



National Alliance on Mental Illness

Santa Clara County Newsletter

Volume XLII No. 10/1

December 16 / January 2017

Inside This Issue:

| | |
|-----------------------------------|---|
| General Meeting | 1 |
| Board Nominations | 1 |
| NAMIWalks 2016 | 1 |
| Dealing with Post-Election Stress | 1 |
| Gen'l Meeting Write-Up | 2 |
| NARSAD Holiday Cards | 2 |
| "Directing Change" | 2 |
| Dec./Jan. Community Events | 3 |
| NAMIWalks Photos | 3 |
| Connections / Nature Walk | 4 |
| F2F Teachers Wanted | 4 |
| 2016 Holiday Gift Drive | 4 |

General Meeting, Tuesday, January 10, 2017 Anxiety Disorders, Linsey Utzinger, Ph.D.

Dr. Linsey Utzinger is a Clinical Assistant Professor in the Division of Child and Adolescent Psychiatry at Stanford University School of Medicine. She specializes in the diagnosis and treatment of children, adolescents and young adults with eating disorders.

In her talk, Dr. Utzinger will review different types of anxiety disorders, focusing on identification and treatment. In addition, she will

discuss disorders that commonly co-occur with anxiety disorders, including eating disorders.

Join us in the auditorium of Good Samaritan Hospital (basement of 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.

NAMI SCC Board Officer Nominations

In accordance with our bylaws, our annual election of officers will take place at the March, 2017 General Meeting. We need candidates for:

- President
- 4 Vice Presidents
- Treasurer
- Secretary

If you are interested in a position or wish to suggest someone, please contact the NAMI SCC office. If you are interested in serving on the nominating committee, contact NAMI Board VP **Beverly** at blozoff@namisantaclara.org

Nominations will be accepted from the floor at the February and March general meetings.

Calendar:

Dec. / Jan. Community Events (p.3)

Dec. 4, Jan. 1 / Sun.
Nature Walk (p.4)

Dec. 4, 11, 18, 25 & Jan. 1, 8, 15, 22, 29 / Sun.
Connections Group (p.4)

Dec. 6 & Jan. 3 / Tues.
NAMI Board Meeting (p.3)

Dec. 9, 10 / Fri., Sat.
Holiday Gift Drive (p.4)

Dec. 26 & Jan. 2 / Mon.
Office closed

Jan. 10 / Tues.
General Meeting (p.1)

Jan. 16 / Mon.
Office Closed (MLK Day)

NAMIWalks 2016 Results

Exciting news: NAMI Santa Clara County has exceeded its goal of \$250,000. All proceeds fund NAMI programs and outreach.

Special thanks to the 2016 NAMIWalks SV Committee—**Harold Brown** (Board VP & Walk Chair), **Gini Mitchem, Kathy Forward, John Forward, Barbara Thompson, Donna Mechanic** and **Will Shaw**. They worked tirelessly to make the Walk a success.

Plans are already underway for the 2017 NAMIWalks Silicon Valley. If you are interested in serving on the committee, please contact **Dyane Hendricks** at **408-453-0400 x 3125** or dhendricks@namisantaclara.org

You can find Walk photos by going to page 3 as well as this link: <https://flic.kr/s/aHskHHatcQ>



Dealing with Post-Election Stress

Are you experiencing distressing feelings— anxiety, depression, stress or anger—over the recent presidential election? You do not have to deal with this alone. You can call our Warmline Help Desk to talk to someone who will listen nonjudgmentally and offer support. You can also check out the following suggestions for dealing with this political transition period:

Be gentle with yourself and others. This election has been hard on many of us.

Seek out support from friends, family or organizations who will listen compassionately to your feelings without judging your political views. Focus on feelings, not opinions.

Practice self-care: Engage in calming activities, e.g., listening to music, walking, being out in nature or engaging in any hobby or activity that helps you stay centered/peaceful.

Try to stay in the present rather than regretting the past or worrying about the future. Practice relaxation, mindfulness or meditation.

Let go of what you cannot change. Take a “wait and see” attitude if you can.

