



National Alliance on Mental Illness

Volume XLII No. 4

Santa Clara County Newsletter

April 2017

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General Meeting, Tuesday, April 11, 2017

Cognitive Behavioral Therapy for Psychosis, Dr. Kate Hardy

Cognitive Behavioral Therapy for Psychosis (CBTp) is an evidence-based practice that aims to reduce distress associated with psychotic symptoms and improve functioning. More recently CBTp has been used to help family members learn key skills and tools to support their own mental health as well as that of their loved ones. This talk will provide an overview of CBTp including core components of the approach and practice.

Kate Hardy is a California Licensed Psychologist who has specialized in working with individuals with psychosis for over 15 years in both research and clinical settings. Dr. Hardy received her doctorate in clinical

psychology from the University of Liverpool, UK. She has worked in specialist early psychosis services in both the UK and the US, including UCSF's Prodrome Assessment Research & Treatment (PART) program, and as Clinical Director for the Prevention and Recovery from Early Psychosis (PREP) program.

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.

Induction of NAMI SCC Board Officers for 2017-2018

The NAMI SCC annual election of officers for 2017-2018 was held at the March General Meeting. Installation of officers will take place at the General Meeting on April 11, 2017.

Co-Presidents: **Victor Ojikian, Beverly Lozoff**
 VPs: **Juan Perez, Harold Brown, Uday Kapoor**
 Treasurer: **Steve Wade**
 Secretary: **Peter Newman**

NAMIWalks Silicon Valley ~ Saturday, September 23, 2017



There are six new members on the NAMIWalks Silicon Valley Committee. New members include **Lynda Kaufmann** and **Kitty Palmer** of Psynergy, Inc., a Start/Finish Line sponsor. Lynda and Kitty would like to increase involvement of providers in the Walk. **Claudia Robinson**, a representative from National Walk sponsor Lundbeck, is committed to increasing sponsorships, especially within the healthcare industry; she is also assisting with the Walk Kickoff Meeting in May. From the Eating Disorders Resource Center come **Michelle Reuter** and **Audrey Lopez**; EDRC is a great partner of NAMI SCC. From NAMI SCC's staff comes **Gina Cecconi** who is helping with marketing and media.

Mechanic, Will Shaw, Committee Chair **Harold Brown**, Executive Director **Kathy Forward** and **Dyane Hendricks**, Walk Manager.

There's plenty of room for additional committee members. For information, contact **Dyane** at dhendricks@namiwalks.org or **408-453-0400 x 3125**.



Calendar:

- Apr. Community Events (p3)**
- Apr. 2 / Sun.**
Nature Walk (p4)
- Apr. 2, 9, 16, 23, 30 / Sun.**
Connections Groups (p4)
- Apr. 4 / Tues.**
NAMI Board Meeting (p3)
- Apr. 11 / Tues.**
General Meeting (p1)
- Apr. 26 / Wed.**
NAMI SCC Celebration (p1)
- Sept. 23 / Sat.**
NAMIWalks Silicon Valley (p1)

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.

The new members are joining veterans **Gini Mitchem, Barbara Thompson, Donna**

NAMI SCC Celebration — Wednesday, April 26

5:30-9 p.m.

Our celebration is coming right up. Don't wait to order tickets—we are going to sell out. You can go to www.namisantaclara.org and click on **Eventbrite** OR stop by the office, fill out a card and pay by check.

We are looking for volunteers to help the day of the event. If you can assist us, please email **Stacy** at sbadgis@namisantaclara.org



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)

Dr. Kim Bullock, Cognitive Behavioral Therapy / Dialectical Behavior Therapy February 14, 2017 General Meeting Write-Up

By Cole Buxbaum

Dr. Kim Bullock is the director of the Neurobehavioral Clinic and Visual Reality Lab at Stanford University School of Medicine. Her area of expertise is **Cognitive Behavioral Therapy (CBT)** and **Dialectical Behavior Therapy (DBT)**. Dr. Bullock is a neuropsychiatrist by training and deals with the interface between psychiatry and neurology.

When a patient has a psychiatric disorder, the conventional route of therapy has been psychotherapy; it is an interpersonal treatment based on psychological principles. The choice of the most appropriate type of psychotherapy is based on each patient's specific problems.

