



National Alliance on Mental Illness

Volume XLII No. 6

Santa Clara County Newsletter

June 2017

Inside This Issue:

General Meeting	1
NAMIWalks 2017	1
New NAMI Facilitators	1
Gen'l Meeting Write-Up	2
NAMI Conventions	2
June Community Events	3
Kathy Forward Is Honored	3
Photos of NAMI 40th Celebration	3
Ongoing Activities at NAMI SCC	4

Calendar:

June Comm. Events (p3)

June 4 / Sun.

Nature Walk (p4)

June 4, 11, 18, 25 / Sun.

Connections Groups (p4)

June 6 / Tues.

NAMI Board Meeting (p3)

June 13 / Tues.

General Meeting (p1)

June 28-July 1 / Wed.-Sat.

NAMI Nat'l Convention (p2)

Aug. 25-26 / Tues.-Wed.

NAMI California Conf. (p2)

Sept. 23 / Sat.

NAMIWalks SV (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.

General Meeting, Tuesday, June 13, 2017 Soo Jung, SCC Supportive Housing

Soo Jung, MA, is a Senior Manager of the Office of Supportive Housing for Santa Clara County. In this role, she oversees the Permanent Supportive Housing Program, manages housing resources and services, and streamlines referrals to provide support to the most vulnerable and chronically homeless individuals in the county.

Soo has been working for Santa Clara County for over 15 years in both Mental Health and Substance Use Treatment Services. She received her MA in Counseling Psychology

from Pacific Graduate School of Psychology in Palo Alto.

Soo will talk to our audience about Continuum of Care, Coordinated Assessment and Referral for Permanent Supportive Housing.

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 ~ Sept. 23, 2017

Keynote Speaker:
SCC Supervisor
Cindy Chavez will
be the Keynote

Speaker for NAMIWalks SV 2017. Last month NAMI SCC presented the supervisor with our 2016 Community Merit Award. Among her many contributions to mental health, Supervisor Chavez was instrumental in the creation of the Jail Diversion and Behavioral Health Subcommittee of the Re-Entry Network.

NAMIWalks Silicon Valley on the Radio:

Walk Manager **Dyane Hendricks** and Walk Committee Member **Gina Cecconi** took the NAMI message to the airwaves in an interview on **Today's World**, a 15-minute program about health, economy, parenting, education and

environmental issues in the San Francisco Bay Area. You can listen to the interview by going to <http://todaysworldsf.com>

Registration for NAMIWalks Silicon Valley

2017: Now is the time for team captains and walkers to register for NAMIWalks. There are many prizes to win including gift cards, totes and hoodies. There is an incentive program for teams with company matches as well as a special competition. There is a chance for everyone who walks to win a prize. To register go to

www.namiwalks.org/siliconvalley

To learn more about registration, prizes and/or the company match program, contact Walk Manager **Dyane** at 408-453-0400 x 3125 or dhendricks@namisantaclara.org

Training for New NAMI Facilitators

During the last weekend in April, a training took place for those interested in becoming facilitators for Family Support and Connection Recovery Support groups. The training was sponsored by NAMI Santa Cruz County and took place in Santa Cruz. NAMI Santa Clara



County participated as well. Participants and some teachers at the training are pictured here. Congratulations to all!

Who's Who at the NAMI SCC Office

Kathy Forward:

Executive Director

Dyane Hendricks:

NAMIWalks 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 Outreach Coordinator

Hope Holland/Barb St. Claire
Connections Grp Coordinators

Programs

Indra Carlos:

Family-to-Family / Basics /
Homefront

Greg Osborn:

Provider Education

Cindy McCalmont:

Peer PALS Advisor /
MoD Manager /
FaithNet Advisor

David DeTata:

Peer PALS Coordinator

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. Kate Hardy, Cognitive Behavioral Therapy for Psychosis April 11, 2017 General Meeting Write-Up

By Cole Buxbaum

Kate Hardy is a Licensed Clinical Psychologist who specializes in working with individuals with psychosis in both research and clinical settings. Currently Dr. Hardy is director of the INSPIRE Clinic at Stanford University, providing recovery-oriented care for people with early psychosis.

An important method in treating psychosis is Cognitive Behavioral Therapy (CBT). The main goals of CBT for psychosis (CBTp) are to reduce the stress caused by positive symptoms including hallucinations and unusual thoughts and support functioning by addressing negative symptoms.

When a thought causes distress, it is the interpretation of thought rather than the event itself. How you think leads to changes in how you feel and what you do, explained Dr. Hardy. Thinking includes how you think about yourself, the world and other people.

CBT is inherently normalizing: we all experience negative thoughts; we all engage in unhelpful thinking; we all use coping strategies that aren't always the most healthy choices. CBT allows for normalizing of psychotic symptoms as well.

There is evidence to suggest that CBTp is most effective in those at risk of developing psychosis, early phase psychosis and stable chronic symptoms.

Psychosis exists on a continuum of no psychosis at one end and psychosis at the other —depending on what is going on; it is not always one or the other. Some factors are stress, drugs, trauma, life experiences and sleep deprivation.

