



National Alliance on Mental Illness

Volume XLI No. 11

Santa Clara County Newsletter

November 2016

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Calendar:

Nov. 1 / Tues.
NAMI Board Meeting (p.3)

Nov. 6 / Sun.
Nature Walk (p.4)

Nov. 6, 13, 20, 27 / Sun.
Connections Group (p.4)

Nov. 8 / Tues.
General Meeting (p.1)

Nov. 11 /Fri.; 24, 25/Th, Fri
Veterans Day; Thanksgiving — Office Closed

Nov. 17 / Thurs.
Volunteer Luncheon (p. 3)

Nov.18 / Fri.
Zephyr Thanksgiving Potluck (p.3)

Nov. 29 / Tues.
Consumer Advisory Talk (p.3)

Nov. 30 / Wed.
CalMedi Connect Info (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, November 8, 2016

Jeff Rosen, SCC District Attorney, “Race and Prosecutions in SCC”

“Is there racial unfairness in our criminal justice system? How would we know? If there is racial unfairness, what should be done?” The SCC District Attorney’s Office has completed a three-year study that provides some answers, but raises more questions.

Mr. Rosen joined the SCC DA’s Office in 1995 and was elected District Attorney in 2010. He has successfully prosecuted many complex and high-profile criminal cases. Before joining the DA’s Office, he practiced commercial litigation in Los Angeles and Washington, D.C. Mr. Rosen graduated from UCLA where he

majoring in Philosophy and received his law degree from UC Berkeley’s School of Law. Mr. Rosen is active in the community, having served as president of a large synagogue, taught trial advocacy to law students and trained police officers in report writing.

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

NAMIWalks Silicon Valley Updates

The Day of the Walk: On **Sat., Sept. 17**, the sun shone brightly on our very first NAMI-Walks Silicon Valley. Almost 1,000 team captains, walkers, sponsors and volunteers came together at Arena Green West in Guadalupe River Park to raise funds for NAMI’s programs and bring awareness about mental health issues. Joining NAMI Santa Clara County were NAMI San Mateo County and NAMI Alameda County.

Vic Ojakian, NAMI SCC Board president, was master of ceremonies and speakers included Premier Sponsors **Mary Alexander & Gini Mitchem**; NAMI SCC’s Executive Director **Kathy Forward**; and **State Senator Jim Beall** who told the crowd that California, and especially Silicon Valley, is a leader in creating laws to provide more funding for mental health.

Amid the very joyful and festive atmosphere

came a time of reflection when **Pastor Cindy McCalmont** gave an inspirational message and

led everyone in a moment of silence for those who have lost loved ones to mental illness. This was followed by the release of 10 doves.

Just prior to the Walk countdown came the parade of Team Captains—more than 80! Aztec dancers and a Mariachi band entertained the walkers. Everyone had a wonderful time!

Exciting News: Our \$210,000 goal was surpassed by \$10,000 the morning of the Walk—and we’re still raising funds. The goal was increased to **\$250,000** with unanimous approval from everyone present. Fundraising continues until **November 5**.

See the link below for access to photos. We will have final numbers and photos next month.

<https://flic.kr/s/aHskHHatcQ>

NAMI SCC Holiday Gift Drive 2016 (See Flier)

In 2015, we distributed gift bags to more than 700 consumers at local hospitals, self-help centers, churches and homeless shelters. We want to do the same this year. With your help, we will be able to do so.

Please see the flier enclosed with this newsletter for specific information about the types of items we need, as well as how to donate via Amazon.

Important Dates for the Holiday Drive

- ♦ **Wed., Nov. 30**
Due date for donations to the NAMI SCC office.
Monetary donations are always welcome.
- ♦ **Fri., Dec. 9, 10:30 A.M.-1:30 P.M. &
Sat., Dec. 10, 1-3 P.M.**
Holiday helpers are needed at the NAMI office. To sign-up, please call the office.



