February 2018
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Inside This Issue:
General Meeting 1
Election of Board Officers 1
NAMIWalks SV 2017 Results 1
Holiday Drive Thank You 1
Gen'l Mtg Write-Up 2
2018 Directing Change Contest 2
Community Events 3
Available Positions at NAMI SCC 3
Silicon Valley Reads 3
Community Peer Mentor Program 3
Ongoing Activities at NAMI SCC 4
Magazines & Stickers Needed 4

Calendar:
Feb. Community Events (p3)
Feb. 4 / Sun.
  Nature Walk (p4)
Feb. 4, 11, 18, 25 / Sun.
  Connections Group (p4)
Feb. 6
  NAMI SCC Board Mtg (p3)
Feb. 13 / Tues.
  NAMI SCC General Mtg (p1)
Feb. 19 / Mon.
  Office closed President’s 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
M–F, 10 A.M.–2 P.M.

General Meeting, Tuesday, February 13, 2018
Dr. Nolan Williams, Transcranial Magnetic Brain Stimulation Therapy

People with severe depression are experiencing hopeful results with brain-stimulation treatment. Our February speaker, Dr. Nolan Williams, a psychiatrist and neurologist, is the director of Stanford’s Brain Stimulation Laboratory. Dr. Williams and his associate, Dr. Keith Sudheimer, are conducting a unique study on transcranial magnetic stimulation (TMS) therapy. Instead of the traditional TMS therapy, they are studying how accelerating the pace of TMS would affect patients’ symptoms.

Dr. Williams, MD, received his medical degree at the Medical University of South Carolina and then completed his residencies as well as research and clinical fellowships at the same university. Dr. Williams joined the Stanford faculty in 2014.

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

Election of NAMI SCC Board Officers for 2018-2019

In accordance with our bylaws, our annual election of officers will take place at the March, 2018 General Meeting. All of our current Board Officers have agreed to serve another term on our Board. However we are looking to fill two Members at Large positions. Members at Large are voting members of the Board.

If you are interested in a Board position, please contact NAMI Board Co-President Beverly at blozoff@namisantaclara.org

NAMIWalks Silicon Valley — 2017 Results

NAMIWalks Silicon Valley 2017 was a successful event for NAMI SCC. $207,000 was raised for our local programs and services; community awareness about mental illness increased and we had a great time. Here are our 2017 top fundraisers:

Top 10 Teams
Weekend Walkers
Visa & the Strong Soles
Team Western Digital
BraveHearts
Walking for Max/John
The Advocates
Navah’s Virtual Team
Team Forward
SO-NAMI
Nurses for a Better Tomorrow

Top 10 Fundraisers
Gini Mitchem
Ginny Traub
Victor Ojakian
Navah Statman
Debbie Heffernan
Barbara Thompson
Beverly Lozoff
Aman Dhillon
Jerry Thompson
Heidi Mitchem

Individual Walkers
DeCarvalho family
Lily Henning
Susan Heinz

A Huge Thank You for a Very Successful Holiday Drive

Thanks to the tremendous outpouring of generous donations and many volunteers who gave us hours of help, we were able to increase our giving to an all-time record of over 650 gifts! We can’t thank you enough!

Gift bags were given to patients at Valley Medical’s Barbara Arons Pavilion; our County’s Zephyr and Esperanza County Mental Health Self-Help Centers; Riviera Villa; ACT For Mental Health; LifeMoves (Julian Street Inn); local Veterans Board and Care homes; Narvaez Behavioral Health Clinic; Grace Community Center; Heaven’s Gate Board and Care Home; and Peer Mentor participants, office volunteers as well as our Connections Support Group attendees.
Volunteer Spotlight: Maria Javier

Maria Javier first found out about NAMI through her work as an ICU nurse at Good Samaritan Hospital. As a family member, she felt compelled to reach out to NAMI for support. Since that time, Maria has taken the Family to Family Class and the Provider Class, as well as Mental Health First Aid at The Learning Partnership. Currently Maria serves as a volunteer on the NAMI SCC Warmline Help Desk. Giving back to the local community and to her hometown community in the Philippines is very important to Maria. In this role she is the founding director of Gintong Puso Charity Fund, an organization that supports free medical, dental, surgical & rehabilitative therapy. One day she hopes to add mental health services to those in need. In memory of her father, Maria also founded a memorial library serving all ages. Next year on a trip to the Philippines, she will work with a group of doctors, nurses & volunteers to provide free services to over 2,500 community members.

Maria has been a registered nurse for 30+ years. “Golf,” she says with a smile, “and spending time with her husband, sons & beloved dog Mia.”

November 14, 2017 General Meeting Write-Up
Main Jail Intake Booking Process, SCC Sheriff’s Office & Custody Health
By Cole Buxbaum

The Sheriffs’ Office presented an overview of the main jail intake booking process, including the classification and housing of those who will stay in custody vs possible release, including mental health screening. The speakers were Sheriff Laurie Smith; Main Jail Division Commander Christopher Grumbos; and Matt Gerrior, Executive Director at Custody Health & Behavioral Health Services at the Main Jail. Laurie Smith has been the SCC Sheriff since 1999. (The original main jail was built in 1956 at 150 West Hedding and Main Jail North in Palo Alto was added in 1987.)

