



National Alliance on Mental Illness

Volume XLII No. 7/8

Santa Clara County Newsletter

July/August 2017

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Calendar:

July / Aug. Events (p3)
July 2 / Aug. 6 / Sun.
Nature Walk (p4)
July, 2, 9, 16, 23, 30 /
Aug. 6, 13, 20, 27
Connections Group (p4)
July 4 / Tues.
Office Closed (Fourth of July)
Aug. 8 / Tues.
NAMI Board Meeting (p3)
June 28—July 1 / Wed.—Sat.
NAMI Nat'l Convention (p2)
Aug. 25—26 / Tues.—Wed.
NAMI California Conf. (p3)
Sept. 23 / Sat.
NAMIWalks SV (p1)

Contact Us:

**NAMI Santa Clara County
Community Resource &
Support Center**
1150 S. Bascom Ave, Ste 24
San Jose, CA 95128-3509
408.453.0400, Option #1
www.namisantaclara.org
M–F, 10 A.M.–2 P.M.

No General Meetings in July & August

Our next General Meeting will take place on Tuesday, Sept. 12, 2017

NAMI Santa Clara County Annual Picnic — Sunday, July 23

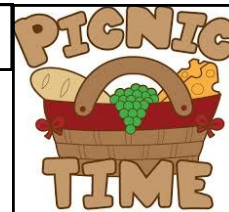
Please join us for our annual picnic. It's always a wonderful event. If you are available to help with setup, cooking, serving, cleanup, raffle prizes, music and/or other activities, please call the NAMI SCC office to sign up.

Picnic Details

WHEN: Sunday, July 23
12–3 p.m.

WHERE: Elks Lodge
1680 Martin Ave.
Santa Clara

TO BRING: A dish to share (See flier)



NAMIWalks Silicon Valley ~ Sept. 23, 2017

Registration for NAMIWalks Silicon Valley:

Summer is here and now is the time for team captains and walkers to register for NAMI-Walks Silicon Valley. There are new chances to win great prizes while raising funds to support local NAMI programs. To register, go to:

www.namiwalks.siliconvalley

Team captains will receive a NAMIWalks drawstring backpack by registering their teams and raising \$100.

Walk Day: Sat., Sept. 23, at **Guadalupe River Park** across from SAP Center in SJ. The hours for this event are **8:30 a.m.–1:30 p.m.**

Team Captains: A Team Captains KickOff is in the planning stages. Please save **August 3** or **August 5** for this event. Details to come!

Match Program: New this year is the Match

Program. Teams receive benefits and can earn extra prizes when companies or organizations match their fundraising.

Incentive Prizes: All walkers will receive a T-shirt when they raise \$100. There are opportunities for every walker to win prizes. Incentive prizes include hoodies and there will also be weekly prizes including gift cards, restaurant dinners and electronic devices.

Remember, the goal of NAMIWalks is to raise funds, bring awareness, stamp out the stigma that surrounds mental illness—and have a great time doing these things!

NAMIWalks Silicon Valley is presented by NAMI Santa Clara County with NAMI San Mateo County participating. For more information, contact **Dyane** at **408-453-0400 x3125** or dhendricks@namisantaclara.org

Changes in NAMI National Membership Dues

NAMI National has updated membership dues, effective **July 1, 2017**. These changes will impact all affiliates across the country.

The changes include:

- ♦ The new membership category is “Household” (Family) and will be \$60;
- ♦ The Standard membership category is now called “Individual/Regular” that will be \$40;
- ♦ Open Door will be increased to \$5.

IMPORTANT NOTE: If **1)** your membership is up for renewal; **2)** you want to add another year to your current membership; **or 3)** you want to join as a new member, you can go to www.nami.org/membership by **June 30** to pay the current dues: Standard Membership at \$35 or Open Door at \$3.

When you are a member of NAMI SCC, you are automatically a member of NAMI National and NAMI California.

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

Denecia Gressel:

Mentor Coordinator

Rita Girman:

Warmline Help Desk Manager

Nicole Rathjen:

Volunteer Coordinator

Gina Cecconi:

Volunteer Project Assistant

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),

Karla Brown (Proofreader)

Donna-Jo (Typesetter)

Crisis Intervention Training (CIT) and 5150, Kathryn Parlett May 9, 2017 General Meeting Write-Up

By Cole Buxbaum

Kathryn Parlett began her work in Mental Health in 1995 when she assisted a college roommate suffering from a mental illness. Kathryn began her career in accounting but changed to psychology after hearing the insightful words of Robert Frost: "Two roads diverged in a wood, and I— / I took the one less traveled by, / and that has made all the difference." She became a California State Licensed Professional Counselor, a 5150 Coordinator and is currently among 80 CIT Coordinators worldwide.

