



National Alliance on Mental Illness

Volume XLII No. 11

Santa Clara County Newsletter

November 2017

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General Meeting, Tuesday, November 14, 2017

Booking/Jail Housing Process, SCC Sheriff's Office

The Sheriff's Office will be presenting an overview of the Main Jail Intake Booking process. Custody staff perform a multitude of functions including photographing, fingerprinting and identifying new arrestees. Part of this process includes the classification and housing of those who will stay in custody, as well as the bail/or process for those who may be eligible for release.

The Sheriff's Office has worked with Health and Hospital partners to refine the medical and mental health screening procedures which helps to identify potential treatment needs of those in custody. This is a collaborative effort that involves custody staff, nurses, doctors,

psychiatrists, psychologists, therapists and medical social workers.

Speaking on Nov. 14 will be **SCC Sheriff Laurie Smith, Undersheriff/Interim Chief of Correction Carl Neusel and Captain Christopher Grumbos**, Main Jail Division Commander.

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



2nd Annual NAMIWalks Silicon Valley

Congratulations, Everyone, on the success of NAMIWalks Silicon Valley 2017! The hard work on the part of so many—Walk Committee, Team Captains, Walkers, NAMI SCC's Board of Directors, Volunteers and NAMI Staff—has paid off big time. And this year we increased our numbers to over 1,400 participants.

So many people to thank. Here are a few: **Supervisor Cindy Chavez** who asked everyone

to take the NAMI pledge promising to ask for more donations to support NAMI SCC's programs; the **SJ Sharks** for sending **Sharkie** to pose for photos (he was a huge hit with everyone); the **SCC Sheriff's Department** and **Behavioral Health Services** for bringing so many participants to the Walk; the **SJ Fire and Police departments** for keeping us safe on Walk Day.

Don't forget: You can still fund raise through **Monday, November 6** and you can still win prizes.

Calendar:

- Nov. Events** (p3)
- Nov. 5 / Sun.**
Nature Walk (p4)
- Nov. 5, 12, 19, 26 / Sun.**
Connections Group (p4)
- Nov. 7 / Tues.**
NAMI SCC Board Mtg (p3)
- Nov. 10 / Fri.; 23, 24 / Th., Fri.**
Veterans Day; Thanksgiving — Office Closed
- Nov. 14 / Tues.**
NAMI SCC General Mtg (p1)
- Nov. 30 / Dec. 8-9**
Holiday Gift Drive (p1)

Affordable Care Act (ACA) Open Enrollment for 2018 Coverage

The open enrollment period for Covered California or the Affordable Care Act (ACA / Obamacare) for next year, 2018, **starts on November 1 and ends on December 15.** Please spread the word about the shortened enrollment period.

If you experience certain life changes, you can enroll at any time of the year by applying for special enrollment. Medi-Cal enrollment is year round. You can use the same application for Medi-Cal and Covered California.

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.

NAMI SCC Holiday Gift Drive 2017 (See flier)

In 2016, we distributed gift bags to more than 600 consumers at local hospitals, self-help centers, churches and homeless shelters. We want to do the same this year. With your help, we will be able to do so.

Please see the flier enclosed with this newsletter for specific information about the types of items we need, as well as how to donate via Amazon.

Important Dates

Thurs., Nov. 30: Due date for donations at the NAMISCC office. Monetary donations are always welcome.

Fri., Dec. 8, 10:30 A.M.-1:30 P.M. & Sat., Dec. 9, 1-3 P.M.: Holiday helpers are needed at the NAMI office. Please call the office to sign up.



Who's Who at the NAMI SCC Office

408-453-0400

Kathy Forward (x3025):
Executive Director**Stacy Badgis (x3030):**
Administrative Manager**Rita Girman (x3020):**
Warmline/Help Desk Manager**Cindy McCalmont (x3035):**
Mentor Programs Manager**Donna Mechanic (x3040):**
Administrative Helper**Denecia Gressel (x3070):**
Peer Mentor Coordinator**Nicole Rathjen (x3105):**
Volunteer Coordinator**Gina Cecconi (x3130):**
Volunteer Project Assistant**Hope Holland & Barb St. Claire (x3080):**
Connections Grp Coordinators**Programs****Indra Carlos, Barb St. Claire (x3000)** : Family-to-Family / Basics / Homefront**Greg Osborn (x3050):**
Provider Education**Cindy McCalmont (x3035):**
Peer PALS Advisor
Mentors on Discharge
FaithNet Advisor**David DeTata (x3015):**
Peer PALS Coordinator**Barbara Thompson (x3090):**
Peer-to-Peer**Eugenio Vargas (x3065):**
Spanish Programs**Marc Fowler (x3100):**
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)**September 13, 2017 General Meeting Write-Up****Ask the Doctor, Vijay Jethanandani, MD**