Who's Who at the NAMI SCC Office

Kathy Forward:
Executive Director

Dyane Hendricks:
NAMIWalks Manager

Stacy Badgis:
Administrative Manager

Donna Mechanic:
Administrative Helper

Indra Carlos:
Education Program Manager

Rita Girman:
Warmline/Help Desk Manager

Verna Barrientos:
Volunteer Coordinator

Gina Cecconi:
Volunteer Project Assistant

Denicia Gressel:
Volunteer Assistant/
Outreach Coordinator

Andres Florez:
Outreach Assistant

Hope Holland/Denicia Gressel
Connections Grp Coordinators

Programs

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

Greg Osborn:
Provider Education

Cindy McCalmont:
Peer PALS Advisor
MoD Manager
FaithNet Advisor

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)

Thomas Tarshis, M.D., Bay Area Children's Association (BACA) September 13, 2016 General Meeting Write-Up

By Cole Buxbaum

In terms of mental health treatment, we know that there are drastic differences in the ability of youth and families to receive care as compared to other illnesses. This disparity led to the formation of the **Bay Area Children's Association (BACA)**. **Dr. Tom Tarshis**, founder of BACA, with a BA in Zoology, MPD in Epidemiology and MD in Psychiatry, is striving to make a difference.

There is a crisis in the mental health system when the fourth leading cause of death among youth ages 5 to 24 is from suicide. Half of all mental illness begins before age 14, and three-fourths before age 24. Yet, the average delay before treatment occurs is 8 to 10 years.

The wait time, lack of resources, lack of insurance and screening problems have led to inadequate mental health care for youth. Care fragmentation in the current system for children and parents in school and social services results in inadequate coverage.

BACA is beginning to address these issues through continuity of care (school and home). The best model of care should include:

- ◆ Child Individual Treatment
- ◆ Family Treatment
- ◆ Caregiver Treatment (Individual/Couples)
- ◆ School Interventions
- ◆ Primary Care Collaboration

In the U.S. today, there are 8,000 practicing child psychiatrists, and we need more than 30,000. In the Bay Area, 3,000 are needed, but there are only 1,000. According to Dr. Tarshis, the solution to this shortage is to involve other mental health clinicians: psychologists, therapists and social workers. Currently, BACA has 13 child psychiatrists on staff.

Advice for Parents: Ask questions; speak to your mental health providers about best scientific methods to treat your child's symptoms; challenge insurance companies; become familiar with the term "Evidence-Based Medicine" (EBM) and challenge care providers to deliver the best EBM possible, meaning scientific, integrated care in one setting.

Advocacy: It is morally and ethically wrong for youth with mental illness to not receive the same quality and level of care as youth with other illnesses.

Schools: Fight against old policies and demand that schools provide harassment-free environments for learning as required by law.

BACA has two locations. In Santa Clara County, BACA is located at 1175 Saratoga Avenue #14, San Jose. For info, you can go to www.baca.org.

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

New NAMI SCC Basics Class Starting on Thursday, Nov. 3, 2016

NAMI Basics is a free, six-week educational course for parents and caregivers of children and adolescents 17 and under. The course covers issues frequently faced by families dealing with a child or teen with a mental health issue, including how to advocate for them.

If you are interested in finding out more about this course or signing up for it, call **Indra Carlos** at **408-453-0400 ext. 3060** or email basics@namisanclaara.org

2017 "Directing Change" Program & Film Contest

Students throughout California are invited to Direct Change by submitting 60-second films in three categories: Suicide Prevention / Mental Health Matters / Through the Lens of Culture. The winning teams and their associated high schools will win prizes, receive mental health or suicide prevention programs for their schools,

participate in a meeting with state legislators on these topics and attend an awards ceremony.

Visit www.directingchange.org for all the information including contest rules.

Two important dates to remember:

- ◆ **Jan. 15, 2017:** Intent to Direct Form is due
- ◆ **Mar. 1, 2017:** Film is due



Wishing You and Yours A Very Happy
THANKSGIVING

NAMI SCC Board Meeting

First Tuesday of the month. The next Board Meeting will take place on **Tuesday, Nov. 1, 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:

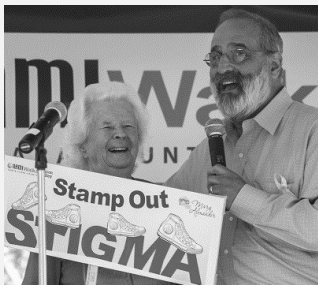
Peter Newman

Proofreader Needed

One of our long-time Newsletter Crew members is leaving. We owe a huge thank you to **Mimi Will** for her years of dedication to NAMI SCC. And we wish her all the best.

