General Meeting, Tuesday, October 10, 2017

In Our Own Voice (IOOV) Presentation

Through the live stories of two presenters, In Our Own Voice explores the reality of living with mental illness. Speaking from their own lived experiences, the presenters walk the audience through five chapters of recovery: Dark Days; Acceptance; Treatment; Coping Skills & Successes; Hopes & Dreams. As they do so, the presenters share their personal stories of hope and recovery.

IOOV is a very powerful presentation. 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

Mental Health Awareness Week 2017

The first day of Autumn burst forth with sunshine and NAMIWalks Silicon Valley 2017, which had almost double the number of walkers from 2016.

Supervisor Cindy Chavez, our keynote speaker, called on everyone in attendance to take the NAMI pledge: Call on friends & family to raise more funds for NAMI programs and continue to bring awareness to the community about mental health issues. Pastor Cindy McCalmont’s words were inspiring and the dove release was powerful. As Vic Ojakian, NAMI SCC’s Board Co-President, stated, “Our Cindys are special!”

San Jose Sharkey showed up to lend his support while posing for photos with walkers.

We held two contests leading up to the Walk and New Beginnings won the T-Shirt Contest while the Julian Inn team won the Poster Contest. Congratulations!

A really big Thank You to all our sponsors who along with our walkers and teams helped raise $212,000 to date. Our goal is $280,000 and we have six more weeks to meet and/or surpass this goal. Our walkers and participants are like our Cindys: special and can help us get there!"

Look for more photos in next month’s newsletter and on our website.

Please send your photos and walk stories to Dyane: dhendricks@namisantaclara.org

Mental Health Awareness Week: Oct. 1–7, 2017

♦ Thursday, Oct. 4, 7-8:30 P.M.
  In Our Own Voice (IOOV) Presentation

All are welcome to attend these events!

October 5 is National Depression Screening Day. Go to HelpYourselfHelpOthers.org to complete an anonymous self-assessment for yourself or a loved one.

Wear Green: Green is the national color of mental health awareness. Wear it to show your support for people living with mental health challenges and help break down the barriers that prevent many from seeking the help they need.
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
Brenda Hendricks (x3125): NAMI Walks Manager
Donna Mechanic (x3040): Administrative Assistant
Denecia Gressel (x3070): Peer Mentor Coordinator
Nicole Rathjen (x3105): Volunteer Coordinator
Gina Cecconi (x3130): Volunteer Project Assistant
Hope Holland & Barb St. Claire (x3080): Connections Group Coordinators

Programs
Indra Carlos, Barb St. Claire (x3000): Family-to-Family / Basics / Homefront
Greg Osborn (x3050): Provider Education
Cindy McCallmont (x3035): Peer Advisors
Mentors on Discharge
David DeTata (x3015): Peer PALS Coordinator
Barbara Thompson (x3090): Peer-to-Peer
Eugenia 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)

Save the Date: NAMI Volunteer Luncheon / Nov. 16, 2017
During the past year, you have given so much to NAMI and we want to celebrate you. Our Volunteer Appreciation Luncheon will take place on Thurs., Nov. 16, from 11 A.M.–1 P.M. at the NAMI SCC office. Be sure to look for more details in next month’s newsletter. Questions: Call Nicole Rathjen at 408-453-0400 x3105 or email nrathjen@namisantaclara.org

SCC Is Discussing Assertive Outpatient Treatment (aka Laura’s Law)
The Health and Hospital Committee of the SCC Board of Supervisors reviewed information about Assertive Outpatient Treatment (AOT), or AB 1421. They reviewed requirements for implementation and status of law implementation across California, currently in 14 counties.

Consumer Advisory Council (CAC) Conversation – October 24, 2017
The Consumer Advisory Council’s Conversation on Oct. 24 is with Michael B. Mantz, M.D. of Santa Barbara Integrative Psychiatry. He will be speaking on Strategies for Mental Wellness. Dr. Mantz has recently relocated to the SF Bay Area.

VA Mental Health Summit Write-Up by Harold Brown
On August 10, 2017, the Veterans Affairs Palo Alto Healthcare System held a Mental Health Summit. NAMI SCC’s Homefront facilitator, Chris Cherry, presented and was assisted by Kathy Forward. It was well received.

The VA is encouraging community integration of programs like Homefront for veterans and their families as a means of speeding recovery. The VA is also incorporating Peer Specialists into their collaborative recovery program.

