



National Alliance on Mental Illness

Volume XLII No. 10/1

# Santa Clara County Newsletter

December 17 / January 18

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## Calendar:

**Dec. / Jan. Events (p3)**  
**Dec. 3, Jan. 7 / Sun.**  
Nature Walk (p4)  
**Dec. 3, 10, 17, 24, 31 &  
Jan. 7, 14, 21, 28 / Sun.**  
Connections Group (p4)  
**Dec. 5 & Jan. 2 / Tues.**  
NAMI SCC Board Mtg (p3)  
**Dec. 8-9 / Fri., Sat.**  
Holiday Gift Drive (p4)  
**Dec. 25 & Jan. 1 / Mon.**  
Office Closed  
**Jan. 9 / Tues.**  
NAMI SCC General Mtg (p1)  
**Jan. 15 / Mon.**  
Office closed (MLK Day)

## 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](http://www.namisantaclara.org)  
M-F, 10 A.M.-2 P.M.

## General Meeting, Tuesday, January 9, 2018

### Dr. Michael B. Mantz, The Foundational Practices for a Healthy Mind

Our January 2018 speaker, **Michael Mantz, MD, MH**, will be discussing the latest science on what goes into creating a strong brain, mind and nervous system. He will talk about how recent scientific evidence demonstrates that what we eat, how we sleep, who we connect with, how we feel, and how we move our bodies determines our mental well-being. Exciting discoveries about how our brains are much more fluid and adaptable than we ever imagined will be presented. Neuroplasticity, or how the brain literally changes its own structure by creating new connections and new neurons, gives new hope on how much positive change is possible when we optimize the environments in which we put ourselves.

Dr. Mantz is an integrative psychiatrist who practices in the Bay Area. He received his medical training at the University of Pittsburgh School of Medicine, graduated from UC Irvine's Psychiatric Residency Program and is a board-certified psychiatrist.

In October, Dr. Mantz spoke to a very enthusiastic audience at the NAMI office and we asked him to present to a larger audience. 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](http://www.maps.yahoo.com)

## NAMI SCC Board Officer Nominations

In accordance with our bylaws, our annual election of officers will take place at the March, 2018 General Meeting. We need candidates for:

President  
4 Vice Presidents  
Treasurer  
Secretary

If you are interested in a position, wish to suggest someone, or if you might be interested in serving on the nominating committee, please contact NAMI Board Co-President **Beverly at [blozoff@namisantaclara.org](mailto:blozoff@namisantaclara.org)**

Nominations will be accepted from the floor at the February and March general meetings.



## NAMIWalks Silicon Valley — What a Wonderful Day!

By Gini Mitchem

What did you like best about NAMIWalks Silicon Valley this year?

We heard great things

about the new route through downtown San Jose, our first venture onto the streets rather than through the park. I loved dancing on the Green to the band **Sound Decision** following the Walk and, of course, seeing many friends, meeting new people and showing the world what a beautiful, welcoming and inclusive community our NAMIWalks brings together. (Go to our website to see lots of photos.)

Total numbers as of November 20: \$257,823 and 1,418 participants! In our next newsletter we will provide the net results for Santa Clara and San Mateo counties.

Meanwhile, sincere thanks from me, long-time NAMIWalks participant and Steering Committee member, to our sponsors, our team captains, our walkers and volunteers, as well as

**Harold Brown**, the NAMI SCC Board, **Kathy Forward**, **Barbara Thompson**, **Stacy Badgis**, **Donna Mechanic**, **Helene Zimmerman** from San Mateo County, our Volunteer Coordinators **Nicole Rathjen** and **Gina Cecconi**, our Steering Committee members, our photographers, our Route, Parking and Registration teams, and everyone who worked hard to make NAMI-Walks such a great success.

Would you believe we are already working with the City of San Jose on next year's date in September for our third annual NAMIWalks Silicon Valley? Please start thinking about ideas for sponsors, corporate matches and other activities, suggestions and, of course, let us know if you are interested in joining the Steering Committee which will get to work again right after the holidays. Lastly, thanks to **Dyane Hendricks**, our Walk Manager, and best of luck to her in her new endeavors.

Have those Walking Shoes ready for 2018!

