Inside This Issue:

<table>
<thead>
<tr>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Meeting</td>
<td>1</td>
</tr>
<tr>
<td>1st NAMIWalks Silicon Valley</td>
<td>1</td>
</tr>
<tr>
<td>Momentum’s Family Night</td>
<td>1</td>
</tr>
<tr>
<td>General Meeting Write-Up</td>
<td>2</td>
</tr>
<tr>
<td>Momentum’s Shining Stars</td>
<td>2</td>
</tr>
<tr>
<td>Benefit</td>
<td>2</td>
</tr>
<tr>
<td>Patients’ Rights &amp; 5150</td>
<td>2</td>
</tr>
<tr>
<td>Family WRAP® Celebration</td>
<td>2</td>
</tr>
<tr>
<td>NAMIWalks Updates</td>
<td>3</td>
</tr>
<tr>
<td>Senior Resource Fair</td>
<td>3</td>
</tr>
<tr>
<td>New Connections</td>
<td>3</td>
</tr>
<tr>
<td>Recovery Support Group</td>
<td>3</td>
</tr>
<tr>
<td>Connections/Nature Walk</td>
<td>4</td>
</tr>
</tbody>
</table>

Calendar:

- **Sept. 4 / Sun.** Nature Walk (p.4)
- **Sept. 4, 11, 18, 25 / Sun.** Connections Group (p.4)
- **Sept. 5 / Mon.** Office closed (Labor Day)
- **Sept. 6 / Tues.** NAMI Board Meeting (p.3)
- **Sept. 7 / Wed.** Speaker on Ketamine (p.3)
- **Sept. 13 / Tues.** General Meeting (p.1)
- **Sept. 14 / Wed.** Family WRAP Celebration (p.2)
- **Sept. 17 / Sat.** NAMIWalks Silicon Valley (p.1)
- **Sept. 27 / Tues.** Patients’ Rights—5150 (p.2)
- **Sept. 28 / Wed.** Momentum Family Night (p.1)
- **Sept. 29 / Thurs.** Senior Resource Fair (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.

General Meeting, Tuesday, September 13, 2016

Dr. Tom Tarshis, Bay Area Children’s Association

As most mental health consumers are aware, there are drastic differences in the ability of youth and families to receive mental health treatment as compared to treatment for other illnesses. The mental health system is a confusing, fragmented and hard-to-access system that has been nationally recognized as being in a crisis state since 1999 when the surgeon general’s report on mental health in the U.S. was released. This care disparity led to the formation of the Bay Area Children’s Association (BACA) in 2007.

Dr. Tom Tarshis will describe the mission and challenges that BACA has had, and continues to have, in the attempt to deliver excellent care to all consumers in our current state of mental health care on national, state and local levels.

Dr. Tarshis has a BA in Zoology, an MPH in Epidemiology and an MD. He is board certified in both psychiatry and child psychiatry.

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. Directions can be found at [www.maps.yahoo.com](http://www.maps.yahoo.com)

1st NAMIWalks Silicon Valley in San Jose

September 17, 2016

The very first NAMIWalks Silicon Valley is just a few weeks away on **Saturday, Sept. 17**, at Guadalupe River Park Arena Green West in San Jose. You can still register to walk by visiting [www.namiwalks.org/siliconvalley](http://www.namiwalks.org/siliconvalley)

**NAMIWalks Silicon Valley is an outreach to the community to bring awareness, educate and reduce stigma — and you make it happen by sponsoring, walking and volunteering.**

The location is new; however, the booths and activities will be familiar. On the day of the Walk, registration begins at 9 A.M. and the walk starts at 11 A.M.

Food trucks will be available for purchasing some delectable munchies for snacks and lunch. The full walk is 5K, or about 3 miles. There will be water stations along the way and a one-mile turnaround point. Walk the entire route, half the route, or feel free to remain at Arena Green for the entire Walk.

Street parking is very limited, so please plan to use public transportation. The San Jose Diridon Station is within walking distance at 65 Cahill Street. We will have updated information about parking in a few weeks.

