

Inside This Issue:

General Meeting	1
Momentum's Family Night	1
SV Gives Results	1
General Meeting Write-Up	2
WRAP for Dual Diagnosis	2
NAMI Walks Updates	3
Youth Mental Wellness	3
Paid Research	3
NAMI Conferences	3
Connections/Nature Walk	4
O'Connor Farmers Market	4

General Meeting, Tuesday, June 14, 2016

Toni Tullys, Director of the Behavioral Health Services in SCC

We are pleased to announce that **Toni Tullys**, director of SCC Department of Behavioral Health Services, is our June General Meeting speaker.

Toni has more than 20 years of experience in executive and senior management roles with an extensive background in public behavioral health and community health services.

Toni became the director of BHS at the end of 2014; she will share some thoughts about her first

18 months in SCC and projections for the next year.

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, SJ. For directions, go to www.maps.yahoo.com.

**Family Night at Momentum for Mental Health:
"Voices" — A Documentary on the Untold Stories of Psychosis**

The award-winning "Voices" documentary features the stark and intimate portraits of three very different individuals and their struggle with severe mental illness. The stories of Sharon, Thomas and Aaron illuminate the challenges, realities and often complex emotions & choices that surround people with psychotic mental illness and those who love them.

The showing of this movie will be followed by a group discussion. Enjoy refreshments and share with other community members.

Everyone is welcome to attend.

WHEN: Wed., June 8 / 7 to 9 P.M.

WHERE: The Rose Room
2001 The Alameda
San Jose

CONTACT: Janna Mitchell, LMFT
408-261-7777 ext. 2212

Lynn Dellaporta
Family Advisory Board Member
408-247-1362

Calendar:

- May 30 / Mon.**
Office closed (Memorial Day)
- June 3-5 / Fri.-Sun.**
Celebrate Arts w/GraceCC (p3)
- June 5 / Sun.**
Nature Walk (p.4)
- June 5, 12, 19, 26 / Sun.**
Connections Group (p.4)
- June 7 / Tues.**
NAMI Board Meeting (p.3)
- June 8 / Wed.**
Momentum's Family Night (p.1)
- June 14 / Tues.**
General Meeting (p.1)
- June 15 / Wed.**
Hearing Voices Talk (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)

"Hearing Voices Across Cultures," Talk by Dr. Tanya Luhrmann

Dr. Tanya Luhrmann of Stanford University will present a talk on **"Hearing Voices Across Cultures: From the Voice of God to Voices of Psychosis."** This talk draws from numerous interviews with different types of voice hearers from all over the world, from those diagnosed with psychosis to those who seek to have auditory and quasi-auditory experiences. The discussion will explore the wide range of voice hearing phenomena.

facets of the common human experience of "hearing voices."

EVENT DETAILS

WHEN: Wed., June 15, 7- 9 P.M.

WHERE: Cubberley Community Center
Rm H-1
4000 Middlefield Rd, Palo Alto

For more information and suggested readings:

southbayprojectresource@gmail.com
www.southbayprojectresource.org

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.

Results of Third Annual SV Gives Day

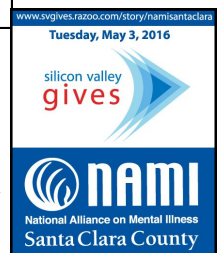
NAMI SCC had a very successful Silicon Valley Gives Day on May 3. This online fundraiser, sponsored by **Community Foundation Silicon Valley**, raised money for nonprofits throughout the Bay Area.

We are so grateful to our donors: the Bernard Newcomb Foundation who pledged \$25,000; online donors who contributed almost \$11,000,

and others who sent in checks totaling \$5,000.

We could not offer the programs that we provide to the community without your generous support.

Thank you so much.



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:

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.

NAMI SCC's Peer Mentoring Programs April 12, 2016 General Meeting Write-Up

By Cole Buxbaum

Cindy McCalmont, PeerPALS Advisor and Mentors on Discharge Manager, and **David DeTata**, PeerPALS Coordinator, along with a group of participating peers and mentors (see below) provided info about these programs.

Cindy began by presenting a key concept in the health of those with mental illness, when a famous psychiatrist was asked, "What is it that makes us human?" He replied, "Love and work." "Part of the trauma of having a mental illness," Cindy stated, "is that it can do serious damage to those cornerstones of our humanity." Although Cindy was fortunate to have the support and love of her family, her illness wreaked havoc on her work and her life, and led to feelings of failure.

NAMI SCC's Peer Mentor Programs are designed to help those in recovery to have the love and support that they need, as well as give them the opportunity for meaningful work. A number of peers & mentors gave a glowing presentation.

1) Ann spoke about getting a mentor, and was delighted to click so well with Pamila. They spend time with each other, giving support.

2) Bonnie spoke about her mentor, Patricia, and the time she herself spent in the hospital, a terrifying experience. She gave a tearful talk about what NAMI has done for her and what it meant to have a mentor.

3) Pamila suffers from depression and cultural stigma. She felt isolated and unfulfilled. She attended a Peer-to-Peer class and met Ann.

4) Andras was 26 years old when he entered El Camino Hospital, where he became aware that he suffers from bipolar disorder. He met a PeerPAL and became very hopeful.

5) Patricia works with Bonnie and hasn't been happier.

