May 1 / Sun.
Nature Walk (p.4)

May 1, 8, 15, 22, 29 / Sun.
Connections Group (p.4)

May 3 / Tues.
NAMI Board Meeting (p.3)

May 5 / Thurs.
Special Needs Trust (p.3)

May 6 / Fri.
Consumer Appreciation (p.3)

May 10 / Tues.
General Meeting (p.1)

May Mental Health Month
Events (p.1)

July 6-9 / Wed.-Sat.
NAMI National Convention (p.3)

Aug. 5-6 / Fri.-Sat.
Adolescent MH Conf. (p.3)

NAMI CA Conference (p.3)

General Meeting, Tuesday, May 10, 2016
Felicia Hermle, Dual Diagnosis

Felicia Hermle will be our May General Meeting speaker. Ms. Hermle has worked in the field since 2012, starting out as a Substance Use Disorder Counselor Intern at New Life Community Services in Santa Cruz while at the same time managing a sober living home. Currently, she is working at Family & Children Services of Silicon Valley as a Substance Use Disorder Counselor. This past fall, as a Master level student in Social Work, she started her first MSW internship in the Mental Health Department and is part of a pilot program called Integrated Behavioral Health Services.

The topic she will be presenting is dual diagnosis and why integrated treatment is not only important but necessary. Currently Felicia is the only Integrated Clinician at FCS. Felicia believes that this is a very exciting time to be in this field because we are slowly but surely making headway with the idea of integrated treatment, hopefully blooming into the norm for treating dual-diagnosed clients.

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 and presentation from 8-9 P.M.

NOTE: Good Samaritan Hospital is located at 2425 Samaritan Drive, San Jose. For directions, go to www.maps.yahoo.com.

May Is Mental Health Month

May is Mental Health Month and there will be many events focusing on this topic throughout the month. Here is a listing of some of them.

⇒ Family Fun Night with Music, Games, Food and Beverages along with a presentation: Indigenous Healing Practices with Shaman Rio Salcedo.

WHEN: Sat., May 14, 5-7 P.M.
WHERE: 2221 Enborg Lane, SJ

CONTACT: Diana Guido, Maria Gonzalez or Juan Perez, 408-792-2166

⇒ Sir Robin Murray, MD, “Psychosis and Schizophrenia: Update on Latest Treatments in Europe and the U.S”

WHEN: Tues., May 17, 6-7:30 P.M.
WHERE: El Camino Hosp., 2500 Grant Rd., Mtn View, Conf. Rm. E, F, G

REGISTRATION NECESSARY: Lauren_Olaiz@elcaminohospital.org

⇒ Panel Discussion with Moms on Maintaining Mental Health

WHEN: Wed., May 18, 7-9 P.M.

WHERE: Cubberley Theatre, Palo Alto
REGISTRATION: elcaminohospital.org/healthymindsems

⇒ Youth Mental Health Awareness (Discussion on adolescent school refusal and its impact)

WHEN: Mon., May 23, 11 A.M.-1 P.M.
WHERE: El Camino Hosp., 2500 Grant Rd., Mtn View, Conf. Rm. G

REGISTRATION: elcaminohospital.org/calendar

⇒ Senior Resource Fair

WHEN: Tues., May 24, 4-5 P.M.
WHERE: Mtn. View Senior Center
266 Escuela Ave., Mtn. View

⇒ NAMI Mentors on Discharge

WHEN: Wed., May 25, 11 A.M.-1 P.M.

REGISTRATION: elcaminohospital.org/calendar

Third Annual Silicon Valley Gives: A Day of Giving on May 3

Silicon Valley Gives takes place on Tuesday, May 3. This online fundraiser, sponsored by Community Foundation Silicon Valley, will raise money for NAMI SCC (as well as many other local nonprofits). This 24-hour effort will begin at 12:01 a.m. on May 3.

NAMI SCC is so fortunate to have the support of the Bernard Newcomb Fdn which has pledged to match the first $25,000 of every dollar we raise.
Who’s Who at the NAMI SCC Office

Kathy Forward: Executive Director
Francesca Merchant: Office Manager
Emily Wu: Development Manager
Dyane Hendricks: NAMIWalks Manager
Donna Mechanic: Administrative Helper
Rita Girman: Warmline/Help Desk Manager
Indra Carlos: Volunteer Services Coordinator
Eleanor Russell: Volunteer Project Assistant
Verna Barrientos: Volunteer / Outreach Administrator
Darcy Hudson: Community Research Assistant

Programs
Indra Carlos: Family-to-Family Basics
Greg Osborn: 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.

Rona Hu, M.D., Schizophrenia, Bipolar Disorder and Specific Questions
March 8, 2016 General Meeting Write-Up

Dr. Rona Hu has been affiliated with Stanford Hospital since 1990 and sees patients in the clinic, both in open and locked units; she specializes in schizophrenia, bipolar disorder and depression. She is very passionate about her work, having suffered with a close friend who took her life by suicide. She feels that NAMI has helped to demystify and destigmatize mental illness. If a person is able to manage the illness with proper support, their life will be much better in general.