We want to thank all of our wonderful sponsors, team captains and volunteers. Volunteers are needed from setup and cleanup to cheerleading. If you are interested in volunteering, please contact Dyane at 408-453-0400 x3125 or dhendricks@namiwalks.org

Momentum Family Night: A Day in the Life of a Case Manager —

September 28, 2016

Momentum for Mental Health in collaboration with Momentum’s Family Advisory Board will host a Family Night featuring a panel discussion with Briania Romine from Full Services Partnership (FSP), Kevin Cheng and Lisa Wilson from Momentum Outpatient.

These experienced case managers will share their passion, challenges and expertise as service providers and will also support audience members in exploring questions about Momentum’s services from the Family Perspective.

Everyone is welcome to attend. Enjoy refreshments and share with other community members.

**EVENT DETAILS**

**WHEN:** Wed., Sept. 28 / 7–9 P.M.

**WHERE:** 2001 The Alameda

San Jose

**CONTACTS:** Janna Mitchell

408-261-7777 x 2212

Lynn Dellaporta

408-247-1362
June’s speaker was Toni Tullys, Director of Santa Clara County Behavioral Health Services Department. Toni joined the department at the end of 2014, but has more than 20 years of experience in executive and senior management roles in behavioral health & community services. Toni began her remarks by recognizing the important role that NAMI SCC plays in assisting those with mental illness and their families.

We will have a new Mobile Crisis Team and Crisis Rehabilitation facility by the end of the year. The integration of mental health and substance use is ongoing. She described some of the changes in Behavioral Health Services since her tenure began.

You can go to [https://www.sccgov.org/sites/mhd](https://www.sccgov.org/sites/mhd) for detailed information about Santa Clara County Behavioral Health Services. You can also go to the website listed in the shaded box below for a video of Toni’s presentation.

**http://www.youtube.com/watch?v=BBTdsDKdhlg&sns=em**

### Momentum’s 19th Annual Shining Stars Rising Above Stigma

**Masquerade Benefit—Unmasking Mental Illness**

All proceeds will go to supporting 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. Special sponsorship opportunities are available.

**EVENT DETAILS**

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

**WHERE:** Villa Ragusa

35 S. Second St, Campbell

**TICKETS:** $150 per person before Sept. 2

$175 per person (after that date)

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

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### Patients’ Rights During the 5150 Process — September 28, 2016

**Chris Vu,** Peer Advocate, and **Megan Wheelehan,** Patient’s Rights Attorney, of the Law Foundation of Silicon Valley, will present a workshop, “Your Rights During the 5150 Process” and will cover:

- An explanation of what the 5150 hold is
- What rights a person has when put on a 5150 hold
- What happens after the 5150 is written
- What rights the person has once they arrive at the hospital

**DETAILS**

**WHEN:** Wed., Sept. 28 / 11 A.M. noon

**WHERE:** Esperanza Self-Help Center

1235 1st Street, Gilroy

**INFO:**

- Law Foundation: [http://www.lawfoundation.org](http://www.lawfoundation.org)
- Esperanza: 408-852-2460 or [www.sccmhd.org](http://www.sccmhd.org)

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### Family WRAP® Celebration, September 14, 2016

The Office of Family Affairs within the SCC Behavioral Health Services Dept. has been offering Family WRAP® for three years and is celebrating this milestone on **Wed., Sept. 14.** Refreshments will be served.

Family WRAP® encourages each family member to add their own personal knowledge of themselves to address a plan to promote wellness and recovery from mental illness. The plan becomes a living document to help the person deal with triggers and what it takes to stay well.

For families with serious mental illness, Family WRAP® is a lifeline! The celebration will be held on the campus of Valley Medical Center, 2221 Enborg Lane, San Jose (next to the Enborg Pharmacy) from 6:30 to 8:00 P.M.

For more info, contact [Diana Guido](mailto:Diana.Guido@hhs.sccgov.org) at 408-792-2166 or [Diana.Guido@hhs.sccgov.org](mailto:Diana.Guido@hhs.sccgov.org)
NAMI SSC Board Meeting
First Tuesday of the month. The next Board Meeting will take place on Tuesday, Sept. 6, 7–9 P.M. at the NAMI SCC office.

