



National Alliance on Mental Illness

Volume XLI No. 10

# Santa Clara County Newsletter

October 2016

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## General Meeting, Tuesday, October 11, 2016

### Adrian Camp, "Madness and Voices of Understanding"

**Adrian Camp** (a.k.a. Adrian Bernard) is currently the manager at **2nd Story Peer Respite House** in Santa Cruz. In addition to talking about his work, Adrian will share his own connection to 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 & faith, he survived the nightmares.

He found common ground with others and per-

ceives his life thru the mental health community.

Adrian graduated from UC Santa Cruz and has been with **2nd Story Peer Respite House** over the past 5 years. He has also taught every NAMI class possible. NAMI helped him to find his voice.

Join us in the auditorium of Good Samaritan Hospital (in the basement of the main building) at **7:30 P.M.** for an info meeting and Q&A followed by the presentation from **8-9 P.M.**

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

## First NAMIWalks Silicon Valley

Congratulations, everyone! NAMI SCC's first NAMIWalks Silicon Valley, took place on **Sat., Sept. 17**. It was a huge success and we couldn't be happier! About 1,000 people were in attendance at Arena Green West in San Jose to walk or cheer on friends and/or family members. We walked, we danced, we ate and we had fun!

Queries from **Gini Mitchem**: Who traveled the farthest to walk with us? I met Jeremy, a young man who flew in from Colorado to walk with his mother, Barbara. That's quite a distance to come! Anyone come from farther away?

Who did you meet? My daughter Heidi works in a rural community in the Sierras. She met Judge Manley at registration and told him she

couldn't wait to tell her colleagues because her county wants to introduce a mental health court. Judge Manley encouraged them to come on down and see what we do here in SCC. Who did you talk to?

But our work is not done. You can still fund raise until the end of October and you can still win prizes. Look for additional info about prizes in next month's newsletter. Be sure to tell people that all proceeds fund our SCC affiliate's programs and outreach.

Please send **Dyane** your NAMIWalks photos and stories. If you have questions, call Dyane at **453-0400 ext 3125** or email



## Calendar:

**Oct. 2 / Sun.**  
Nature Walk (p.4)

**Oct. 2, 9, 16, 23, 30 / Sun.**  
Connections Group (p.4)

**Oct. 4 / Tues.**  
NAMI Board Meeting (p.3)

**Oct. 2-8 / Sun.-Sat.**  
Mental Health Awareness Week

**Oct. 6 / Thurs.**  
Disability Awareness Day (p.3)

**Oct. 8 / Sat.**  
Living w/Voices: Coping Strategies (p.3)

**Oct. 11 / Tues.**  
General Meeting (p.1)

**Oct. 15 / Sat.**  
Eating Disorders Workshop (p.3)

**Oct. 19 / Wed.**  
Neuroscience & Psychiatry (p.3)

**Oct. 20 / Thurs.**  
NAMI FaithNet Luncheon (p.2)

**Oct. 21 / Fri.**  
Shining Stars Event (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](http://www.namisantaclara.org)  
M-F, 10 A.M.-2 P.M.

## Mental Health Awareness Week: Oct. 2-8, 2016

**Mental Health Awareness Week**, the first full week of October, recognizes NAMI's efforts to raise mental health awareness. This is important given that millions of Americans face the reality of living w/ a mental health condition.

Santa Teresa Social Justice Ministry is once again sponsoring events during Mental Health Awareness Week. All take place at **Santa Teresa Church** at **794 Calero Avenue, SJ**.

♦ **Tuesday, Oct. 4, 7-9 P.M.**  
"Mental Illness Recovery and Understanding" Candle Lighting Service and NAMI outreach speakers. Prayers and actions are needed to restore mental wellness in America.

♦ **Thursday, Oct. 6, 7-8:30 P.M.**  
In Our Own Voice (IOOV) Presentation  
All are welcome to attend these events!

**October 6 is National Depression Screening Day.** Go to [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org) to complete an anonymous self-assessment for yourself or a loved one.

**Wear Green:** Green is the national color of mental health awareness. Wear it to show your support for people living with mental health challenges and help break down the barriers that prevent many from seeking the help they need.

