiting 14-21 year-old youth who have bipolar disorder to participate in a PAID research study on sleep and mood patterns. (Participants who complete the study will receive up to \$215.) Sleep is commonly disrupted in adults who are diagnosed with bipolar disorder; however, there has been limited investigation of sleep in youth. The goal of this work is to help advance new treatments for youth affected with bipolar disorder.

More info: [dailyrest@stanford.edu](mailto:dailyrest@stanford.edu) or **650-736-2689**.



## NAMI National Convention and California Conference

### NAMI National Convention July 6–9, 2016

The NAMI 2016 National Convention will take place in Denver at the Sheraton Denver Downtown. This year's theme is **Act. Advocate. Achieve**. 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](http://www.nami.org). For complete registration info, go to [www.nami.org/convention](http://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. This year's conference theme is **Back to the Future: Building on the Past for a Better Tomorrow**. For details, contact **Eugenia Cervantes** at [Eugenia@namica.org](mailto:Eugenia@namica.org) or **916-567-0167**. Go to [www.namicalifornia.org](http://www.namicalifornia.org) to register or send a check to NAMI CA, 1851 Heritage Ln, 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.

**New Book Available at  
NAMI SCC**

We have a new book for a donation to purchase at our office: *The Family Guide to Mental Health Care* by Lloyd Sederer, M.D. with a foreword by Glenn Close. This book has been touted as “a remarkable resource,” an everything-you-need guide to navigating the mental health system.

**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

**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](http://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](http://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](http://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](http://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](http://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**