



National Alliance on Mental Illness

Volume XLII No. 9

Santa Clara County Newsletter

September 2017

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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 Behavioral 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

Save The Date!

September 23, 2017 • Arena Green West, San Jose



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 pizza party; 3) there is also a friendly competition among company teams and a prize for the team with the largest cash match from their employer; and 4) the grand prize winner — the team that raises \$25,000 — gets a party at a Bay Area attraction.

Individual Prizes: Team captains 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 while stamping out the stigma that surrounds mental health conditions. Register at www.namiwalks.siliconvalley.org and help 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.

Calendar:

September Events (p3)

Sept. 3 / Sun.

Nature Walk (p4)

Sept. 3, 10, 17, 24 / Sun.

Connections Group (p4)

Sept. 4 / Tues.

Office Closed (Labor Day)

Sept. 5 / Tues.

NAMI SCC Board Mtg (p3)

Sept. 12 / Tues.

NAMI SCC General Mtg (p1)

Sept. 23 / Sat.

NAMIWalks Silicon Valley (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.

Dyane: 408-453-0400 x 3125 or dhendricks@namisantaclara.org

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!

Who's Who at the NAMI SCC Office

Kathy Forward:

Executive Director

Stacy Badgis:

Administrative Manager

Rita Girman:

Warmline/Help Desk Manager

Cindy McCalmont:

Mentor Programs Manager

Dyane Hendricks:

NAMI Walks Manager

Donna Mechanic:

Administrative Helper

Denecia Gressel:

Peer Mentor Coordinator

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
Mentors on Discharge 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:

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Beverly Lozoff (Coordinator)

Karla Brown (Proofreader)

Donna-Jo (Typesetter)

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/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:

- ◆ **Star One Credit Union**
\$7,500
- ◆ **The Health Trust Destination: Home**
\$22,500
- ◆ **Silicon Valley Community Foundation**
\$50,000, IH-of the legacy of Yahoo Employees

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."



NAMI Board Meetings are on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., Sept. 5, 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

Good Karma Bikes: “Work to Earn a Bike”

You could earn a free refurbished bicycle by doing a minimum of 6 volunteer hours at **Good Karma Bikes**, 460 Lincoln Ave, Suite 25, San Jose 95126. Please encourage your consumer friends to contact Good Karma Bikes.

Bikes offer excellent exercise as well as environmentally friendly transportation! For anyone who earns a bike or currently owns one, Good Karma Bikes offers a free Repair Clinic Saturdays from 10 a.m.–2 p.m. at Sacred Heart Community Services.

If you are interested in this opportunity, please email Collin at collin@goodkarmabikes.org



Community Events — September, 2017

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

INFO: 408-852-2460

Upcoming NAMI SCC Classes

NAMI Warmline: 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

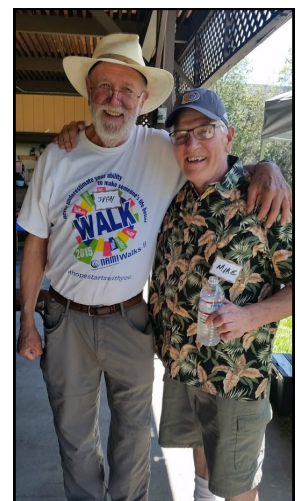
NAMI Basics is a free, six-week educational course for parents and caregivers of children and adolescents 17 and under. The course covers issues frequently faced by families dealing with a child or teen with mental illness, including how to advocate for them. If you are interested, please contact the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



Ongoing Activities

NAMI SCC

*Supporting others is part
of the recovery process.*

NAMI 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 w/ a mental health condition — meets **every Sunday 3–4:30 p.m.** at the NAMI office. (For fewer interruptions, arrive bet. **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 & Sticker Donations

The Volunteer Project needs magazines & stickers for making **NAMI bookmarks**—that are used at outreach events and are very popular. Drop off items at the NAMI SCC office. Questions? Email nrathjen@namisanclaara.org

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 Av 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

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.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

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**