13th Annual Mood Disorders Education Day by Verna Barrientos
On August 19, 2017, Stanford University held its 13th Annual Mood Disorders Education Day. The program was divided into three sessions. The session on Childhood covered depression and bipolar disorder in childhood and adolescence; understanding and reducing risk for depression in children; and genetics of mood disorders. The second session covered Gender and Aging with talks on suicide prevention; women’s issues in mood disorders; and aging and depression. The last session focused on Treatment Outcomes and included a discussion of subtypes of depression to select treatment; treating bipolar disorder; new antidepressants; and brain stimulation in depression.

The Schizophrenic Mind: New Data on this Important Topic
Abstracted from July 28, 2017 American Journal of Psychiatry
By Cole Buxbaum
In the July/August issue of this newsletter, the movie Healing Voices was discussed. This movie starts an important conversation about what is actually described when people talk about mental illness and discuss schizophrenia and bipolar disorder. We get a different perspective on a story when it is told through the eyes of someone’s experience rather than what the media presents.

Recent research shows that a new agent, MIN-101 (an investigational antipsychotic), appears to be safe & effective for treatment of negative symptoms of schizophrenia (apathy, withdrawal, negative thinking). Specific receptors in the brain (5-HT2A) may be implicated in schizophrenia and blocking them may contribute to therapeutic effects of MIN-101.
Community Events — October 2017

1. 10th Annual Disability Awareness Day
   This free citywide event celebrates diversity, awareness and empowerment for persons with differing abilities. There will be great entertainment, carnival games, a resource fair and fabulous food trucks. Share this with your friends.
   WHEN: Thurs., Oct. 5 / 10 A.M.–1 P.M.
   WHERE: San Jose City Hall Rotunda & Plaza, 200 E. Santa Clara St., San Jose
   INFO: 408-535-4901
   To register to attend or have a vendor table, go to: https://www.eventbrite.com/e/10th-annual-disability-awareness-day-tickets-34810669650?aff=es2

2. 25th Annual Senior Resource and Wellness Fair
   The upcoming Senior Resource and Wellness Fair, sponsored by a number of agencies including SCC Department of Aging and Adult Services and SJSU Center for Healthy Aging in Multicultural Populations, will offer free services and activities such as flu shots; health screenings; fitness demonstrations; prevention of falls; health care and mental health resources; nutrition and meal planning; caregiver information. Interpreters will be onsite.
   WHEN: Mon., Oct. 16 / 9:30 A.M.–12:30 P.M.
   WHERE: San Jose City Hall Rotunda & Committee Rooms, 200 E Santa Clara St., San Jose
   INFO: Teiana Johnston, 408-975-5720 or teiana.johnston@ssa.sccgov.org

3. 20th Annual Shining Stars Benefit
   Celebrating a rich history of community service, honoring those who have made significant contributions to behavioral health, and eliminating the stigma surrounding mental illness. All proceeds go to support Momentum for Mental Health’s programs serving individuals and families throughout SCC. $150 per person; special sponsorship opportunities are available.
   WHEN: Fri., Oct. 20 / 6:00–9:00 P.M.
   WHERE: Corinthian Grand Ballroom, 196 N. 3rd St, San Jose
   INFO: 408-254-6828 x1217 or momentumformentalhealth.org

4. JOY (Just Older Youth) ~ Options Saturday
   San Jose Senior Resources • Senior Savings • Info about Hospice; Free admission
   WHEN: Sat., Oct. 21 / 9:00 A.M.–12:30 P.M.
   WHERE: Maranatha Christian Center, 1811 S. 7th St., Suite D, San Jose
   INFO: Register on Eventbrite.com or call 408-280-7729 by Oct. 15

Upcoming NAMI Santa Clara County Classes
(For all classes, call the NAMI Warmline at 408-453-0400, Option #1)

- NAMI Family-to-Family: A free eleven-week educational course for family members who have a loved one with a mental health condition. Classes are being offered in English, Spanish, Mandarin & Korean.
- NAMI Peer-to-Peer: A free ten-week experiential education course focusing for individuals 18 and over. Classes are being offered in English & Spanish.
- NAMI Basics: 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.
- NAMI Homefront: A free six-week educational course specifically for loved ones of military service members and veterans who experience symptoms of a mental health condition.

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 Kaiser Permanente South Bay Community Benefit Program for their generous grant of $50,000 for our Peer Mentor Programs.
Ongoing Activities
NAMI SCC
Supporting others is part of the recovery process.

NAMI Education Classes
Classes — Family-to-Family, Provider-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. (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 Dave 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.211sc.org

Uplift Family Services Child/Adolescent Mobile Crisis Program 408-379-9085
Uplift Family Services (formerly EMQ Families First)
Crime 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

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.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