



National Alliance on Mental Illness

Volume XLII No. 10

Santa Clara County Newsletter

October 2017

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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



NAMIWalks Silicon Valley 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

Calendar:

- Oct. Events** (p3)
- Oct. 1-7** Mental Health Awareness Week (p1)
- Oct. 1 / Sun.** Nature Walk (p4)
- Oct. 1, 8, 15, 22, 29 / Sun.** Connections Group (p4)
- Oct. 3 / Tues.** NAMI SCC Board Mtg (p3)
- Oct. 5 / Fri.** National Depression Screening Day (p1)
- Oct. 10 / Tues.** NAMI SCC General Mtg (p1)

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

Mental Health Awareness Week (the first full week of October) recognizes NAMI's efforts to raise mental health awareness. This is important given that millions of Americans face the reality of living with a mental health condition.

Santa Teresa Social Justice Ministry is once again sponsoring events during Mental Health Awareness Week. All take place at **Santa Teresa Church** at 794 Calero Avenue, SJ.

- ◆ **Tuesday, Oct. 3, 7-8:30 P.M.** "Mental Illness Recovery and Understanding" Candle Lighting Service and NAMI outreach speakers. Prayers and actions are needed to restore mental wellness in our country.

- ◆ **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.

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.

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

Dyane Hendricks (x3125):
NAMIWalks 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)



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,**

Save the Date: NAMI Volunteer Luncheon / Nov. 16, 2017

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.

(The presentation was part of the Agenda packet of the committee meeting held on Sept. 13 and posted on the sccgov.org website.)

The Committee referred the matter back to the Board of Supervisors. No date has yet been set as to when this issue will be taken up by the Board.

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.

Join us and welcome Dr. Mantz to the Bay Area.

WHEN: Tues., October 24 / 4 P.M.

WHERE: NAMI SCC Classroom

RSVP: 408-453-0400, Option #1

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.

NAMI SCC Board member, **Harold Brown**, was impressed upon learning that the VA is investing significant resources toward suicide prevention and recovery from mental illness.



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 presenters were all highly knowledgeable Stanford researchers. The ten presentations and Q&A that followed led to thought-provoking conversations and sharing of a lot of knowledge.

Anyone — consumer, family member, provider — interested in mental health is encouraged to attend this event next year. (Details will appear in our July/Aug. issue.) It is well worth the time.

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-HT_{2A}) may be implicated in schizophrenia and blocking them may contribute to therapeutic effects of MIN-101.

NAMI Board Meetings are on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., Oct. 3, 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 — 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.



**In
Memoriam
Teresa Ann
Walker**

On **Sept 9, 2017**, our longtime friend and past NAMI San Mateo County Board President, **Teresa “Terry” Walker**, passed away at the tender age of 92. Terry was one of the founders of NAMI and is featured on the *Becoming Advocates* video we show in our FTF classes.

We take this opportunity to publicly thank Terry for her role in expanding the initial Parents of Adult Schizophrenics into the organization that NAMI is today—that of helping families and individuals with mental health conditions. There are NAMI affiliates in all 50 states and beyond because of the early efforts of our founding member Terry Walker.

**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.namiantaclara.org or email our

Executive Director, **Kathy Forward**, at kforward@namiantaclara.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, 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.namiantaclara.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@namiantaclara.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@namiantaclara.org](https://twitter.com/namiantaclara.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/namiantaclara.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.namiantaclara.org and click on "Join NAMI."

Donate a vehicle today. To find out more, call **800-240-0160** or go to www.namiantaclara.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**