By Cole Buxbaum

Dr. Jethanandani, a psychiatrist with experience in both adult and geriatric psychiatry, joined SCC Behavioral Health Services earlier this year and practices at the Sunnyvale Behavioral Primary Care Clinic. Dr. Jethanandani talked about the inter-relatedness between the mind and brain. Many factors, e.g., social and economic come into play.

Major depression is now the most disabling illness of mankind, surpassing even blindness in all countries. Antidepressants, mood stabilizers and antipsychotics are all used in its treatment.

There are 500 neurotransmitters in the brain that affect function and the way the brain stores information. Nothing happens in the body without the involvement of the neurotransmitters. Serotonin is the oldest and most common neurotransmitter in the brain; it has many functions including formulation of memory and is most important in psychiatric care. When serotonin levels are abnormal, a person has no pleasure in life; sadness, loss of general interest and thoughts of suicide may prevail. The disabled brain operates at an energy level less than half of that of a normal brain. Pharmaceutical companies know this and have developed many substances and drugs to offer support. (Note: The older drugs have more side effects and can be lethal or even cause heart failure under certain conditions.)

Many illnesses, for example, heart disease and diabetes, can affect depression. If a patient asks,

“What is the best antidepressant?” the answer would be the one that has the least negative effects. Sixty percent of patients respond initially to the proper medication. The dose has to be high enough and in one’s system long enough for it to be effective. Twenty percent of patients require a second medication. Unipolar, bipolar and schizo-affective disorder are examples of various types of depression.

A question was raised as to the function of different types of therapy in comparison to drugs. It has been shown that if a person understands the source of their problem and anxiety, psychotherapy can improve one’s outlook on life.

If one has physical pain, it frequently makes emotional pain more acute, and vice versa. Some individuals may actually hurt themselves to reduce their emotional pain.

Denial of psychiatric illness is very common and frequently inhibits the use of medication. It is important to involve the patient in the decision process; the brain changes with the help of medicine.

Dr. Jethanandani answered many audience questions about different medication concerns.

For the video of the presentation, go to www.namisantaclara.org; look for “General Meeting” in News and Events.

In Memoriam: Herbert M. Slavin

Herb Slavin, a long-time NAMI Santa Clara County friend and member, passed away on October 9. Herb was an active member over 20 years ago and served on the NAMI SCC Board of Directors for 10 years and treasurer for many of those years.

Jason Bassett

Jason Bassett, a wonderful young man who helped form a NAMI on Campus chapter at Santa Clara University, recently passed away. He was also very active in the LGBTQ community.

**2018 “Directing Change” Program & Film Contest**

Every year the California Mental Health Services Authority sponsors a film contest for students. It is part of a statewide effort to prevent suicide, reduce stigma and discrimination related to mental illness, and promote the mental health and wellness of students.

High school students and young adults are invited to create 60-second films in one of two categories:

Suicide Prevention or Mental Health Matters The winning teams and their associated schools win prizes and receive mental health or suicide prevention programs for their school or organization.

Go to www.directingchange.org for all the information including contest rules. **March 1, 2018** is the final submission date.

Wishing You and Yours a Very

NAMI Board Meetings are on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., Nov. 7, 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**Community Events — November 2017****1. South Bay Project Resource**

FREE Emotional CPR Workshop—”How to Assist Others Through an Emotional Crisis” For Peers, Families Members, Caregivers, Mental Health workers or anyone who has been affected by an emotional crisis; presented by **Dina Tyler** and **Kenneth Kozi Arrington**.

WHEN: **Sat., Nov. 4 / 10 A.M.–5 P.M. (Registration starts at 9:30 A.M.)****WHERE:** **Cypress Community Center Room 6; 403 Cypress Ave., San Jose****R.S.V.P.:** **Registration is required** due to limited space; email sbpr6666@gmail.com**INFO:** www.southbayprojectresource.org**2. Thanksgiving Celebrations**

Santa Clara County’s self-help centers will host Thanksgiving events. All are welcome! Please call the centers at the beginning of November for date and time details about the celebrations.