Positive Practices for Working with Individuals with Psychosis:

- ◆ Form a relationship: develop shared goals; normalize experiences
- ◆ Inquire curiously: ask questions and drop assumptions
- ◆ Review the information and put it together: make sense of experiences through shared understanding
- ◆ Skill development: develop skills and tools to support goal attainment
- ◆ Try out the skill and elicit feedback: encourage patient to practice the skill independently and provide feedback on how it worked.

Dr. Hardy at Stanford: khardy@stanford.edu

To access audio recordings of our
General Meetings, go to
www.namiantaclar.org/classes/activities

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. This year's theme is **Educate, Empower, Engage**. Get complete registration information at www.nami.org/convention

NAMI California Conference August 25–26, 2017

This year's conference will take place at the Newport Beach Marriott Hotel and Spa. The theme is **Joining Forces: Building a Movement of Community Collaborations**. For details, contact **Eugenia Cervantes** at 916-567-0167 or Eugenia@namica.org To register, go to www.namicalifornia.org or send a check to NAMI California, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.

Staff Spotlight: Eugenio Vargas

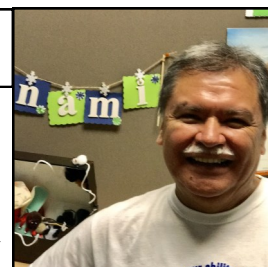
Eugenio coordinates NAMISCC's Spanish-language programs, including Persona a Persona, Familia a Familia, Spanish Support Group, Compartiendo Esperanza Presentations and MH101. Eugenio's lived experience, bilingual ability and communication skills allow him to support individuals and families with complex mental health issues, and to facilitate understanding among family members who may be a mix of young and old, English and Spanish speaking.

Eugenio spent over 30 years in the computer field before switching careers to mental health. In 2016

he graduated from San Jose State with a BA in Psychology and is now pursuing his Masters in Clinical Psychology at Santa Clara University.

Because Eugenio loves people and has a passion for learning and teaching, he feels very much at home at NAMI Santa Clara County.

Eugenio enjoys nature, hiking and traveling locally, and hopes someday to travel the world.



NAMI SCC Board Meeting

NAMI Board Meetings occur on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., June 6, 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

June 2017

Page 3

Community Events — June 2017

1. Project Sentinel: Fair Housing Workshop—Learn Your Rights as a Tenant

WHEN: Wed., May 31 ~ 11:00 a.m.–12:00 p.m.

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

2. LGBTQ Awareness Gathering

WHEN: Thurs., June 22 ~ 1:30–2:30 p.m.

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

INFO: 408-792-2140

Kathy Forward Receives Circle of Support Award

At their 14th annual Circle of Support Luncheon, **Family and Children Services of Silicon Valley** honored **Kathy Forward**, NAMI SCC's executive director, with their 2017 Circle of Support Award. In introducing Kathy, they said: Kathy's advocacy and leadership increase understanding and reduce stigma, making a daily difference in the lives of individuals and families with mental health conditions. Her key message was: Recovery is possible.

Congratulations to Kathy on this very well-deserved recognition!



NAMI SCC 40th Anniversary Celebration

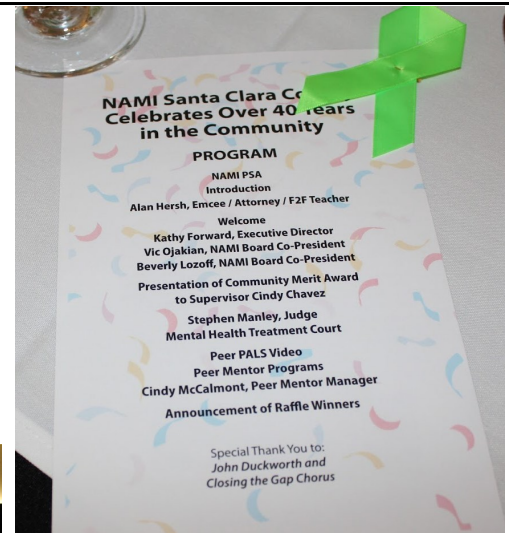
Our April 26 Celebration of over 40 years in the community was a huge success. A big thank you to all who attended.

In addition to celebrating our anniversary, we honored Santa Clara County Supervisor **Cindy Chavez** with our annual **Community Merit Award** as a tremendous supporter of the work that we do. We also heard remarks from a number of people including **Judge Stephen Manley**.

To further involve the community in our event as well as to acknowledge NAMIWalks, we invited local artists to paint tennis shoes that we used as table centerpieces and then raffled them off.



Gina Cecconi, Stacy Badgis



The Evening's Program



Judge Manley, Director of Behavioral Health Services Toni Tullys, Kathy Forward, Supervisor Cindy Chavez



Commendation from State Senator Jim Beall



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.namisanclaara.org

Connections Recovery Support Group

This group—for people over 18 with a mental health condition — 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@namisanclaara.org](https://twitter.com/namisanclaara.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/namisanclaara.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.namisanclaara.org and click on "Join NAMI."

Donate a vehicle today. To find out more, call **800-240-0160** or go to www.namisanclaara.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**