Identify what you can change in your life.

- ◇ **Adjust your attitude:** focus on gratitude for what you have; cultivate love and compassion for yourself and others; agree to disagree; practice tolerance and look for what you have in common with others. We all deserve respect.
- ◇ **Take action:** If you are ready, find a way to become involved in a social or political cause that is important to you.

Ask for the wisdom to know the difference between what you can and cannot change. Seek guidance if you have a spiritual practice or therapeutic support.

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

Dyane Hendricks:

NAMI Walks 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)

Adrian Camp, "Madness and Voices of Understanding" October 11, 2016 General Meeting Write-Up

Adrian Camp gave a very thoughtful presentation about the triumphs and tragedies he has gone through during the 20 years. He described his three breakdowns, at 19, at 25 and again at 29. After his third breakdown, he started hearing voices, which he refers to as "spirits," and gave himself over to a higher consciousness. Now he can be "in presence" with others and himself and is free.

Adrian is in his early 40s and continues to feel better and calmer. He made peace with meds a long time ago but has been able to decrease the amount he takes and is on a very low dose. Paramount to his well-being is adherence to a self-care system with daily priority given to the following (in this order): sleep, exercise, food, friends, art & music. Breathing is also very important and he practices mindfulness and meditation. He knows that when he is not taking care of himself, he is most susceptible to the "dysfunction of his own mind."

Adrian hears voices and stated that it is not so much what the voices say as how he interprets

and internalizes them. When he is taking care of himself—especially with sleep, exercise, food—the voices fade & allow him to separate from them.

Adrian graduated from UC-Santa Cruz more than 10 years ago at which time he was introduced to NAMI Santa Cruz. Since then, he has taught many NAMI classes and is grateful for the opportunity that NAMI has given him to speak—which he does both locally and out of state. According to Adrian, NAMI has given him his voice.

For the past five years, Adrian has been involved at **Second Story Peer Respite House** in Santa Cruz and currently serves as manager. Second Story is a viable alternative to a psychiatric unit. It is run by peers who have gone through extreme states and offers relationships and community; it is a place where people are seen as human beings and not their mental illness.

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

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 any, call **Debi** at **NAMI San Mateo County** at **650-638-0800**.

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



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

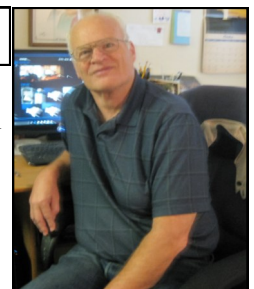
Staff Spotlight: Greg Osborn

Greg Osborn has been involved with NAMI since 2000 when he joined a support group in Walnut Creek. After moving to Santa Clara, he became involved with NAMI Santa Clara County. Currently, Greg is the coordinator for the NAMI Provider Course and has also been one of their teachers since 2008.

Greg is retired and living in senior housing in Santa Clara. Working part-time at NAMI has

been of tremendous value in helping him maintain his mental health in a meaningful and stable manner.

In addition to working at NAMI, Greg enjoys reading, playing tennis, practicing the piano and spending time with his five grandchildren.



NAMI SCC Board Meeting

First Tuesday of the month. The next Board Meetings will take place on **Tuesday, Dec. 6, 2016** and **Jan. 3, 2017 / 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

Community Events — December 2016 & January 2017

1. **Christmas Celebrations** All are welcome!
Santa Clara County’s Self-Help Centers will host Christmas events, but have not yet announced dates & details. Please call them at the beginning of December for specifics.
—**Zephyr Self-Help Center** (1075 E Santa Clara St., SJ), **408-792-2140**
—**Esperanza Self-Help Center** (1235 First St., Gilroy), **408-852-2460**
—**Grace Community Center** (484. E. San Fernando Street, SJ), **408-293-0422**

2. **Peer Collaboration Meeting**
If you have lived experience and work as a peer in SCC, including interns and volunteers, come to this meeting for an opportunity to learn about each other’s programs, share resources and discuss having a peer-led conference in May, 2017.
WHEN: Wed., Nov. 30 / 10 A.M.-12 noon and 2-4 P.M.
WHERE: 1075 E. Santa Clara Street, SJ
INFO: Jennifer Jones, 408-792-3935, or Lorraine Zeller, 408-792-2132

