



# Santa Clara County Newsletter

Volume XLII No. 2

February 2017

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## General Meeting, Tuesday, February 14, 2017

### Treatment Therapies: CBT and DBT, Kim Bullock, M.D.

**Dr. Kim Bullock** is a Clinical Associate Professor in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine. She is also Director of the Neurobehavioral & Virtual Reality Clinics. Last February Dr. Bullock presented to a standing-room-only audience at the NAMI SCC office and she has graciously agreed to present again at a general meeting. Her area of expertise is **Cognitive Behavior Therapy (CBT)** and

**Dialectical Behavior Therapy (DBT)**; however, she will answer questions pertaining to psychiatric illnesses in general.

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](http://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. If you are interested in a position or wish to suggest someone, please contact the NAMI SCC office. You might want to attend a Board meeting or two (everyone is welcome) to learn about the work of the Board.

Nominations will be posted on our website and nominations will be accepted from the floor at the February and March general meetings. Installation of officers will take place at the April meeting, following the election in March.

## NAMIWalks 2016 / 2017

**2016 NAMIWalks Silicon Valley** was a huge success. We raised \$250,000 for our local programs and services, community awareness about mental illness increased, and we had a great time. Here are our 2016 top fundraisers:



**Top 10 Teams**  
**Weekend Walkers**  
**BraveHearts**  
**Strong Soles**  
**Advocates**  
**Walking for Max**  
**Team Forward**  
**"Stop the Stigma"**  
**Trekkers**  
**Arirang Networks**  
**Know About It. Be About It.**

**Top 10 Fundraisers**  
**Ginny Traub**  
**Peggy/Gerry Larvey**  
**Vic/Mary Ojakian**  
**Heidi Mitchem**  
**Barbara Thompson**  
**Debbie Heffernan**  
**Mark Hanson**  
**Navah Statman**  
**Gini Mitchem**  
**Beverly Lozoff**

**Top Individual Walkers**  
**Mary Yong**  
**Lilly Henning**  
**Carol DeCarvalho**

### NAMIWalks 2017

Plans are already underway for the NAMIWalks Silicon Valley 2017. If you are interested in serving on the Walk committee, please contact **Dyane Hendricks** at **408-453-0400 x 3125** or [dhendricks@namisantaclara.org](mailto:dhendricks@namisantaclara.org)  
 See page 3 for more about NAMIWalks.

## Calendar:

- Feb. Community Events (p3)**
- Feb. 5 / Sun.**  
Nature Walk (p4)
- Feb. 5, 12, 19, 26 / Sun.**  
Connections Group (p4)
- Feb 7 / Tues.**  
NAMI Board Meeting (p3)
- Feb. 14 / Tues.**  
General Meeting (p1)
- Feb. 20 / Mon.**  
Office closed Presidents' Day
- Feb. 28 / Tues.**  
Consumer Adv. Council (p3)
- Apr. 25 / Wed.**  
NAMI Celebration (p2)

## 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.**

## A Heartfelt Thank You for Another Successful Holiday Drive

Once again, given the tremendous outpouring of generous donations and many volunteers who gave us hours of help, we were able to prepare and give out over 600 gifts! We cannot thank you enough!

Gift bags were given to patients at the following centers in Silicon Valley: Valley Medical's

Barbara Arons Pavilion, Zephyr and Esperanza Self-Help Centers, Riviera Villa, ACT for Mental Health, InnVision's Julian Street Inn, local Veterans' Board and Care Homes, Grace Community Center, Heaven's Gate Board and Care Home, as well as our Connections Support Group attendees.

## 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)

## Information About NAMI Santa Clara County Education Classes

### 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@namisantaclara.org](mailto:evargas@namisantaclara.org)

### New NAMI SCC Basics Class Beginning on Feb. 20, 2017

**NAMI Basics** is a free, six-week educational course for parents & caregivers of children and adolescents 17 & under. The course covers issues often faced by families of a child or teen with a mental health issue, including advocating for them. If you are interested in finding out about this course or signing up for it, call **Indra Carlos** at **408-453-0400 ext. 3060** or email [basics@namisantaclara.org](mailto:basics@namisantaclara.org)



### NAMI SCC Celebrates 40+ Years in the Community

NAMI Santa Clara County has been providing support, education and advocacy for people living with mental health conditions and family members for over 40 years. We want to celebrate and you are invited!

We are looking for volunteers to serve on the Planning Committee and to help on the evening of the event. If you can help out, please email **Stacy** at [sbadgis@namisantaclara.org](mailto:sbadgis@namisantaclara.org)

**Save the Date! April 26 / 5-9 P.M. at the Elks Lodge on Alma Street in San Jose.**

Look for more details in next month's newsletter.

### Palo Alto Police to Pilot Psychiatric-Emergency Team Excerpted from Palo Alto Online, Jan. 12, 2017

The Palo Alto Police Department will soon become the first in the County to pair an officer and a mental health professional on the streets in an attempt to bring mental health services to persons in need and keep them out of jail.

Pending state review and approval early this year, the trained team of a police officer and county behavioral health clinician would travel together to mental health crisis calls to evaluate situations and coordinate services for the person in need.

The new Psychological Emergency Response Team (PERT) will ramp up for three months and then pilot its services for three months. If successful, the program could roll out to other law enforcement agencies throughout the County. The program has worked elsewhere in the state. Police and county behavioral-health professionals are hoping it will keep people from ending up in jail.

