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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

**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

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

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)

**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 **Briana 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

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.

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 Grp Co-Coordinators

Programs

Indra Carlos:

Family-to-Family Basics

Homefront

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.

Toni Tullys, Director of SCC Behavioral Health Services Department June 14, 2016 General Meeting Write-Up

By Cole Buxbaum

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> 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

Patients' Rights During the 5150 Process — September 28, 2016

Chris Vu, Peer Advocate, and **Megan Whelehan**, 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>
- ◆ **Esperanza:** 408-852-2460 or
www.sccmhd.org

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** at **408-792-2166** or Diana.Guido@hhs.sccgov.org



NAMI SCC 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 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

September 2016



Save the Date: Saturday, Sept. 17, 2016!

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!



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

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.

DETAILS

- WHEN:** Thurs., Sept. 29
9:30 A.M. –12:30 P.M.
- WHERE:** Mexican Heritage Plaza
1400 Alum Rock Ave, SJ
- INFO:** Teiana Johnston, 408-975-5720 or teiana.johnston@ssa.sccgov.org

NAMI SCC Is So Grateful!

NAMI SCC 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

We would like to thank the following organizations for their support:

- ◆ **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

Thank You

**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.)

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. There will be a meet-and-greet in September. Info: Call Denicia at 925-273-4939. Denicia is a trained Connections Support Group Coordinator.

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: Go to escrip.com



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) 408-294-9730
Free legal help for mental health patients' rights

VA Referrals—Help for Veterans 800-455-0057

New Lifestyles—The Source for Senior Living Magazine 800-869-9549
www.NewLifeStyles.com



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

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