No General Meetings in July & August
Our next General Meeting will take place on Tuesday, Sept. 13, 2016

NAMI Santa Clara County Annual Picnic—Sunday, July 24

Please join us for our annual picnic. It’s always a wonderful event! If you are available to help with setup, cooking, serving, cleanup, raffle prizes, music and/or other activities, please call the NAMI SCC office to sign up.

PICNIC DETAILS
WHEN: Sunday, July 24
12-3 P.M.
WHERE: Elks Lodge
1680 Martin Ave.
Santa Clara
TO BRING: A dish to share (See flier)

Legislative News: NAMI SCC Opposes Assembly Bill 1300

Assembly Bill (AB) 1300 that is now moving through the State Senate in the last weeks of this legislative session would allow emergency room doctors, regardless of their specialty, to determine whether any man, woman or child is a danger to themselves or others.

As written, AB 1300 would compromise the care of individuals experiencing psychiatric crises, and leave families with loved ones in crisis with further limited resources and ability to help a family member who may be at risk of harm. Currently, when an individual with a serious mental illness experiences a significant psychiatric crisis, the local emergency department may be the only place where that individual or his/her family can find intervention and stabilizing treatment.

AB 1300 fundamentally restructures California’s emergency psychiatric care. It removes county and state oversight from the process of involuntary detention for individuals who are a danger to self, danger to others, or gravely disabled. It additionally allows all emergency department physicians, without further training or oversight, the authority to release 72-hour involuntary detentions without assessment by county-designated mental health professionals.

AB 1300 is likely to also increase the number of individuals requiring mental health care who are inappropriately housed in county jails. The State is committed to diversion for this population, and this legislation moves in the opposite direction. It does nothing to address capacity concerns with either the mental health workforce or mental health facilities.

We urge your opposition to this measure. The shaded box below has a link to an important letter about AB 1300.

http://cqrcengage.com/namica/app/onestep-write-a-letter?0&engagementId=216853
The link will take you to this letter: “Stop Hasty Hospital Discharges! Oppose AB 1300 Today”

Homefront: A NAMI Program for Families of Veterans

NAMI Homefront is a free peer education program specifically for loved ones of military service members and veterans who experience symptoms of a mental health condition.

NAMI Homefront meets for six sessions and is taught by trained family members of service members and veterans living with mental health conditions. The program includes presentations, interactive experiences and group discussions. This program will help you:

- Understand the latest treatment options, including evidence-based therapies and medications;
- Discover problem-solving techniques, coping strategies and communication skills;
- Find community support in a confidential setting.

Please call the NAMI SCC office or go to our website (www.namisantaclara.org) for more information about this program.
Felicia Hermle, Dual Diagnosis
May 10, 2016 General Meeting Write-Up

Ms. Hermle discussed her program that concerns itself with the care of individuals who suffer from the combination mental illness and substance use disorders (dual diagnosis). It appears that in 2014, of the 20.2 million mentally ill people over the age of 18, 7.9 million (39 percent) had a co-occurring substance use disorder. Research shows integrated treatment of both conditions improves the outcome of both. Regulations concerning bylaws affecting each are at the present time quite different, and communication is poor. The barriers for integration are different personnel, different training, different sites and different cultures.

Ms. Hermle is working at Family and Children Services of Silicon Valley on a pilot program that utilizes one competent treatment team at the same facility to recognize and address all mental health and substance abuse disorders at the same time (integrated care).

Positive outcomes of integration are:
- reduced substance abuse
- improvement in psychiatric symptoms and function
- deceased hospitalization
- increased housing stability
- fewer arrests
- improved quality of life

Consumers receive one consistent message about treatment and recovery. At the present time, funding availability is a major impediment to integrated care.


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

Consumer Advisory Council Conversation: the WIPA Program

You are invited to a conversation with Kate Brune, M.A., with the Center for Independence of Individuals with Disabilities.

This conversation will be the WIPA (Work Incentives Planning and Assistance) Program for those who receive Social Security disability benefits and are interested in how work affects those benefits.

The program does not work if you are a Social Security retirement beneficiary or if you are applying for any kind of Social Security benefits.

NOTE: The conversation will not cover non-work related issues.

EVENT DETAILS
WHEN: Tuesday, July 26; 4-5 P.M.
WHERE: NAMI SCC Classroom
RSVP: Please call the NAMI office.

Volunteer Spotlight: Lisa duTrieuille

“I have been a volunteer at NAMI for the past three months and find it very rewarding. I am a “parent” to a 20-week-old smooth-haired Chihuahua mix named Bear, that I take everywhere I go. I aspire to be involved in NAMI’s In Our Own Voice program to give hope and inspire others who struggle with similar mental illnesses.

In January of this year, I was in NAMI’s Peer to Peer class, and I would encourage anyone who has mental health challenges to take it.

I felt a kinship and developed a very special bond with other classmates and my instructors in the class.

I am forever grateful for such a very important and much-needed organization such as NAMI to help erase stigma and help educate the public about mental health issues.”
NAMI SCC Board Meeting
First Tuesday of the month.
The next two Board Meetings will take place on Tuesday, July 12 and August 2 from 7-9 P.M. at the NAMI SCC office.