## Who's Who at the NAMI SCC Office

**Kathy Forward:**  
Executive Director

**Emily Wu:**  
Development Manager

**Dyane Hendricks:**  
NAMIWalks Manager

**Stacy Badgis:**  
Administrative Manager

**Donna Mechanic:**  
Administrative Helper

**Indra Carlos:**  
Education Program Manager

**Rita Girman:**  
Warmline/Help Desk Mgr.

**Verna Barrientos:**  
Volunteer Coordinator

**Gina Cecconi:**  
Volunteer Project Assistant

**Andres Florez:**  
Outreach Assistant

**Hope Holland/ Denicia Gressel:**  
Connections Recovery Group  
Co-Coordination

## Programs

**Indra Carlos:**  
Family-to-Family  
Basics  
Homefront

**Greg Osborn:**  
Provider Education

**Cindy McCalmont:**  
Peer PALS Advisor  
MoD Manager  
FaithNet Coordinator

**Sharon LeClaire:**  
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

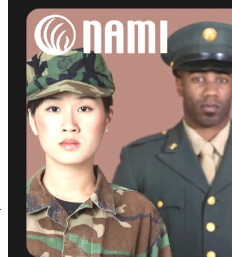
Published 10 times per year  
by the Newsletter Crew:  
**Cole Buxbaum** (Editor),  
**Beverly Lozoff** (Coordinator)  
& **Donna-Jo** (Typesetter).

## NAMI Homefront: A Program for Families of Veterans

**NAMI Homefront** is scheduled to begin at NAMI SCC **during the week of Sept. 19**. NAMI Homefront is a free peer education program specifically for loved ones of military service personnel and veterans who are experiencing symptoms of a mental health condition.

The course meets for six sessions and is taught by trained family members of military service personnel and veterans. The course includes presentations, interactive experiences and group discussions.

Contact **Indra Carlos** at **408-453-0400 ext 3000** or **icarlos@namisantaclara.org** asap if you are



**★ HOMEFRONT**  
Developed to meet the unique  
needs of families of our service  
members and veterans.

Classes start September 22nd, 2016. It is a 6  
week adaptation of the evidence-based NAMI  
Family-To-Family program, and is taught by  
trained volunteers who are also  
veteran family members.  
Sign up ASAP for this class by calling the NAMI Santa Clara  
County office: (408) 453-0400 Option 1 (Monday thru Friday from  
10:00 am to 2:00 pm).

interested in participating in this program. You  
may also call our Warmline/Help Desk at  
**408-453-0400 option #1** and ask for Indra.

## NAMI FaithNet Luncheon — Thursday, Oct. 20, 2016

Four times per year, NAMI SCC invites faith  
leaders to a luncheon to learn more about mental  
illness and resources for recovery. The next  
luncheon will be held on October 20.

If you are a faith leader or know someone who  
is, please contact Sharon LeClaire for more  
information about this ongoing event.

### DETAILS

**WHEN:** Thursday, Oct. 20 / 11 A.M.-1 P.M.

**WHERE:** NAMI Santa Clara County Office  
1150 S Bascom Ave, Ste 24, SJ

**RSVP:** Contact **Sharon LeClaire** by Oct. 17  
**408-453-0400 ext. 3135** or  
[sleclaire@namisantaclara.org](mailto:sleclaire@namisantaclara.org)

## Grand Opening of San Jose Behavioral Health

**San Jose Behavioral Health**, located at **455 Silicon Valley Blvd. in San Jose**, is a new state-of-the-art psychiatric hospital providing comprehensive mental health treatment for adults and adolescents ages 14-17.

The hospital's philosophy is that the most effective psychiatric care employs a patient-centered, strength-based treatment approach that is individualized for each patient. Treatment is provided by a multidisciplinary team of professionals in a supportive atmosphere in which patients, family members and professionals all play active roles in the recovery process, and patients are treated with the utmost dignity and respect.

When patients complete treatment at San Jose Behavioral Health, they leave with a comprehensive plan that identifies the services and resources that will allow them to maintain and build upon the progress they have made.

Services are accessible 24/7 with masters-level clinicians available around the clock for patient inquiries and admissions. They offer mobile assessment services to community agencies, hospitals, schools and clinics. They take most insurances as well as Medicare and private pay.

For more information, please visit their website at [www.sanjosebh.com](http://www.sanjosebh.com) or call admissions at **669-234-5959**.

## Staff Spotlight: Stacy Badgis

**Stacy Badgis** is NAMI Santa Clara County's new administrative manager. In this role, Stacy has responsibilities in the areas of human resources, payroll and general office management including purchasing. Stacy grew up in the Bay Area and graduated from San Diego State University. She has more than 15 years of experience in marketing including branding, advertising, promotions, media relations, strategic planning, event production and team leadership. Stacy was the marketing director for Westfield Valley Fair and director of Sales and Marketing for Hotel De

Anza where she did extensive work with nonprofits to raise money and awareness. This was also where she developed her passion and enthusiasm to dedicate her time and interest in the nonprofit sector.

Stacy's interests include spending time with her family, traveling and volunteering for Furry Friends with her service dog, Jersey.





