General Meeting, Tuesday, September 12, 2017
Ask the Doctor and Update on Medications, Vijay Jethanandani, MD

It has been quite a while since we’ve had a general meeting dedicated to updating us on psych medications with the opportunity to “Ask the Doctor.” On September 12, Dr. Vijay Jethanandani will be our speaker. He originally trained as a surgeon but switched to psychiatry when he came to the U.S. from India in 1983.

Dr. Jethanandani has extensive experience in adult and geriatric psychiatry both in inpatient and outpatient settings. In April, 2017, he joined SCC Behavioral Health Services and practices at the Sunnyvale Primary Care Center.

Please join us in the auditorium of Good Samaritan Hospital (main building basement) 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 Dr., San Jose. You can find directions at www.maps.yahoo.com

NAMIWalks Silicon Valley ~ Sept. 23, 2017

Walk Day Info:
Supervisor Cindy Chavez will deliver the keynote speech, Sharkey (of Sharks fame) will pose for photos, and musicians will entertain us. In addition, we will remember loved ones lost due to mental illness with a dove release. Walk Day is Sat., Sept. 23 at Guadalupe River Park across from the SAP Center in San Jose. Hours for the event are 8:30 a.m.–1:30 p.m.

Get Creative! Teams and team captains are encouraged to get creative with T-shirts and posters since the Walk route will take walkers to City Hall and near the Performing Arts Center to bring awareness to downtown San Jose.

Contests and Prizes: There will be T-shirt and poster contests as well as several other prizes:
1) the team that raises the most funds will win a pizza party and movie tickets; 2) the team with the greatest number of walkers will receive a drawstring backpack when their team raises $100. Each walker who raises $100 will receive a T-shirt. Hoodies, backpacks and coolers await individuals who raise up to $2,500. Check the NAMIWalks SV website for more details or see the weekly NAMIWalks email message.

Registration & Info: Register and raise funds to support NAMI SCC’s free local programs. To learn more about prizes, registration or the company match program, contact the Walk Manager whose contact information appears in the box below.

Stamp Out Stigma
By Mary Alexander
It’s a long walk to fight stigma It’s the right way to go Our hearts remain strong As we walk along & people Realize that stigma is wrong.

NAMI SCC Honored with Behavioral Health Board Heroes Awards

On May 3, 2017, the Santa Clara County Behavioral Health Board (BHB) presented its 6th Annual Heroes Awards to a number of community organizations and individuals in a variety of areas.

NAMI SCC was honored with four awards: Cindy McCalmont, our Peer Mentor Programs Manager, received the BHB’s Faith-Based Community Hero Award; John Forward, a volunteer in multiple roles at NAMI, received the Family Member Community Hero Award; Phil Campey, a Peer Mentor, received the Consumer Community Hero Award; and, finally, our Peer Mentor Programs, received the BHB’s Program Community Hero Award.

We at NAMI SCC are so proud of all of you!
Soo Jung, Santa Clara County Supportive Housing
June 13, 2017 General Meeting Write-Up

By Cole Buxbaum

Soo Jung, MA, is a Senior Manager in Santa Clara County’s Office of Supportive Housing. Soo oversees the Permanent Supportive Housing Programs and provides support to the most vulnerable and chronically homeless individuals in the county. She has been working for over 15 years in mental health and substance abuse programs. The Office of Supportive Housing partners with other agencies and nonprofit organizations to make supportive services available to residents and tenants located in the county. Services offered by other agencies include emergency support to families, food, transportation, shelter referrals, clothing and housing assistance. When individuals are referred to this program, they are first evaluated by standard assessment techniques to determine where they fit regarding need and ability; high, moderate or low activity. Those who are considered low activity are given three to five weeks of supportive housing. High activity clients are usually referred to affordable housing or public benefits.

Soo supervises ten case managers who each have about ten clients. Unfortunately, the caseload at the present time results in about a six-month wait in all but the most severe cases. People with mental health conditions, particularly those on social security or limited income, face even more difficulty in finding a place to live.

When needed, NAMI SCC gets involved in helping clients and family members utilize the services of the Office of Supportive Housing.

