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**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 (New Main Hospital) Conf. Rms 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/healthymindmoms

⇒ **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:
www.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.

WHERE: El Camino Hosp., Mtn. View Conf. Rm. G

REGISTRATION:
www.elcaminohospital.org/calendar

Calendar:

- 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)
- Aug. 26-27 / Fri.-Sun.**
NAMI CA Conference (p.3)

Contact Us:



**NAMI Santa Clara County
Community Resource &
Support Center**
1150 S. Bascom Avenue
Suite 24
San Jose, CA 95128-3509
408.453.0400; Option #1
www.namisantaclara.org
M-F, 10 A.M.-2 P.M.

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.

www.svgives.razoo.com/story/namisantaclara
Tuesday, May 3, 2016

NAMI
National Alliance on Mental Illness
Santa Clara County

Who's Who at the NAMI SCC Office

Kathy Forward:

Executive Director

Francesca Merchant:

Office Manager

Emily Wu:

Development Manager

Dyane Hendricks:

NAMI Walks 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:

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.

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

By Cole Buxbaum

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.

The question was raised relating to the accuracy of genetic testing and specific drug use. Dr. Hu explained this, but added that she would not do testing for all patients.

The question was raised regarding the relative benefit in treating negative and positive symptoms (negative symptoms relate to emotional flatness or lack of expressiveness, while positive symptoms are evident in patients who have lost touch with reality). Negative symptoms tend to be harder to treat but are not as disabling. In all cases, it is important to get the right dose.

Regarding obtaining information from a patient's doctor, it may be useful to fax or call the doctor requesting it. The physician can listen to questions and give general responses.

Audience members asked many other questions and Dr. Hu graciously answered as many as she could in the time allotted. You can hear this exchange by listening to an audio recording at www.namisantaclara.org/meetings.htm

Out-of-the-Darkness Overnight Walk — May 21-22, 2016

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.

People can participate, volunteer, crew or donate. If donating, please contribute to the **AFSP Greater SF Bay Area Chapter**.

See the shaded box below for a link to more information.

<http://theovernight.donordrive.com/index.cfm?fuseaction=cms.page&id=1328&eventID=516>

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**.

WHEN: 4/27, 5/25, 6/29, 7/27, 8/31, 9/28;
5-7 P.M.

WHERE: Santa Clara City Library

2635 Homestead Rd,
Sycamore Conf. Room, Santa Clara

INFO: southbayprojectresource@gmail.com
<http://www.southbayprojectresource.org>

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



Save the Date: Saturday, Sept. 17, 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.

Volunteers: Please tell us if you or someone you know would like to help with the Walk.

Welcome to Already-Registered SCC Teams: Weekend Walkers, BraveHearts, Peace of Mind, Team Teeah BB, West Street Walkers, Team Forward, Jayne Lynn Project. If you haven't found the website yet, simply go to www.namiwalks.org/siliconvalley to check in.

Virtual Teams: You can also register a virtual team. Encourage friends to join you, support you and participate in our 2016 NAMIWalk from wherever they are. Call our office with questions.

See you on Sat, Sept. 17 in San Jose at Arena Green West. Working together, this year's Walk will be even more financially successful and, most importantly, further our efforts to build awareness and reduce stigma.

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

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.

EVENT DETAILS

WHEN: August 5-6, 2016

WHERE: South San Francisco Conference Ctr
South San Francisco

See the shaded box below for a link to the event website.

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

NAMI FaithNet Update

By Cindy McCalmont

For two years, NAMI SCC has been hosting quarterly lunches for faith leaders to visit the NAMI office, learn about mental illness and 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 SFAirport 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.

**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—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**.



Reminder:

SHARES is no longer available. Please register with **ecrip: ecrip.com/shares**

NEW Support Group in Los Altos on 3rd Sun. of month, 1:30-3:30 P.M.

Christian group for parents & caregivers of children under 18. Parents of vision: <https://sites.google.com/site/parentsofvision/home>

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); 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**