General Meeting, Tuesday, March 14, 2017
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 Santa Clara County District Attorney’s Office has completed a three-year study that provides some answers, but raises more questions.

Mr. Rosen joined the 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, Mr. Rosen practiced commercial litigation in Los Angeles and Washington, D.C. He graduated from UCLA 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 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 2017 Is Underway

With your help NAMIWalks Silicon Valley raised over a quarter of a million dollars (with about 90% of proceeds supporting local NAMI programs and services in Santa Clara and San Mateo counties. We increased awareness in Silicon Valley and were able to reach out to a large cross-section of the community: individuals, businesses, schools & faith groups.

NAMIWalks Silicon Valley 2017 is now underway. NAMI members and supporters can enlist their companies as sponsors and in the employee match campaign to win gift certificates and other prizes. Companies are more willing to entertain requests from employees and customers than from outsiders. We can help you prepare your request and take you through the process. In addition, many local companies offer generous matches to employee contributions; in fact, most companies encourage employee community involvement. Your employer may want to sponsor your Walk team and provide a matching donation.

Please contact our Walk Manager, Dyane, at dhendricks@namisantaclara.org for assistance. And be sure to watch for the NAMIWalks Silicon Valley e-newsletter for more information and details.

NAMI SCC Slate of Board Officers for 2017-2018

The NAMI SCC Nominating Committee is pleased to announce the following slate of officers for 2017-2018:

Co-Presidents: Victor Ojakian, Beverly Lozoff
Vice Presidents: Juan Perez, Harold Brown, open
Treasurer: Steve Wade
Secretary: Peter Newman

Please note that nominations can still be accepted from the floor at our March General Meeting. The slate of candidates will be voted on at the March meeting and installation of officers will take place in April.
Linsey Utzinger, Ph.D., Anxiety Disorders-Identification and Treatments
January 10, 2017 General Meeting Write-Up
By Cole Buxbaum

Dr. Linsey Utzinger is a Clinical Assistant Professor at Stanford University School of Medicine and Chairperson of Child and Adolescent Psychiatry. She specializes in eating disorders but deals with other types of anxiety problems that can occur.

Dr. Utzinger noted that it is important to distinguish between normal anxiety and abnormal behavior. Abnormal behavior is very difficult to control and gets in the way of everyday life. A person overthinks everything and has many fears; for example, you may constantly check your front door or worry, did I forget to turn off the oven? You may be paranoid and overly cautious. You may feel nervous, overanxious, worried, stressed, on edge or always doubting yourself. And you may feel you are not good enough.

You can develop maladaptive practices, such as overeating or undereating, seeking isolation, trying to escape, and so on. Everyone has anxiety and stress, on edge or always doubting yourself. It is important that the person undergo a psychiatric or psychological diagnostic evaluation to help in coping. Treatment can consist of psychotherapy, medication, mindfulness and/or exercise.

Untreated anxiety disorders can cause significant personal and social costs, loss of work and frequent medical visits. Dr. Utzinger can be reached at lutzinger@stanford.edu.

Save the Date: NAMI SCC Celebration

NAMI SCC has been providing support, education and advocacy for people living with mental health conditions and their families for over 40 years. Come and celebrate with us!

We are looking for volunteers to serve on the Planning Committee and to help at the event. If you can assist us, please email Stacy at sbadgis@namisantaclara.org

Save the Date: April 26 / 5:30-9 P.M.
Elks Lodge on Alma Street in San Jose
More details to come.

Spanish Tab on NAMI SCC Website

There is a new tab on the NAMI Santa Clara County 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 shows 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.

New Familia a Familia Teachers

Five people have recently completed their training to teach Familia a Familia: Virginia Granados, Blanca Gama, Eva Gonzalez, Margarita Martinez and Lourdes Robles-Velasquez. The new teachers received certificates from Luisa Perez who has worked tirelessly for many years to promote NAMI in the Latino community.

Also shown in the photo is Juan Perez, one of the instructors, who is also a VP on NAMI SCC’s Board of Directors.
## NAMI SCC Board Meeting

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

### NAMI SCC Board Officers

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
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<td>President</td>
<td>Vic Ojakian</td>
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<td>Past President</td>
<td>Jen Hong</td>
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<td>Vice Presidents</td>
<td>Beverly Lozoff (1st VP)</td>
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<td>Juan Perez (2nd VP)</td>
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<td>Gerry Larvey</td>
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<td>Harold Brown</td>
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## March 2017

### Community Events — March 2017

1. **South Bay Project Resource**
   - Lecture: “A Harm Reduction Approach To Psychiatric Medications: Clients, Families & Professionals Working Together” by Will Hall, MA, DiplPW
   - **WHEN:** Wed., March 22 / 7 P.M.
   - **WHERE:** Cypress Community Center, Room 1, 403 Cypress Ave, San Jose
   - **INFO:** [www.southbayprojectresource.org](http://www.southbayprojectresource.org)

2. **Sexual Assault 101 & Domestic Violence Survivors YWCA Presentation**
   - **WHEN:** Thurs., March 23, 2017 / 12:30-2:30 P.M.
   - **WHERE:** Zephyr Self-Help Center (rear of Bldg), 1075 E Santa Clara St
   - **INFO:** 408-792-2140

3. **Case Management 101: Adult Case Management from Case to CARE Management**
   - **WHEN:** Wed., March 29 / 11-12 P.M.
   - **WHERE:** Esperanza Self-Help Center, 1235 First St., Gilroy
   - **INFO:** 408-852-2460

### New Program Offered at NAMI SCC: NAMI Hearts & Minds

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 that are important for people with mental illness, from medical self-advocacy and healthy eating to mindfulness and leading an active lifestyle. The workshops will also help participants set and meet realistic wellness goals.

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

March’s conversation will be with Diana Guido and Eddy Alvarez from SCC Behavioral Health Services. Their topic is, **What is in your Wellness Toolbox?** Come with your questions.

### Friends and Family Dialectical Behavior Therapy (DBT)

Stanford offers an ongoing skills training group for friends and family members of either those who are currently receiving DBT treatment or those who would benefit from DBT. The group is facilitated by Kim Bullock, MD.

All 4 modules of DBT are presented over 10 weeks including Mindfulness, Emotion Regulation, Interpersonal Effectiveness and Distress Tolerance.

### 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. The Super Saver registration fee of $215 is available to members until March 31. Contact Hanem Ali at 703-524-7600 or go to [www.nami.org](http://www.nami.org)

For complete registration info, go to [www.nami.org/convention](http://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](mailto:Eugenia@namica.org) or call 916-567-0167 for details. To register, go to [www.namicalifornia.org](http://www.namicalifornia.org) or send a check to NAMI California, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.
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 3:40-3:50 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

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