—**Zephyr Self-Help Center** (1075 E Santa Clara St., SJ), **408-792-2140**—**Esperanza Self-Help Center** (1235 First St., Gilroy), **408-852-2460**—**Grace Community Center** (488 N 6th St. SJ), **408-293-0422****NAMI SCC Is So Thankful!**

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, please visit our website at www.namisantaclara.org or email our

Executive Director, **Kathy Forward**, at kforward@namisantaclara.org

We would like to thank **The Health Trust/Destination: Home** for their grant of \$22,500 for our Peer Mentor Programs.

**NAMIWalks 2017**

Senator Jim Beall;
BHS Director Toni Tullys;
Sheriff Laurie Smith;
Supervisor Cindy Chavez

New Group: Family Jail Support

A group made up of family members of loved ones who have been or are currently incarcerated share their personal experiences and offer support. The group meets on the **3rd Tuesday of each month**

(The **November** meeting will be on the **21st**) at **6 P.M.** at the NAMI SCC office one hour prior to the Family & Friends Support Group that meets at **7 P.M.**

NAMI Volunteer Luncheon

During the past year you have given so much to NAMI and we want to celebrate *you*. Join us at the NAMI SCC office for our **Annual Volunteer Appreciation Luncheon** on **Thursday, November 16**, from **11 A.M.–1 P.M.**

RSVP to **Nicole Rathjen** by **November 9** at **408-453-0400 x3105** or email nrathjen@namisantaclara.org

Helping Others Through Catastrophic Stress

Excerpted from an article by **Teri Brister, Ph.D., Aug, 2017**

In recent months people across the U.S. have experienced any number of catastrophic events such as hurricanes in Texas, Louisiana, Florida, Puerto Rico and the Virgin Islands, and fires throughout California. Thousands upon thousands of people have had to put their lives on hold as they combat these catastrophic stressors. At NAMI a catastrophic stressor is defined as: unexpected; unlike any earlier experience; dangerous or threatening to oneself or others; emotionally impactful. These types of situations can have a profound emotional impact on those affected, especially those who are most vulnerable: the elderly, those who are living in poverty or are homeless and those with disabilities.

For people with serious medical conditions, these types of disasters can be life-threatening on many levels; e.g., when people are fleeing for their lives, they generally don’t have time to prepare. They may not think to take their medications with them, which can heighten catastrophic stress even more. It’s important to do what you can to help those who may be experiencing a mental health crisis in addition to the crisis at hand. Help your neighbor however you can. NAMI is here to help as well.

As much as possible, take care of yourself and be aware of the stress that you and your loved ones may be experiencing. Remember that you are not alone and that help is out there.

**Release of Doves**

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.namisantaclara.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. (Please 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 & 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@namisantaclara.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) 408-364-4083

Crisis Stabilization Unit 877-412-7474

After-hours/weekend emergencies

Bill Wilson Center Teen Crisis Line 408-850-6140

Mental Health Advocacy Project (MHAP) 408-294-9730

Free legal help for mental health patients' rights

VA Referrals—Help for Veterans 800-455-0057

New Lifestyles—The Source for Senior Living Magazine 800-869-9549

www.NewLifeStyles.com



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

MEMBERSHIP/DONATION FORM

You can make a donation, renew or join NAMI SCC at namisantaclara.org

Primary Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Membership: New Renewal (You will receive your newsletter by email.)

\$60 Household Membership \$40 Individual Membership \$5 Open Door (low income)

Names of Household Members _____

I would like to donate: \$50 \$75 100 \$250 Other: _____

In Honor of Memory of _____

Payment Information: Check (payable to NAMI SCC) Cash Credit Card

Name on Card: _____

Account Number: _____ Expiration Date: _____ Security Code: _____

Thank you for being a part of the NAMI Family! Memberships are valid for one year. Visit us online or donate at www.namisantaclara.org. Your contributions to NAMI SCC are tax deductible. Federal tax ID # 94-2430956

NAMI Santa Clara County • 1150 S. Bascom Ave. Ste 24 • San Jose, CA 95128 • (408)453-0400