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

2016 NAMIWalks Silicon Valley
As the summer heats up, so is 2016 NAMIWalks Silicon Valley! We’re ranked first place in fundraising of all the fall NAMIWalks across the U.S. To date, our teams, walkers and sponsors have raised over 25% of our $210,000 goal.

Register now to start winning prizes. Go to http://namiwalks/siliconvalley. Look for weekly emails with information about contests, prizes and special events. And the website will be updated regularly with photos and information. Virtual teams and walkers are eligible for prizes, too. Prizes include gift cards, electronic devices, pizza parties --- with grand prizes going to any team or individual raising $25,000 or more.

The Team Captain Kickoff will be Tuesday, July 19, at 6:30 P.M. at the home of Navah and Meir Statman in Cupertino. Team captains from NAMI San Mateo and NAMI Alameda are also invited.

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. Space is limited.

Mood Disorders Education Day at Stanford
The 12th Annual Mood Disorders Education Day will be held at the Frances C. Arrillaga Alumni Center 326 Galvez St., Stanford, 94305 It is an excellent opportunity for all community members to learn about bipolar disorder and depressive disorder from experts in the field.

Adrian Camp: “Madness and Voices of Understanding”
South Bay Project Resource (SBPR) is hosting an evening with Adrian Camp (a.k.a. Adrian Bernard) who will share his connection through varying states of madness, delusions, voices, broadcast thoughts and any number of experiences of Extreme States toward Mental Health. Adrian spent 20 years finding his way through the tumult of breakdowns, hospitalizations and persecution by others and self. Through good fortune and good faith, he survived the nightmares. He found common ground with others and perceives his life through the mental health community. He aims to share his story and understanding with you.

Adrian graduated from UC Santa Cruz over 10 years ago. Over the past five years he has worked at 2nd Story Peer Respite House in Santa Cruz, where he currently serves as manager. He has also taught every NAMI class that one can. NAMI helped him find his voice.

EVENT DETAILS
WHEN: Wed., August 10; 7-9 P.M.
WHERE: Cypress Community Center, Rm 1
403 South Cypress Ave, San Jose

Save the Date: Saturday, Sept. 17, 2016!
This is a great opportunity to ask questions, learn new FUNDraising ideas and have a great time. It’s all free!

If you know of a company, organization, school or place of worship interested in learning more about NAMIWalks Silicon Valley, please contact Dyane Hendricks. Dyane can also be contacted for information about registration, tips on fundraising as well as general information about the walk. Please send your photos and stories to her as well. Dyane can be reached at dhendricks@namisanscalara.org or 408-453-0400 x 3125.

Remember to Save the Date --- September 17 --- for the very first NAMIWalks Silicon Valley at Arena Green West in San Jose

Let’s stay in first place, raise funds for our programs, help reduce stigma and have a great time doing it!

https://app.certain.com/profile/web/index.cfm?PKwebID=0x798704e703
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 info, call the Davé family at 408-946-4379.

Reminder:
SHARES is no longer available. Please register with escrip: escrip.com/shares

O'Connor Farmers Market
Fresh, Locally Grown Produce
WHEN: Thursdays, 3–8 P.M.
WHERE: 2105 Forest Ave.
San Jose
(near Parking Garage)

New Support Groups
Psychosis Peer Support Group
Date/Time: Last Wed. of the month, 5–7 P.M.
Location: Santa Clara City Library
2635 Homestead Road,
Sycamore Conference Room
Santa Clara
Group Facilitators: Neomi Wesley and Sophia Huang

Psychosis Family Support Group (2 locations)
◆ Palo Alto Location:
Date/Time: Last Tues. of the month; 7:00–8:30 P.M.
Location: Mitchell Park Library
Fairmeadow Room
3700 Middlefield Road
Palo Alto
Group Facilitator: Corinne Collins
◆ San Jose Location:
Date/Time: Last Wed. of the month; 7:00–8:30 P.M.
Location: Cypress Community Center, Rm. 1
403 Cypress Ave.
San Jose
For more information about the above groups, go to southbayprojectresource@gmail.com OR www.southbayprojectresource.org

◆ New DBSA Support Group
This group is for diagnosed individuals under medical treatment for clinical depression or bipolar disorder. Participants are welcome to bring a support person with them.
NOTE: DBSA is looking for new peer facilitators. For info, call 408-657-9977 or email info@dbsasanjose.org
Date/Time: 2nd & 4th Thurs. of the month; 7:00–8:30 P.M.
Location: Calvary Church Los Gatos
Large Chapel
16330 Los Gatos Boulevard
Los Gatos
For detailed information about all support groups throughout Santa Clara County, please see our Resource Guide.

Free Showers and Laundry Service
Every Tuesday from 9 A.M.—1 P.M.
Social Services Agency—1919 Senter Rd, San Jose

How it works:
◆ Showers and laundry available on a first-come basis.
◆ Check in at the Dignity on Wheels table, receive a number and wait your turn
◆ Take a 7-minute timed shower in a private shower room
◆ Wash up to 2 sets of clothing (no shoes, sleeping bags, heavy items)
◆ For adults 18-years and older at this time

www.dignityonwheels.org