Cognitive Behavioral Therapy is an evidence-based treatment for psychiatric problems such as anxiety, panic disorder, eating disorders and schizophrenia. In CBT the therapist often helps the patient identify and correct maladaptive behaviors, judgmental and overly negative inaccurate thinking. CBT often includes education, relaxation exercises, coping skills training and stress management. Empathy is very important.

In the acute phase of a patient's disorder, combined medication and psychotherapy have been shown to be superior to each one alone. However CBT has been shown to have more enduring

effects compared with medication when both are discontinued. Dr. Bullock suggested the book ***Feeling Good as well as the Feeling Good Handbook*** by **David Burns, M.D.** For info, visit www.feelinggoodinstitute.com

Another type of therapy, Dialectical Behavior Therapy, has been shown to be effective in treating patients who have varied symptoms and behaviors associated with mood disorders, eating disorders, self-injury, sexual abuse survivors, childhood trauma, post-traumatic stress disorder and chemical dependence. The support is highly specialized. DBT combines standard cognitive behavioral techniques with enhanced emotion regulation and teaches distress tolerance with concepts such as acceptance and mindfulness of the present moment (from Buddhist tradition). It helps reduce life-interfering behavior and vulnerability.

DBT is very effective in the mental health environment, residential and hospital. For more information about Stanford University's DBT program, contact adult intake **(650-498-9111)** or adolescent intake **(650-723-5511)**.

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

NAMI SCC's Consumer Advisory Council

NAMI SCC's **Consumer Advisory Council (CAC)** is a group interested in promoting conversations and other activities relevant to consumers.

CAC is looking to increase their membership. For more information, please contact **Abby Tamara** at **650-962-0268**.

Spanish Tab on NAMI SCC Website

There is a new tab on the NAMI SCC website: **NAMI Español**. You'll find an Introduction, which informs Spanish readers about three programs NAMI SCC offers in Spanish: Familia a Familia, Persona a Persona and Grupo de Apoyo. You'll also find descriptions of these programs with qualifications and requirements

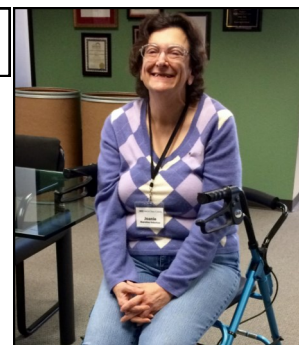
for each. At the end is a calendar for 2017 that lists courses and class dates in more detail.

If you want information about Spanish programs at NAMI, this is the correct section of the website to read first; then if you want to register for Spanish classes, contact **Eugenio Vargas** at the phone number given in the Introduction section.

Volunteer Spotlight: Joanie Stein

About 7 years ago, Joanie came to NAMI SCC to participate in the Peer-to-Peer Education Class. Then she volunteered on the Warmline Helpdesk before leaving to volunteer at the Jewish Community Center in Palo Alto. Joanie came back to NAMI about 2 years ago; she loves what she does here. Joanie thinks that everyone is so welcoming and understanding.

Joanie enjoys reading, baking and playing with her "spoiled" cat.



NAMI SCC Board Meeting

First Tuesday of the month. The next Board Meeting will take place on **Tues., April 4, 2017 / 7-9 P.M.**, at the NAMI SCC office.

NAMI SCC Board Officers

Co-Presidents:

Vic Ojakian / Beverly Lozoff

Past President:

Navah Statman

Vice Presidents:

Juan Perez

Harold Brown

Uday Kapoor

Treasurer:

Steve Wade

Secretary:

Peter Newman

April 2017**Community Events — April 2017****1. Mental Health First Aid**

Learn how to help someone in emotional distress.