## NAMI SCC Board Meeting

**First Tuesday** of the month. The next Board Meeting will take place on **Tuesday, Oct. 4, 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:

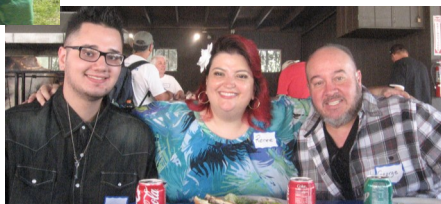
**Peter Newman**

## Research Study at UC Berkeley

A new group treatment study for those with Bipolar I Disorder will begin in October. If you are interested in learning more about it, call **510-542-8241** or email [ucbgroupstudies@gmail.com](mailto:ucbgroupstudies@gmail.com)

## NAMI SCC Picnic 2016

Over 200 NAMI members and friends attended this year's picnic, and all had a great time.



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## Community Events — October 2016

### 1. 9th Annual Disability Awareness Day in San Jose

This free, citywide event celebrates diversity, awareness and empowerment for persons with differing abilities. There will be lots of great entertainment, carnival games, a resource fair and fabulous food trucks. Share this with your friends.

**WHEN:** Thurs., Oct. 6 / 10 A.M.-1 P.M.

**WHERE:** San Jose City Hall Rotunda & Plaza, 200 E. Santa Clara St., San Jose

**INFO:** 408-535-4901

To register to attend or have a vendor table, go to:

[www.eventbrite.com/e/9th-annual-disability-awareness-day-tickets-25852112364?aff=es2](http://www.eventbrite.com/e/9th-annual-disability-awareness-day-tickets-25852112364?aff=es2)

### 2. “Living with Voices: Coping Strategies for Voice Hearers”

This workshop, presented by **Debra Lampshire**, is designed for a small group of up to 20 peers, so please register early. Lunch will be provided. A \$30 deposit will be refunded upon attendance. Updates: [www.southbayprojectresource.org](http://www.southbayprojectresource.org)

**WHEN:** Sat., Oct. 8 / 10:30 A.M. 4 P.M.

**WHERE:** Cypress Community Center, 403 Cypress Ave., Rm. 1, San Jose

**CONTACT:** Corinne Collins, 805-660-0610 or [ojaicorinne@gmail.com](mailto:ojaicorinne@gmail.com)

### 3. A Workshop for Parents of Children with Eating Disorders

This workshop is designed to support and educate parents or caregivers of children (adolescents & adults) with eating disorders and related self-esteem and body image issues.

**WHEN:** Sat., Oct. 15 / 9 A.M.- 12:30 P.M.

**WHERE:** 595 Millich Drive, Suite 102, Campbell

**TO REGISTER:** Terryann Sanders, 408-410-9370, [terryannsanders998@gmail.com](mailto:terryannsanders998@gmail.com) or Ariel Whitlock, 775-351-9411, [arielwhitlockmft@gmail.com](mailto:arielwhitlockmft@gmail.com)

### 4. El Camino Hospital and South Bay Project Resource invite you to a Special Event: **Bridging the Gap between Neuroscience and Psychiatry: Brain Imaging Studies of Hallucinations** presented by **Professor Judith Ford**, Professor of Psychiatry & Co-Director of Brain Imaging and EEG Lab, UCSF. Registration is required.

**WHEN:** Wed., Oct. 19 / 6-7:30 P.M.

**WHERE:** El Camino Hosp., 2500 Grant Rd., Mtn View, New Main Hosp., Conf Rms E/F

**TO REGISTER:** 650-962-4453 or [Lauren\\_Olsiz@elcaminohospital.org](mailto:Lauren_Olsiz@elcaminohospital.org)

### 5. Momentum's 19th Annual Shining Stars Rising Above Stigma Benefit Masquerade Benefit—Unmasking Mental Illness

All proceeds will go to support Momentum for Mental Health's programs serving individuals and families throughout Santa Clara County. Event attendees are encouraged to dress in masks and creative ensembles. \$175 per person; special sponsorship opportunities are available.

**WHEN:** Fri., Oct. 21 / 6:00–10:30 P.M.

**WHERE:** Villa Ragusa, 35 S. Second St, Campbell

**INFO:** 408-254-6828 x1129 or [momentumformentalhealth.org](http://momentumformentalhealth.org)

### Ongoing Activities NAMI SCC

*Supporting others is part of the recovery process.*

### Connections 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.)

### New Connections Recovery Support Group

For **mothers** with a mental health condition of children under the age of 18 who are looking for support in parenting—meets **once a month**. This is **not** a drop-in group. Please call **Denicia**, a trained Connections Support Group Coordinator, at **925-273-4939** for details.

### 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**.

### NAMI SCC Warmline Help Desk

[Offers nonjudgmental support to individuals & families during times of need as well as guidance on how to begin a 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 non-emergency 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 non-emergency, confidential 3-digit phone number/service for access to critical services (multilingual); [www.211scc.org](http://www.211scc.org)

#### Uplift Family Services Child/Adolescent

**Mobile Crisis Program 408-379-9085**

#### Uplift Family Services (formerly 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.org](https://twitter.com/namisantaclara.org)



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**