### 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](http://www.directingchange.org) for all the information including contest rules. Important date to remember: The film due date is **Mar. 1, 2017**.

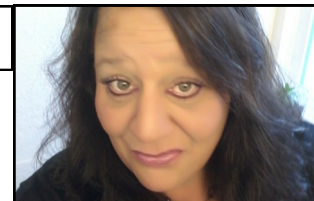
### Staff Spotlight: Gina Cecconi

**Gina Cecconi** heard about NAMI in 2014 and took Family-to-Family. Since that first class, Gina has taken Peer-to-Peer, Wellness Recovery Action Planning (WRAP) and Mental Health First Aid. She also started volunteering once a week and quickly knew this was the place for her. She started working at NAMI in May 2016 and loves her job.

Gina wants to help others realize that it's possible to have a mental health condition and still achieve goals and be happy. Currently Gina's goal

is to help break down the stigma that people have regarding mental illness. She wants to help save lives and help people find the resources they need during their recovery journey.

When not at NAMI, Gina enjoys spending time with family, going to concerts, going to the beach and fishing.



## NAMI SCC Board Meeting

First Tuesday of the month. The next Board Meeting will take place on **Tues., Feb. 7, 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**

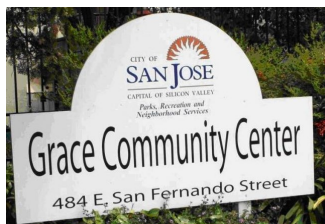
**Harold Brown**

Treasurer:

**Steve Wade**

Secretary:

**Peter Newman**



## Grace Community Center Programs Are Moving

Grace Community Center is moving its programming to other locations, as follows:

- ◆ **Bascom Community Center** (1000 S Bascom Av, SJ) **10 A.M.-3 P.M. M-F, except Wed. when it closes at 1 P.M.**
- ◆ **Northside Community Ctr** (488 N 6th St, SJ) **10 A.M.-2 P.M. on Sat.**
- ◆ **Art and Wellness Studio** (146 S 10th St., SJ) **9-11:30 A.M. M-F**

<http://thefriendsofgrace.org>

408-293-0422

## 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.**

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## Community Events — February 2017

- 1. Workshop on Disability Resource Center (DRC) at Gavilan College**  
Attendees will learn who qualifies for the resources, what services and resources are available to students, opportunities made possible at Gavilan for those who use the Resource Center.  
**WHEN:** Tues., Feb. 22 / 11 A.M.-Noon  
**WHERE:** Esperanza Self-Help Center, 1235 First St., Gilroy  
**INFO:** 408-852-2460
- 2. Peer Appreciation Day Potluck**  
A day to recognize the individuals for their contribution in building Esperanza—a community built “for peers by peers.”  
**WHEN:** Fri., Feb. 24 / 1:30-3 P.M.  
**WHERE:** Esperanza Self-Help Center (See above for address and telephone number)

## NAMIWALKS Silicon Valley — Corporate Sponsorships & Donations

Our inaugural NAMIWALKS Silicon Valley was a huge success netting about \$130,000 for NAMI Santa Clara County. This success would not have been possible without the continued efforts of our supportive membership. However, we have just begun to tap the considerable financial resources available in our community. Our opportunities for growth are primarily with corporate partners. To do this, we need our members to help in the following ways:

**Corporate Sponsorships** — Companies are more willing to entertain requests from employees and customers. Our Walk Manager,

**Dyane Hendricks**, will help you prepare your request and shepherd the process. Please contact her to learn more about how you can help us use your personal contacts to solicit and win substantial funds and endorsements of our NAMI organization.

**Corporate Matching Donations** — Many local companies offer generous matches to employee contributions. Most encourage employee community involvement. Your employer may sponsor your Walk team and provide a matching donation! Again, Dyane is available to help and support you with the process.

## Consumer Advisory Council (CAC) Conversation — February 28, 2017

February's conversation will be with **Elisabeth Bellows M.D.** She will speak on **Dialectical Behavior Therapy (DBT) Skills Training.** Come with your questions.

**WHEN:** Tues., Feb. 28 at 4 P.M.

**WHERE:** NAMI SCC Classroom

**R.S.V.P. 408-453-0400, Option #1**

## H.E.L.P. Support Group

**H.E.L.P. (Healing. Encouragement. Love. Prayer.)** is a new support group for people who are affected by mental illness, both those who suffer with a mental health condition and those who support them. Come for a free dinner, singing, discussion and prayer.

**WHEN:** Every Tues., 6-7:30 P.M.

**WHERE:** West Valley Presbyterian Church  
6191 Bollinger Rd, Rm. 11/12  
Cupertino  
408-252-1365 [www.wvpc.org](http://www.wvpc.org)

**CONTACT:** Sharon LeClaire  
[Sharon.j.leclaire@gmail.com](mailto:Sharon.j.leclaire@gmail.com)



## NAMI SCC's Recent Foundation Supporters

NAMI SCC is grateful to so 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](http://www.namisantaclara.org) or contact our office.

We would like to thank the following corporations and foundations for their recent support:

- ◆ Leo M. Shortino Family Foundation \$10,000
- ◆ Yahoo Education Foundation \$10,000
- ◆ The Bear Gulch Foundation \$ 3,000
- ◆ Los Altos Community Foundation \$ 5,000



**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.namisantaclara.org](http://www.namisantaclara.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 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**