NAMI SSC 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

NAMI SCC Is So Grateful!

NAMI SSC is grateful to our many supporters for their generosity. We could not continue to provide the wide range of programs to the public free of charge without this support. If you are interested in supporting us, please go to our website at www.namisantaclara.org or contact our Development Manager, Emily Wu at ewu@namisantaclara.org

NAMIWalks Silicon Valley
NAMIWalks is personal: personal stories, families walking together and strangers becoming community. It is not about crossing a finish line, but about stepping out together.

Interested in fundraising? Here are some ideas:

- Sponsor yourself: $25
- Ask 4 family members to sponsor you for $25 each: $100
- Ask 5 coworkers to contribute $15 each: $75
- Ask 5 friends to contribute $20 each: $100
- Ask 5 neighbors to sponsor you for $15 each: $75
- Ask your boss for a company contribution of $50
- Ask 3 businesses you frequent for a donation of $25 each: $75

Be sure to tell people that all proceeds fund our SCC affiliate’s programs and outreach.

If you have questions about NAMIWalks, please email dhendricks@namisantaclara.org or call the office at 408-453-0400 x 3125. NAMIWalks is a great opportunity to ask questions, learn new FUNdraising ideas and have a great time — and it’s all free!

If you know of a company, organization, school or place of worship interested in learning more about NAMIWalks Silicon Valley, contact Dyane. Also please send your photos and stories to her as well. Let’s raise funds for our programs, help reduce stigma and have a great time doing it!

A NAMIWalks Virtual Team

Las Cuatro Peregrinas: Josie Perez, Justina Vega, Lilly Henning and Rosario Montez-Arena, all NAMI supporters, will walk 500 miles across Spain in September. The pilgrimage is known as Camino de Santiago -The Way of Saint James.

They will join NAMI walkers on Sept. 17 as virtual walkers in support, reflections, solidarity and hope from afar. They wish all the NAMI walkers a buen camino!

24th Annual Senior Resource and Wellness Fair — September 29, 2016

The upcoming Senior Resource and Wellness Fair, sponsored by a number of agencies including the SCC Department of Aging and Adult Services and the SJSU Center for Healthy Aging in Multicultural Populations, will offer free services and activities, including flu shots, health screenings, fitness demos, fall prevention, health care and mental health resources, nutrition and meal planning, as well as caregiver information. Interpreters will be onsite.

INFO:

WHERE: Mexican Heritage Plaza
1400 Alum Rock Ave, SJ

DETAILS:

WHEN: Thurs., Sept. 29
9:30 A.M.—12:30 P.M.

INFO: Teiana Johnston, 408-975-5720 or teiana.johnston@ssa.sccgov.org

NAMI Founder Has Passed Away

Marie C. Hibler died on Feb. 13 at the age of 92. Marie was proud of her contribution to awareness about mental illness. She was one of the founders of PAMI, Parents of Adult Mentally Ill, now NAMI. Back in the 1970s she fearlessly stepped forward with other parents when there was little support or information.

DBSA Hosts Speaker on Therapeutic Ketamine

Raquel Bennett, PsyD, will give a talk about therapeutic ketamine on Wed., Sept. 7, at 7:30 P.M. at the VA Hospital in Palo Alto (3801 Miranda Ave., Hospital Bldg. 101, Rm. A2-200). Topics will include treatment for severe depression, bipolar depression, suicidality, trauma and OCD. The talk is geared toward people who are living with mood disorders and their families. Questions: dbsapaloalto@gmail.com.

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.

Thank You

El Camino Healthcare District Benefit Grant Program: $100,000 for Peer Mentor Program
Kaiser Hospital Community Benefit Program: $50,000 for Peer Mentor Program
Cisco Foundation: $15,000 for Peer Mentor Program
Bernard Newcomb Foundation: $41,000 for SV Gives & Peer PALs Program
Star Credit Union: $5,500
NAMI SCC 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 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

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

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