## Who's Who at the NAMI SCC Office

**408-453-0400**

**Kathy Forward (x3025):**  
Executive Director

**Alexia Worsham (x3120):**  
Deputy Director

**Stacy Badgis (x3030):**  
Administrative Manager

**Rita Girman (x3020):**  
Warmline/Help Desk 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 (x3080):** Family-to-Family / Basics / Homefront

**Greg Osborn (x3050):**  
Provider Education

**Laura Paulson (x3140):**  
Peer PALS 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)

## October 10, 2017 General Meeting Write-Up "In Our Own Voice" (IOOV) Presentation

By Cole Buxbaum

**Marc Fowler**, coordinator of Community Programs (In Our Own Voice; Ending the Silence; Parents and Teachers as Allies) at NAMI SCC introduced the evening's program. He briefly talked about "Ending the Silence," NAMI's mental health educational presentation for high schoolers before introducing "In Our Own Voice."

IOOV is an interactive presentation that provides insight into what it is like to live with mental illness. Using their personal stories, two trained presenters walked the audience through their experiences with mental illness—from early onset of symptoms to

how they are today and everything in between. Included were both video and discussion whereby audience members were encouraged to engage in dialogue.

For more information about IOOV and how you can bring it to your organization, contact Marc at [mfwler@namisantaclara.org](mailto:mfwler@namisantaclara.org)

For the video of the presentation, go to [www.namisantaclara.org](http://www.namisantaclara.org) and look for "General Meeting" in News and Events

## Important Information about Affordable Care Act (ACA) Open Enrollment

Last month we wrote that the Open Enrollment period to apply for health insurance for 2018 ends on Dec. 15; however, in **California** the enrollment period through **Covered California** runs through **Jan. 31, 2018**. Note that financial help is available. If you have questions about signing up or want to talk to a trained professional, call Covered

California's Service Center at **800-300-1506** or apply online at [www.CoveredCA.com](http://www.CoveredCA.com)

**NOTE:** 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.

## 7th Annual Behavioral Health Community Heroes

The SCC Behavioral Health Board is seeking nominees for its heroes awards, given to community members who have made an extraordinary difference in the lives of people with behavioral health challenges.

The deadline for award nominations is **Monday, Jan. 15, 2018**. Please go to [www.sccgov.org](http://www.sccgov.org), click on "Information and Resources," then click on "Behavioral Health Board." Pertinent info and the Nomination Form are available there.

## 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](http://www.directingchange.org) for all the information including contest rules. **March 1, 2018** is the final submission date.

## Staff Spotlight: Alexia Worsham



**Alexia Worsham** is NAMI SCC's new Deputy Director. As a family member, Alexia found both support and information at NAMI meetings in San Francisco and the East Bay in the 1990s before moving to the South Bay. She has a Master of Science degree in Health Services Administration from Saint Mary's College of California.

Alexia worked for Santa Clara Valley Health & Hospital System for over 15 years in positions with the Mental Health Department and the Department

of Alcohol and Drug Services. During that time she worked with many nonprofit community-based organizations the county contracted with as service providers, and she has completed NAMI's Provider Education Course. She also worked for the Information Services Department as a trainer during the electronic health record implementation project at Valley Medical Center and for Ambulatory Care Administration as a program analyst/grant coordinator for the PACE (Partners in AIDS Care and Education) Clinic.

Alexia is an active volunteer with local nonprofits and political groups. She enjoys reading, writing, walking and spending time with family & friends.

NAMI Board Meetings are on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., Dec. 5 & Jan. 2, 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 — December 2017 & January 2018**
**1. Christmas Celebrations**

Santa Clara County's self-help centers will host Christmas events. All are welcome! Please call the centers at the beginning of December 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**

**2. Office of Family Affairs**

Holiday Wrap Exchange with Office of Family Affairs. Please bring a roll of holiday wrapping paper to exchange. No one will go home empty handed!

**WHEN:** Mon., Dec. 13, 6:30-8 P.M.

**WHERE:** Office of Family Affairs, 2221 Enborg Ln, SJ

**INFO:** 408-792-2166

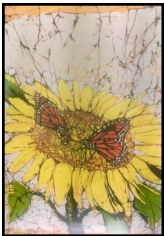
**3. South Bay Project Resource**

FREE Training on Nonviolent Communication (NVC) for Families; facilitated by **Roxy Manning, PhD**, CNVC Certified Trainer

**WHEN:** Five Fridays 7:00-9:00 P.M.: Jan. 12, 19, 26, Feb. 2, 9, 2018

**WHERE:** Cypress Community Center, 403 Cypress Ave., Rm. 5, SJ

**PRE-REGISTER:** [southbayprojectresource@gmail.com](mailto:southbayprojectresource@gmail.com)

**NARSAD Cards for the Holidays**


NARSAD cards are beautiful, unique and meaningful for the holidays as gifts! If you would like to inquire about

purchasing these cards, please call NAMI San Mateo County at **650-638-0800** or email

[nami@namisanmateo.org](mailto:nami@namisanmateo.org)

Thank you for supporting mental illness, we know this would make the late **Patsy Hollister**, founder of NARSAD, proud!