For more information, you can reach Soo Jung at 408-793-0564 or soo.jung@hhs.sccgov.org

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

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

23andMe Needs Study Participants

23andMe is currently studying the connection between genetics and the diseases of depression and bipolar disorder and need study participants between the ages of 18-50. Here’s the link:

https://www.23andme.com/depression-bipolar/

Staff Spotlight: Nicole Rathjen

Because of the way she pronounces the word tomatoes, many people guess—and rightly so—that Nicole Rathjen is from England; in fact, she was born in Brighton, Sussex, and raised in the beautiful market town of Horsham. Nicole moved to California in 1980 with her then husband and four-year-old son.

Mental illness runs in Nicole’s family and when her son developed symptoms, she joined NAMI and took the Family-to-Family class and also the Family/Peer Mentor class offered by NAMI California. NAMI has been such a gift for Nicole and her son. For years Nicole was “silent” about the mental illness that runs in her family due to stigma. But with NAMI’s help, Nicole now feels safe talking about her family.

Nicole is NAMI SCC’s Volunteer Coordinator and also works on the Warmline. Nicole loves the volunteers and all those she works with at NAMI, and is thankful to so many who have touched her life.

In her spare time, Nicole enjoys gardening and has a plot in a community garden rife with snakes, rabbits and other natural wonders. At home, Nicole likes to read, write and spend time with friends and her son. She is also a huge fan of movies from the 1930s and 40s as well as British mysteries. Nicole is “ruled by a wild, very Zen rescued golden cat with a big fluffy tail named Pumpkin.”
1. The Compassion Workshop
Learn how to become more self-compassionate in order to sustain wellness & recovery.
WHEN: Thurs., Sept. 7, 14, 21, 28 ~ 10:30–11:30 a.m.
WHERE: Zephyr Self-Help Center, 1075 E. Santa Clara St., SJ

2. Silicon Valley Independent Living Center (SVILC) Open House
In celebration of their new Center, SVILC is holding an Open House for the general public to meet the staff, hear about their service areas and see their new building.
WHEN: Fri., Sept. 15 ~ 3–6 p.m.
WHERE: 25 N. 14th Street, Suite 1000, SJ

3. South Bay Project Resource
Workshop: “Preparing for Recovery—How Do We Make Sure All of Us are Ready for Recovery Community?” Peers, Families & Professionals w/Karen Taylor & Ron Coleman
Registration is required due to limited seating.
WHEN: Sat., Sept. 28 ~ 9:30 a.m.–5 p.m.
WHERE: Cubberley Community Center, Room H-1, 4000 Middlefield Rd., Palo Alto
RSVP: southbayprojectresource@gmail.com; INFO: www.southbayprojectresource.org

4. 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., Sept. 29 ~ 12–2:30 p.m.
WHERE: Esperanza Self-Help Center, 1235 First St., Gilroy

Upcoming NAMI SCC Classes
NAMI Warline: 408-453-0400, Option #1

- **NAMI Family-to-Family Class Starting in September 2017**
  *NAMI Family to Family* is a free, eleven-week educational course for family members who have a loved one with a mental disorder. If you are interested, please contact the NAMI Warmline. Classes are being offered in English, Spanish, Mandarin and Korean.

- **NAMI Basics Class Starting in September 2017**
  *NAMI Basics* is a free, six-week educational course for parents and caregivers of children and adolescents 17 and under. The course covers issues frequently faced by families dealing with a child or teen with mental illness, including how to advocate for them. If you are interested, please contact the NAMI Warmline.

- **NAMI Homefront Class Starting in October 2017**
  *NAMI Homefront* is a free, six-week educational course specifically for loved ones of military service members and veterans who experience symptoms of a mental health condition, please contact the NAMI Warmline.

NAMI SCC Picnic 2017
Once again, everyone (over 200 NAMI members and friends) who attended this year’s picnic had a great time: an abundance of good food, lots of raffles, games and camaraderie!
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

Effective July 1, 2017:

- □ $60 Household Membership
- □ $40 Individual/Regular Membership
- □ $5 Open Door

Please accept my additional donation(s): □ General Fund □ Education Program □ Other

- □ In Memory of _________________________ □ In Honor of _________________________

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

How did you hear about us? __________________________

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.) Your 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