WHEN: **Mon., April 10 & Thurs., April 13 / 12 – 4 p.m. (Sign in at Noon)**

WHERE: **Learning Partnership, 1075 E Santa Clara St**

INFO: **Michael Sharpe, 408-792-2167, or Carlo Castuciano, 408-792-2117**

2. Mental Health Advocacy Project (MHAP 101)

Informational Presentation

WHEN: **Fri., April 28 / 1 p.m.**

WHERE: **Zephyr Self-Help Center (rear of Bldg), 1075 E Santa Clara St**

INFO: **408-792-2140**

3. Esperanza a Musica

Music-Disco House, Potluck, DJ-Djashendo & DJ Chris

WHEN: **Fri., April 28 / 1:30 – 3 p.m.**

WHERE: **Esperanza Self-Help Center, 1235 First St, Gilroy**

NAMI Hearts & Minds (New Program at NAMI SCC)

By Nina Veeravalli

NAMI Hearts & Minds: The Road to Wellness is a new and exciting series of four workshops that provide information on a variety of wellness topics from medical self-advocacy and healthy eating to mindfulness and leading an active lifestyle. Everyone is invited to attend.

According to NAMI National, wellness is “an ongoing process of learning how to make choices that support a more successful, healthy life.” Wellness in the body positively affects wellness in the mind and vice versa. Even small changes in

our daily choices can have a huge impact on our quality of life and wellness. This is especially important for people with mental health conditions who must not only deal with the stress of mental illness but other issues such as medication side effects and societal stigma.

WHEN: **Four Sundays: Apr 9, May 21, Jun 11, Jul. 9 / 12:30 – 2 p.m.**

WHERE: NAMI SCC Classroom

RSVP: **408-453-0400, Option #1**

Friends & Family DBT (FRAM-DBT)

Skills training group for family members or friends of someone who is receiving DBT treatment or would benefit from DBT.

WHEN: **Thurs., 3-4:30 p.m.**
(Rolling enrollment)

INFO: **Stanford intake**
650-498-9111

Research Study

Earn up to \$100 in a Palo Alto University research study.

NEEDED: Right-handed adults between the ages of 18-50 who have no medical conditions and who either have not experienced a mood disorder *or* have a history of anxiety and/or depression. Participants have to travel to both Palo Alto Univ. and Stanford Univ. campuses, located in Los Altos & Stanford, for lab sessions and MRI scans.

INFO: **650-417-2000 ext. 3642 or**
paloalto.study@gmail.com

DBSA San Jose Support Group

Meetings have started up again at HAT 2 Conference Rm of Good Samaritan Hospital. The group meets every **Sunday from 1-3 p.m.** Info: **408-831-1499** or

info@dbसानजोसे.орг

NOTE: join our **online discussion forum** to reach out to other members outside of the meetings.

Journeying Together: Faith, Spirituality and Mental Health Conference**Learn-Share-Pray-Break Bread-Be Inspired**

to: End the silence in our faith communities about mental health disorders; Reduce the stigma of mental illness; Leave with skills, resources and ethical framework for being with and advocating for individuals and families affected by mental health issues.

EVENT DETAILS

WHEN: **Wed., May 10 ~ 9 a.m.-4 p.m.**

WHERE: **Locatelli Student Activity Center, Santa Clara University**
500 El Camino Real, Santa Clara

COST: **\$25, lunch included**

REGISTER: **www.dsj.org/SMH**

NAMI National Convention and California Conference**NAMI National Convention**
June 28–July 1, 2017

NAMI returns to the nation’s capital for the 2017 convention at the Washington Hilton. For complete registration information, go to **www.nami.org/convention**

NAMI California Conference
August 25–26, 2017

This year’s conference will take place at the Newport Beach Bayview Marriott Hotel and Spa. The theme is **Back to the Future: Building on a Past for a Better Tomorrow**. Contact **Eugenia Cervantes** at **Eugenia@namica.org** or call **916-567-0167** for details. To register, go to **www.namicalifornia.org** or send a check to NAMI California, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.



NARSAD Artworks, founded by **Patsy and Hal Hollister**, is closing after 28 years due to Patsy’s passing on Feb. 17. In order to help reduce

inventory, NAMI San Mateo County has cards on hand. Contact them at **650-638-0800** if you are interested in making a purchase.

**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

**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.)

**Connections Recovery
Support Group for Moms**

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

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 **800-869-9549**



We're on Twitter!

Be part of our online community & engage in Mental Health conversations at [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, option #1

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 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**