



National Alliance on Mental Illness

Volume XLII No. 3

Santa Clara County Newsletter

March 2017

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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.

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**
VPs: **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.

Calendar:

- Mar. Community Events (p3)**
- Mar. 5 / Sun.**
Nature Walk (p4)
- Mar. 5, 12, 19, 26 / Sun.**
Connections Groups (p4)
- Mar 7 / Tues.**
NAMI Board Meeting (p3)
- Mar. 14 / Tues.**
General Meeting (p1)
- Mar. 28 / Tues.**
Consumer Adv. Council (p3)
- Apr. 26 / Wed.**
NAMI Celebration (p2)

NAMIWalks Silicon 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.



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.



**Wrap-Up Event at the Shark Tank for
NAMIWalks 2016's Sponsors and
Top Fundraisers**

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)

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 to a normal degree, but when it is maladaptive it impairs one's ability to work, take responsibility at home or in daily life, as well as in relationships.

The etiology of anxiety is thought to be multifaceted. Some people suffer from genetic vulnerabilities, others suffer because of past trauma or stress. Approximately 25% of adults in the U.S. have a mental illness in their lifetime. Anxiety and depression are the most common forms, with nearly 40 million adults suffering and twice as many women as men, with the incidence being more common in those under age 35. The majority of individuals have at least one other diagnosable mental illness at some point in their lives. 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.

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

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-Velazquez**. 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

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

March 2017

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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

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.

All consumers and family members are welcome to attend. To learn more about the Hearts & Minds workshops, please call the NAMI office. Look for the specific times and dates in next month's newsletter.



A Friend of NAMI SCC Has Passed

Robert (Bob) Nay, husband of former NAMI SCC employee **Monica Nay**, died on Feb. 4. Bob, owner of RAM Building Company, was always willing and able to contribute his skills to NAMI. He built out office space and a kitchen at two NAMI offices and spent time at many NAMI Walks helping in a variety of ways. We send condolences to his family, and especially to Monica.

New Support Group for Parents

An Anxiety and Mood Disorder support group is being offered for parents of children, teens and young adults with anxiety, depression, bipolar disorder, OCD, ASD-ish, drug use and abuse.

WHEN: 4th Tues. per month, 11 A.M.-1 P.M.

WHERE: Children's Health Council
650 Clark Way,
Palo Alto

INFO or RSVP: Cindi Savelli
ccbs91@gmail.com

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.

WHEN: Tues., March 28 / 4 P.M.

WHERE: NAMI SCC Classroom

RSVP: 408-453-0400, Option #1

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.

Details

WHEN: Rolling admissions on **Thursdays 3:00-4:30 P.M.**

WHERE: 401 Quarry Road, Palo Alto

INFO: Stanford Intake at 650-498-9111

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 For complete registration info, 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.

**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.

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**