The idea behind CIT originated in 1988 when **Sam Cochran**, a police officer in Memphis, Tennessee, became convinced that crisis intervention training to assist officers dealing with individuals with mental illness would help people work safely and provide options beyond incarceration. Since that time over 1,000 officers worldwide have been trained. A section of the California Welfare Code (specifically the Lanterman-Petris Short Act), 5150 permits a qualified officer or clinician to involuntarily confine a person suspected of a mental disorder that makes them a danger to themselves or others. This allows the person to be confined for up to

72 hours. Ms. Parlett believes it is very useful to distract a person from fears and anger when in such a state, and can at times prevent them from requiring restraint and movement into a closed facility.

Kathryn was joined by **Brent Herbert**, a CIT officer in Los Gatos, who talked about the successes their organization experienced with CIT. He explained that CIT allows the officer to work in an environment with lower stress without a typical cop present. Their experience has shown that frequently in the highest level of mental health care a paternal relationship can develop between some one in crisis and a CIT officer; sometimes the interaction will pull the person in distress out of the crisis.

For more information about CIT, you can contact the Crisis Management Unit of the San Jose Police Department for their pamphlet entitled "Law Enforcement and Mental Illness."

To access audio recordings of our
General Meetings, go to

www.namisantaclara.org/classes/activities



NAMI SCC IS SO GRATEFUL!

NAMI SCC is grateful to our 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, go to our website (www.namisantaclara.org), or contact

Kathy at kforward@namisantaclara.org

We would like to thank the following organizations for their support:

- ◆ 100 Women Charitable Foundation: \$45,000 for Mentors on Discharge
- ◆ El Camino Hospital Healthcare District \$80,000 for Peer Mentor Programs
- ◆ San Jose Mercury News Wish Book: \$3,000 for Peer PALS

Volunteer Spotlight: Alex Lowe

Alex Lowe has been a regular volunteer with NAMI since December 2016 during the Monday through Wednesday Volunteer drop-in days. Alex first heard about NAMI from his mother after she enrolled in NAMI's Family to Family class in 2013.

Alex enjoys coming to NAMI because, in his words: "It is a place where I come to and feel safe and do something with my free time, and I wish to give back to the community."

One very interesting thing about Alex is his overwhelming passion for the ocean; because of this, he obtained his Bachelor of Science Degree in Marine Biology from UC Santa Cruz in 2012. However, since then Alex has changed his

life's journey and is currently enrolled in classes at San Jose City College with the goal of a career in nursing.

Staying well in recovery is very important to Alex and he is very proud to announce that he has just celebrated four years of sobriety.

Alex loves reading, going to the gym, walking and hiking. He is also very connected to animals and has a treasured cat who he dearly loves.



NAMI SCC Board Meeting

NAMI Board Meetings take place on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., Aug. 1, 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

Grace Community Center Is Moving

Please note that until **July 10** Grace Community Center will be located at **136 Alma St, SJ** and after that date you'll find GCC at **488 N. 6th St.** The phone # has not changed; it's **408-293-0422**.

www.thefriendsofgrace.org

Silicon Valley Independent Living Center (SVILC) Has Moved

SVILC, a disability justice organization that creates fully inclusive communities, has a new location at **25 N. 14th, San Jose**. The phone number has not changed; it's **408-894-9041**.

www.svilc.org

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**. Contact **Eugenia Cervantes** at **916-567-0167** or

Eugenia@namica.org

To register, go to

www.namicalifornia.org or

send a check to NAMI CA, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.

July / August 2017

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Community Events — July-August, 2017

1. Independent Living Skills Workshop 4-Week Series — Healthy Boundaries

WHEN: Thurs., July 6, 13, 20, 27 ~ 1:00–1:45 p.m.

WHERE: Zephyr Self-Help Center, 1075 E. Santa Clara St. (rear of bldg.), SJ

INFO: 408-792-2140

2. AACI: Post-Traumatic Stress Disorder (PTSD & Trauma —Educational Event

WHEN: Fri., July 28 ~ 1–2 p.m.

WHERE: Zephyr Self-Help Center, 1075 E. Santa Clara St. (rear of bldg.), SJ

INFO: 408-792-2140

3. 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., July 28 ~ 1:30–3 p.m.

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

INFO: 408-852-2460

4. South Bay Project Resource

FREE Workshop, “Family Recovery from Psychosis: Clients, Families & Professionals” by Will Hall, MA, DiplPW

WHEN: Sat., July 29 ~ 9:30 a.m.–5 p.m.

WHERE: Cypress Community Center, Room 6, 403 Cypress Ave, San Jose

INFO: Registration is required; please email southbayprojectresource@gmail.com; www.southbayprojectresource.org

5. Mood Disorders Education Day

WHERE: Stanford University

WHEN: Sat., August 19, 2017

INFO: Details to come / August Constant Contact.