3. **2016 Holiday WRAP® Exchange**
Bring a roll of holiday gift wrap and go home with a different one! No one will go home empty handed!
WHEN: Wed., Dec. 7 / 6:30-8 P.M.
WHERE: 2221 Enborg Lane, San Jose
INFO: 408-792-2166

4. **Fireside Friendship Club**
Enjoy interactive activities such as art, group discussions, music, exercise.
WHEN: Wednesdays, Dec. 7, 14, 21 / 11 A.M.-noon (followed by lunch)
WHERE: Act for Mental Health, 441 Park Ave., SJ
INFO: 408-287-2640

5. **NAMI SCC Presents Program Information**
Family members and clients, learn about NAMI Programs: **Family-to-Family; Peer-to-Peer; Peer PALS; In Our Own Voice (IOOV)**
WHEN: Fri., Dec. 16 / 1:30-3:30 P.M.
WHERE: Esperanza Self-Help Center, 1235 First St., Gilroy
INFO: 408-852-2460

NAMIWalks 2016



Ongoing Activities NAMI SCC

Supporting others is part of the recovery process.

NAMI Signature Education Classes

Classes — Family-to-Family, Provider, Peer-to-Peer, Basics & Homefront — are offered throughout the year. For more information, please call the NAMI Warmline at **408-453-0400, Option #1** or go to www.namiantaclara.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 who have children under the age of 18 and are looking for support in parenting. For more information, call **Denicia** at **925-273-4939**.

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 Familia a Familia Teachers Wanted

NAMI SCC offers programs in a number of languages. Currently we are seeking new teachers for our Family-to-Family class in Spanish. Pairs of teachers teach each course that meets once per week (2 1/2 hours) for 12 weeks. If you are bilingual, have a family member with a mental health diagnosis and would like to learn more about this opportunity, please email **Eugenio** at evargas@namiantaclara.org

Proofreader Needed

If you have experience as a proofreader and would like to join the Newsletter Crew, please contact **Donna**: **408-453-0400 ext. 3040**.



NAMI SCC Extends Wishes for a Very Happy and Safe Holiday Season!

The NAMI Office will be closed on these days:

Mon., Dec. 26, 2016
Christmas Day

Mon., Jan. 2, 2017
New Year's Day



We're on Twitter!

Be part of our online community and engage in Mental Health conversations on [Twitter@namiantaclara.org](https://twitter.com/namiantaclara.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/namiantaclara.org

NAMI SCC Holiday Gift Drive 2016

This holiday season we will be distributing gifts to consumers at local hospitals, self-help centers, churches and homeless centers.



Important Dates for the Holiday Drive

***Wed, Nov. 30:** Please have your donations to the NAMI office.

***Fri., Dec. 9 / 10:30 A.M.–1:30 P.M.:** All gift bags will be assembled at the NAMI office.

***Sat., Dec. 10 / 1-3 P.M.:** Completion of gift-bag assembly at the NAMI office.

- ◆ Socks*
- ◆ Scarves & gloves*
- ◆ Winter Hats*
- ◆ Power bars*
- ◆ Toiletries
- ◆ Decks of playing cards
- ◆ \$5 gift cards (examples: Starbucks, Peet's, Jamba Juice, Burger King, McDonald's, Discount Stores, Drugstores)

*Most-needed items; please remember that we serve both men and women.

Monetary donations are especially appreciated and needed to cover our expenses of well over \$2,500.

We've set up an **Amazon Wish List**. You can purchase from the list and Amazon will ship directly to us. Go to www.smileamazon.com and follow these steps:

1. Select **NAMI Santa Clara County**;
2. Click on **Wish List** at the top;
3. Search under **Find a Wish List or Registry**;
4. Type in office@namiantaclara.org and you'll be taken to our list.

NOTE: Donor letters are available if you choose to solicit at businesses to get discounts.