6) Phil has been ill 30+ years with mental illness and substance abuse, and has also been homeless. He has found a great variety of people and has learned that he is not alone. He thanks NAMI. Cindy explained the funding and interaction of organizations for Mentors on Discharge. Before leaving the hospital, the client is contacted if they desire a mentor; the client-mentor relationship normally lasts 4-6 months. This past year 16 mentors have been trained with a budget of \$100,000 from El Camino Health Care Fdn. David spoke about his involvement in PeerPALS. As Coordinator, he gets profile information and sets up the matches of peer and PAL. David also coordinates outings for current/past PeerPALS.

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

WRAP for People with Dual Diagnosis

Zephyr Self Help Center is offering a **10-Week Series** for people to learn about managing and recovering from a NO-Fault Dual Diagnosis. Participants will increase their sense of personal responsibility and empowerment.

WHEN: Starts June 1 / 10-11:30 A.M.

WHERE: Zephyr Self Help Center

1075 E. Santa Clara St., SJ
(back of bldg)

Lilly Henning, Recipient of "Volunteerism at Its Best" Award

Our NAMI colleague and super-dedicated volunteer **Lilly Henning** was recently granted both the Crystal Bowl and Silver Bowl awards from the **Junior League of San Jose**.

Each year the Junior League awards people doing excellent volunteer work in Santa Clara County. Lilly was one of 13 volunteers winning a Crystal Bowl and was then chosen (from those 13) for the Silver Bowl Award for "Volunteerism at Its Best." As a result of the Silver Bowl Award, NAMI SCC has received a \$1,000 donation from the Junior League.

Congratulations, Lilly, and thank you for all of your service to our community.

To see the Junior League's 2-minute video about Lilly, go to this link:

<https://vimeo.com/album/3914747>

Then enter **VRL** (all caps) to access the album and click on Lilly's video (4th down on right).

NAMI SCC is very lucky to have so many wonderful volunteers, many of whom have been recognized by the Junior League: **Sharon Roth** also won the Crystal & Silver Bowls; **Vic Ojakian, Jen Hong, Navah Statman, Luisa Perez & Gini Mitchem** are all former Crystal Bowl winners. And other NAMI SCC volunteers have been recognized with special certificates.



Lilly Henning and a Junior League Representative

NAMI SCC Board Meeting

First Tuesday of the month. The next Board Meeting will be on **Tuesday, June 7**, 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!****2016 NAMIWalks Silicon Valley**

The 2016 NAMIWalks season kicked off to a great start with a luncheon on May 10. Team captains, sponsors, board members and staff from Santa Clara, San Mateo and Alameda counties gathered to celebrate, meet and greet each other, as well as learn about our brand new **NAMI-Walks Silicon Valley**.

A big thank you to **Connie Roberts** who made arrangements including catering at Hitachi Data Systems where the Kickoff was held. Hitachi Data Systems is also one of our Walk sponsors.

Vic Ojakian, NAMI SCC Board President, greeted everyone. **Gini Mitchem** presented plaques to the **Top 10 Teams** from 2015 NAMWalks SF Bay Area. **Wayne Baldaro**, from NAMI National, gave a NAMIWalks overview. Inspirational speeches were made by **Digant Davé**, representing sponsor El Camino Hospital; and **Artemisa Borja**, advisor to the Hope and Healing Club at Lincoln High, and three students.

Walk Manager **Dyane Hendricks** announced incentive prizes including gift cards, electronic

devices, pizza parties—with grand prizes going to teams or individuals raising **\$25,000** or more. Register now at namiwalks/siliconvalley to start winning prizes. Virtual teams/walkers are eligible for prizes, too.

Contact Dyane at **408-453-0400 x 3125** or dhendricks@namisantaclar.org: **1)** for any info you may need about the Walk; **2)** if your company is willing to be a Walk sponsor, or if you know of a company who would like to get involved.

**NAMIWalks SF Bay Area Top Ten Teams****The Passing of Ed Neuenhiem**

Ed was one of our dear Family-to-

Family Teachers (since 1998) and NAMI activists. He passed away early last week. Ed spoke with a strong voice and always had interesting/useful things in representing family members.

There will be a **Memorial Service** for Ed on **Sun., June 5** at **3 P.M.** at **Seventh Day Adventist Church**, 600 W Campbell Ave. (corner of San Tomas) in Campbell.

Celebrate the Arts with Grace Community

Come enjoy beautiful art, photography, jewelry and crafts hand made by the members of Grace Community Center. Music/refreshments provided.

WHEN:**Fri., June 3 / 2-6 P.M.****Sat., June 4 / 10 A.M.-2 P.M.****Sun., June 5 / 11 A.M.-5 P.M.****WHERE:**

Grace Community Center Art & Wellness Studio
146 S. 10th St., San Jose
408-293-0422

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**. Professionals, family members and youth will come together to explore ways to support mental health needs of children, adolescents and young adults. Early-bird registration is 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>

Research Study at Stanford Department of Psychiatry

Recruiting is in progress for 14-21 year olds 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 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**. 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 SFO Airport Marriott Waterfront, in Burlingame. The 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 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—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 **escrip.com/shares**

O'Connor Farmers Market

Fresh, Locally Grown Produce



WHEN:
Thursdays, 3-8 P.M.
WHERE:
2105 Forest Ave., SJ
(near Parking Garage)

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**