When someone is booked into the jail, first they are examined to make sure they are healthy enough for admittance. A criminal suspect is usually taken into police custody and “booked.” During booking, a police officer typically takes the suspect’s personal information; records information about the alleged crime; performs a records search of the suspect’s criminal background; fingerprints, photographs and searches the suspect; confiscates any personal property carried by the suspect; and places the suspect in a police station holding cell or local jail.

For criminal suspects the first priority is release, except for serious crimes they can get a pretrial release through bail. NOTE: Persons arrested for minor offenses may be given a written citation and released after signing the citation and promising to appear in court at a later date.

There are 250 people on staff at the jails. A pilot program is currently in place to bring convicts who have committed substance abuse crimes to Elmwood Jail. They are evaluating the use of the Columbia Screening Tool from New York.

If an inmate is going through a behavioral crisis or is a danger to self or others, he/she will be held in the psychiatric unit of the Main Jail.

Matt Gerrior discussed the progress Custody Health Services has made at the county jails over the last year.

For the video of the presentation, go to www.namisantaclara.org and look for “General Meeting” in News and Events
Open Positions at NAMI SCC

NAMI SCC is currently seeking candidates for two positions:

1. Development Director
2. Peer Mentor Program Manager

Please go to our website: www.namisantaclara.org for job descriptions about both positions as well as how to apply.

SCC Behavioral Health Board Hero Awards

The Behavioral Health Board is seeking nominees for its 7th Annual Community Heroes Awards given to community members who have made an extraordinary difference in the lives of people with behavioral health challenges.

The awards are given in nine categories. The deadline for nominations is Thurs. Feb. 1.

For additional information as well as the nomination form, please go to: www.sccgov.org/sites/bhb/info/MentalHealthBoard/Pages/default.aspx

February 2018

Community Events — January / February 2018

1. South Bay Project Resource
   FREE Training on Nonviolent Communication (NVC) for Families; facilitated by Roxy Manning, PhD, CNVC Certified Trainer

   WHEN: Five Fridays 7–9 P.M.: Jan. 12, 19, 26, Feb. 2, 9
   WHERE: Cypress Community Center, 403 Cypress Ave., Rm. 5, SJ
   PRE-REGISTER: southbayprojectresource@gmail.com
   INFO: www.southbayprojectresource.org

2. Substance Use Prevention Certification
   San Jose City College is offering a new certification for substance use prevention with the goal of slowing down the age of onset of substance use for youth.

   WHEN: Jan. 30 – May 23 Tuesday & Wednesday ~ 5:50 P.M
   WHERE: San Jose City College
   INFO: Mary Cook, mary.cook@sjcc.edu


   WHEN: Every 1st Tuesday of the month ~ 6:30-8:30 P.M
   WHERE: Gilroy Public Library, 350 W. 6th St, Gilroy
   INFO: www.youthspace.org

4. Suicide Prevention Policy Meetings
   Most cities throughout Santa Clara County have adopted suicide prevention policies. This will be an agenda item at two upcoming council meetings; attendance by community members will make a big difference. Check the individual websites for more info closer to the meeting dates.

   WHEN: Gilroy—Mon., Feb. 5 at 6 P.M
   WHERE: Morgan Hill—Wed., Feb. 7 at 7 P.M.
   7351 Rosanna St, Gilroy
   www.cityofgilroy.org
   Click on “Your Government, then “City Council”
   17555 Peak Av, Morgan Hill
   www.morgan-hill.ca.gov
   Click on “Government,” then “City Council Meeting Info”

Silicon Valley Reads 2018—“No Matter What: Caring, Coping, Compassion”

Silicon Valley Reads is a “community reads” program with over 100 events scheduled throughout SCC. The theme of the 2018 program is No Matter What: Caring, Coping, Compassion and the chosen selections are My Lovely Wife in the Psych Ward by Mark Lukach and Goodbye, Vitamin by Rachel Khong.

The entire community is invited to read these books and share with others. You’ll find a schedule of all events during February and March at www.siliconvalleyreads.org

The free kickoff event is Feb. 1 at the Visual and Performing Arts Center at De Anza College.

Sal Pizarro, of the San Jose Mercury News, will interview both authors starting at 7:30 P.M.

Nancy Howe, SCC Librarian and co-chair of Silicon Valley Reads 2018 hopes to “bring caregiving out of the shadows and encourage the community as a whole to help provide an extra set of hands and heart for those who are in crisis and those who are taking care of them.”

Update on NAMI SCC’s Community Peer Mentor Program

A few years ago NAMI SCC started a new program called Mentors on Discharge modeled after NAMI Alameda South’s program. Recently we expanded the program and it made sense to rename it as Community Peer Mentor Program.

Our Community Peer Mentor Program encompasses Peer PALS as well as Community Peer Mentors.

The first step in becoming a Community Peer Mentor is to take NAMI’s Peer-to-Peer Recovery Education Course. Completion of this course enables a person to become a Peer PAL, which provides a training ground for being a Peer Mentor. After some experience as a Peer PAL, a candidate can transition to becoming a Community Peer Mentor by attending a weekly training and a 3-day authenticity training.

We are very excited about the growth of this valuable community program.
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 (Some classes are available in Spanish, English and Korean.) For more info, please call the NAMI Warmline at 408-453-0400, Opt #1 or go to www.namisantaclara.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 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.
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

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
□ $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