Dr. Hu talked about a major challenge today: the relationship between substance abuse & schizophrenia. Studies done in New Zealand are showing a relationship between a type of gene and patient response to dopamine (a neurotransmitter in the brain). Some patients have a much greater susceptibility to marijuana and display a higher risk in using the substance if they have schizophrenia. This is true for cocaine as well. If marijuana becomes available with no restrictions, a larger population, including those with schizophrenia, will suffer.


On May 21 the American Foundation for Suicide Prevention’s Annual National Overnight Walk will take place in San Francisco. Check-in is at Fort Mason from 2-6:30 P.M. The walk is 16-18 miles beginning at dusk and ending with a ceremony at 6 A.M. on May 22 at Fort Mason.

Bay Area Project Resource (SBPR) Offers a Support Group for Peers

This group is intended for those who experience unusual beliefs; paranoia; and hearing, seeing and/or sensing things others cannot. This support group offers an opportunity to meet others and talk about experiences in a safe and confidential space. Group facilitators will be Neomi Wesley and Sophia Huang.

Special Showing of “Healing Voices” — Sat., April 30, 2016

“Healing Voices” is a feature-length documentary that explores the experiences commonly labeled as “psychosis” through real-life stories of individuals working to overcome extreme mental states and integrate these experiences into their lives in meaningful ways. The film follows three subjects over a period of nearly five years and features interviews with notable professionals.

“Healing Voices” challenges us to rethink our cultural understanding of mental illness by bringing a message of recovery and charting a course for effective alternative treatments to enable people to live productive and meaningful lives. There will be a discussion session afterwards.

WHEN: Sat., April 30, 2 P.M.
WHERE: Los Altos Public Library Orchard Room
13 S. San Antonio Rd, Los Altos

This film showing was made possible through the efforts of Heart and Soul, a peer support center in San Carlos (http://www.heartandsoulinc.org) and South Bay Project Resource (http://www.southbayprojectresource.org)
NAMI SCC Board Meeting
First Tuesday of the month.
The next Board Meeting will be on Tuesday, May 3, 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

Consumer Appreciation Day — Art and Craft Show at Zephyr
Come and display your artistic talent with paintings, needlepoint, quilting, jewelry, ceramics, crafts, photography, poetry and performance art. Artists must register between April 26 and May 4 and may submit up to 5 pieces each.
WHEN: Friday, May 6 11 A.M.-2:30 P.M.
WHERE: Zephyr Self-Help 1075 E. Santa Clara Street San Jose (rear of building)

Special Needs Trust Seminar
NAMI is a co-sponsor of the 12th Annual Special Needs Trust Seminar in Palo Alto. The latest information about the ABLE Act, Special Needs Trusts and public benefits eligibility for disabled individuals will be provided.
WHEN: Thurs., May 5 Two Presentations — 2–4 P.M. and 6–8 P.M.
WHERE: Crowne Plaza Cabana Hotel, Palo Alto

May 2016

Updates 2016 NAMIWalks SV
Great news…we now have a Walk Manager, Dyane Hendricks! She has a great background in fundraising/event planning for two other walks.

Steering Committee Meeting: Our next meeting will be on Tues., April 26, 6:30-8 P.M. at the NAMI office; we’d love to see you there! Email dhendricks@namisantaclara.org or call office.

Kickoff Luncheon: This year’s luncheon will take place Tues., May 10, 11:30 A.M.-1:30 P.M. at Hitachi Data Systems (2825 Lafayette St., Bdg. 34, Santa Clara). This is our first NAMI-Walks Silicon Valley luncheon. You’ll hear inspiring stories, learn new ideas and have a chance to pick up all the materials needed for your teams and walkers. Our sponsors from around the Bay Area will be there and the Top Ten Teams from 2015 will be honored. Please RSVP at namiwalks@namisantaclara.org by April 29. This event is free.

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. Policy makers, educators, clinicians, family members and youth will come together to explore approaches for supporting the mental health needs of children, adolescents and young adults.
Registration opens on April 25 (early-bird rate will be in effect until June 1). Space is limited.

https://app.certain.com/profile/web/index.cfm?PKwebID=0x798704e703

NAMI FaithNet Update
For two years, NAMI SCC has been hosting quarterly lunches for faith leaders to visit the NAMI office, learn about mental illness and create a partnership between NAMI and faith communities, we would like to identify next steps for becoming more supportive of persons with mental illness and their families.

We are holding our next luncheon on Thurs., May 19 from 11 A.M. to 1 P.M. If you know of any faith leaders we should invite, please email Cindy at cmccalmont@namisantaclara.org

In order to expand this collaboration between NAMI and faith communities, we would like to create a part-time staff position ($15k a year). If you have interest in financially supporting such a position, contact Kathy Forward at kforward@namisantaclara.org

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. For complete registration info, go to www.nami.org/convention

NAMI California Conference
August 26–27, 2016
This year’s conference will be at the SF Airport Marriott Waterfront, in Burlingame. Theme is Back to the Future: Building on the Past for a Better Tomorrow. 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 CA, 1851 Heritage Ln, Suite 150, Sacramento CA 95815.
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, option #1
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); [website]

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 [website]

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 [website] and click on “Join NAM!”

Donate a vehicle today. To find out more, call 800-240-0160 or go to [website]

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