If you have experience as a proofreader and are interested in joining the Newsletter Crew, please contact **Donna** at 408-453-0400 ext. 3040.

NAMIWALKS 2016



November 2016

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Community Events — November 2016

- Thanksgiving Celebrations** All are welcome!
Santa Clara County's self-help centers will host Thanksgiving events. Details are below for Zephyr, but the other two have not yet announced dates & details, so please call them at the beginning of November.
—**Zephyr Self-Help Center** (1075 E Santa Clara St., SJ), 408-792-2140
Nov. 18 / 12-2:30 P.M. Potluck and Open Mic
—**Esperanza Self-Help Center** (1235 First St., Gilroy), 408-852-2460
—**Grace Community Center** (484. E. San Fernando Street, SJ), 408-293-0422
- CalMedi Connect — Anthem Blue Cross Cal MediConnect Plan**
Important information for people with both Medicare and Medi-Cal.
Opportunity to learn more about the CalMedi Connect health care program and 2016 benefits and get your questions answered.
WHEN: Wed., Nov. 30, 2016 / 11 A.M.-12 P.M.
WHERE: Esperanza Self-Help Center, 1235 First St., Gilroy
QUESTIONS: 855-817-5785
MORE INFO: mss.anthem.com/CAmmp (Anthem Blue Cross Cal MediConnect Plan)

NAMIWalks Sponsors



Alkermes Pharmaceutical, Mary Alexander, John & Gini Mitchem, El Camino Hospital, Navah & Meir Statman, Western Digital Foundaation, Hitachi Data Systems, Sycomp, Good Samaritan Hospital; Psynergy Programs, Inc., Samuel Merritt University, Stanford Health Care, Bon Appétit, BART Police Department, Phil Boyce & Associates, Alan & Janice Cade, Caminar for Mental Health, Ram Buildings, Inc., Beth & Marvin

Wenger, Emily Wu & Drew Hoffman, Flagship Facility Services, Chyong Jy Mao, Andrea & David Marquardt, Momentum for Mental Health, Sereno Group Real Estate-Benford Team, NOEL Technologies, Telecare Corporation, Forward family, Michael James Lopez DDS

Consumer Advisory Council (CAC) Conversation / November 29, 2016

Come learn about a Day in the Life of Case Managers **Lisa Wilson, Briana Romaine** and **Robert Nelson** from Momentum for Mental Health. They will share their daily work experiences with people living with mental health challenges. Listen to them share their passion for their work. You'll find out how case managers are assigned and what they do for their clients.

WHEN: Tuesday, Nov. 29 / 4 P.M.
WHERE: NAMI SCC Classroom
R.S.V.P: 408-453-0400, Option #1



Volunteer Appreciation Luncheon, November 17, 2016

During the past year, you have given so much to NAMI and we want to celebrate *you*.

Our **Volunteer Appreciation Luncheon** will take place on **Thursday, Nov. 17 / 11 A.M.-1 P.M.** at the NAMI SCC office. Please let **Verna Barrientos** know by **Nov. 10** if you'll be joining us. E-mail vbarrientos@namisantaclara.org

NARSAD Greeting Cards and Music for the Holidays

NARSAD (National Alliance for Research on Schizophrenia and Depression) creates greeting and note cards, as well as gifts for the holidays. If you are interested in purchasing, call NAMI San Mateo (Debi) at 650-638-0800.

NARSAD "Sunshine from Darkness" artworks showcase artists whose lives have shared the common bond of mental illness.



Ongoing Activities NAMI SCC

Supporting others is part of the recovery process.

NAMI Signature Education

Classes are offered throughout the year, including Provider, Family-to-Family, Peer-to-Peer, Basics and Homefront. For more info, please call the NAMI Warmline at

408-453-0400, Option #1 or go to <http://www.namisanclaara.org/>

Connections Recovery Support Group

This group—for people over 18 with a mental illness—meets **every Sunday 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

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 800-455-0057

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@namisanclaara.org](https://twitter.com/namisanclaara.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/namisanclaara.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.namisanclaara.org and click on "Join NAMI."

Donate a vehicle today. To find out more, call **800-240-0160** or go to www.namisanclaara.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**