NAMI Hearts & Minds (New Program at NAMI SCC)

By Nina Veeravalli

NAMI Hearts & Minds: The Road to Wellness is an exciting series of 4 workshops that provide info on a variety of wellness topics from medical self-advocacy and healthy eating to mindfulness and leading an active lifestyle. The upcoming workshop is the last of the series. 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 well-being. 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: Sun. Jul. 9 / 12:30–2 p.m.

WHERE: NAMI SCC Classroom

RSVP: 408-453-0400, Option #1

A Trip Inside the Schizophrenic Mind

From *Scientific American Mind*

February 9 2017, extracted by Cole Buxbaum

Schizophrenia desperately needs new treatments. Seventy-five percent of afflicted patients have cognitive problems. And most commonly used drugs do not treat the disorder's “negative” symptoms — apathy, social withdrawal, negative thinking — nor the cognitive impairments, which best predict how well patients will fare in the long term.

Psychedelics such as LSD (psilocybin mushrooms and mescaline derived from the peyote cactus) act on serotonin, a neurotransmitter tied to mood. Brain imaging of schizophrenic brains has

revealed that networks involved in introspection and those for external attention bleed into one another as they do in healthy brains on psychedelics. By finding drugs that block this boundary-blurring effect, scientists hope to hone in on the biological basis of psychosis and help to prevent it. Eventually medicines might be used to treat not the catchall disease “schizophrenia” but rather alleviate a patient's specific symptoms. (A feature-length documentary entitled *Healing Voices* states that as many as 30% of people do recover.)

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.)

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**.

Magazine and Sticker Donations

The Volunteer Project needs magazines for creating **NAMI bookmarks**. Examples of magazines are Sunset, Home and Garden, Pet magazines, Garden Catalogs, etc. Alternatively, stickers would be great, such as flowers, animals, sea life, stars, hearts (Dollar stores sell them.) Our Bookmarks are used at Outreach events and are very popular. Drop off items at the NAMI SCC office. Contact **Nicole** at nrathjennamisantaclara.org
Thank you so much!

Ongoing Research Studies

1. Palo Alto University Research Study

Earn up to \$100 in a study conducted by **Dr. Warren**.

Needed: Right-handed adults between the ages of 18–50 with no medical conditions **and** have *not* experienced a mood disorder *or* have a history of anxiety and/or depression. Participants will be required to travel to Palo Alto and Stanford University campuses, located in Los Altos & Stanford, for lab sessions and MRI scans. Hours are flexible. For more info, email paloalto.study@gmail.com or call **650-417-2000 x3642**.

2. VA Palo Alto Health Care System Research

Have you been diagnosed with PTSD? You can try a free non-invasive drug at home. This is an investigation of the Freespira Breathing System used in the treatment of PTSD. Call **650-849-0161** for information.

3. VA Palo Alto Health Care System Research: Bipolar Disorder Study

Needed: Adults with Bipolar Disorder who smoke and want to quit. Participants will be compensated up to \$140 for their time. Call **650-849-0161**.

4. Stanford University Bipolar Disorder Research Study

Needed: Adults with bipolar I (BPD I) or bipolar II disorder (BPD II) who are currently depressed. The study will look at the effects of the medication Remicade (Infliximab). This study will last up to 12 weeks and participants may earn up to \$500 for their time and travel expenses. Participants have a 50% chance of receiving Remicade and a 50% chance of receiving a placebo. Please call **650-723-9392** or email eileenfl@stanford.edu

5. 8—Week Research Study

Needed: Males between the ages of 25–55 with a diagnosis of Bipolar Disorder I and no acute episodes in the past 2 years. This study involves non-Western spiritual practices and is an opportunity to reduce stress and improve balance and coordination. The group of participants will meet 2x per week for 8 weeks at Sofia University in Palo Alto. If interested, contact **Eric Pierson** at e.pierson@sofia.edu



We're on Twitter!

Be part of our online community & engage in Mental Health conversations at [Twitter@namisanclaara.org](https://twitter.com/namisanclaara.org)

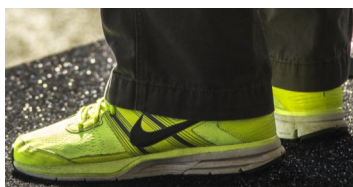


facebook

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

2016 NAMI Walks Silicon Valley



On the trail



Ongoing Free Showers and Laundry Service
Every Tuesday from 9 a.m.–1 p.m.
Social Services Agency — 1919 Senter Rd, San Jose

How it works:

- ◆ Showers and laundry available on a first-come basis.
- ◆ Check in at the Dignity on Wheels table, receive a number and wait your turn
- ◆ Take a 7-minute timed shower in a private shower room
- ◆ Wash up to 2 sets of clothing (no shoes, sleeping bags, heavy items)
- ◆ For adults 18-years and older at this time

www.dignityonwheels.org