**New Groups About Young Adults**
**Transitional Age Youth (TAY) Family Support Group**

NAMI SCC will host a family support group to support families in the Transitional Age Youth (TAY: 16-24 years old) ASPIRE Program as an additional outlet of support and community. It is open to all families in the community.

**WHEN:** 1st Tues. of every month, 7-8:30 P.M.

**WHERE:** El Camino Hospital

815 Pollard Rd, Conf. Rm. 2, Los Gatos

**CONTACT:** Mahendra Prabhu, 650-207-6036

OR

**Sarah Prabhu**

[sarahprabhu@gmail.com](mailto:sarahprabhu@gmail.com)

**Young Adult's Meet-Up Group at Zephyr**

Do you want a place to hang out with friends and meet new people? This Young Adult Meet-Up Group is designed to help individuals meet their goals: job resume building; art projects; school readiness; discussion of community resources available to young adults. Each group offers a step towards independence and self-sufficiency.

**WHEN:** Every Friday, 1-2 P.M.

**WHERE:** Zephyr Self-Help Center

1075 E. Santa Clara St., San Jose (back of building)

**INFO:** 408-792-2140

**Some of the Close-to-90 NAMI Walks 2017 Teams**


## 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.namisantacalara.org](http://www.namisantacalara.org)

### Connections Recovery Support Group

This group — for people over 18 with 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@namisantacalara.org](mailto:nrathjen@namisantacalara.org)



## NAMI SCC Extends Wishes for a Very Happy & Safe Holiday Season!

The NAMI office will be closed on these days:

**Monday, Dec. 25, 2017 & Monday, Jan. 1, 2018**  
Christmas Day                      New Year's Day

### NAMI SCC Is So Thankful!

NAMI SCC is grateful to our many supporters for their generosity: **all of our donors, members, sponsors, NAMI Walks teams, captains, participants, volunteers & staff.**



We could not continue to provide the wide range of programs to the public free of charge without this support. In addition to thanking all of you, at this time we would like to acknowledge the **Limberg Family Living Trust** for their very generous gift of \$120,000.

If you are interested in supporting us, please visit our website at [www.namisantacalara.org](http://www.namisantacalara.org) or email our Executive Director, **Kathy Forward**, at [kforward@namisantacalara.org](mailto:kforward@namisantacalara.org)  
Thank you! Thank you!



### We're on Twitter!

Be part of our online community & engage in Mental Health conversations at [twitter@namisantacalara.org](https://twitter.com/namisantacalara.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/namisantacalara.org](https://www.facebook.com/namisantacalara.org)

## NAMI SCC Holiday Gift Drive 2017

This holiday season we will be distributing gifts at local hospitals, self-help centers, churches and homeless centers.



- ◆ Socks\*
- ◆ Scarves & gloves\*
- ◆ Winter Hats\*
- ◆ Toiletries
- ◆ Decks of playing cards
- ◆ \$5 gift cards\* (examples: Starbucks, Peet's, Jamba Juice, Burger King, McDonald's, discount stores, pharmacies)

\*Most-needed items (Please remember that we serve both men and women.)

**Monetary donations** are especially appreciated and needed to cover our expenses of well over \$2,500.

We've set up an **Amazon Wish List**.

You can purchase from the list and Amazon will ship directly to us. Go to [www.smileamazon.com](http://www.smileamazon.com) and follow these steps:

1. Select **NAMI Santa Clara County**
2. Click on **Wish List** at the top
3. Search under **Find a Wish List or Registry**
4. Type in [office@namisantacalara.org](mailto:office@namisantacalara.org) and you'll be taken to our list

**NOTE:** Donor letters are available if you choose to solicit at businesses to get discounts.

### Important Dates for the Holiday Drive:

**Mon., Dec. 11:** Please have your donations to the NAMI office.

**Fri., Dec. 15 / 10:30 A.M.–1:30 P.M.:** Preparing gift bags at the office

**Sat., Dec. 16 / 1:30–3:30 P.M.:** Assembling gift bags at the office