



National Alliance on Mental Illness

Volume XLIII No. 2

Santa Clara County Newsletter

February 2018

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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

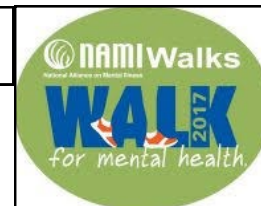
In accordance with our bylaws, our annual election of officers will take place at the March, 2018 General Meeting. All of our current Board Officers have agreed to serve another term on our Board. However we are looking to fill two

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
- Lilly Henning
- Susan Heinz

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.

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.

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

Barb St. Claire (x3080):
Family-to-Family / Basics / Connections

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)

Chris Cherry
Homefront

NAMI SCC Newsletter

Published 10 times per year by the Newsletter Crew:

Cole Buxbaum (Editor)
Beverly Lozoff (Coordinator)
Karla Brown (Proofreader)
Donna-Jo (Typesetter)

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

2018 "Directing Change" 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 & 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.



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. We might ask, what does Maria do for self-care? "Golf," she says with a smile, "and spending time with her husband, sons & beloved dog Mia."

NAMI Board Meetings are on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., Feb. 6, 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 — 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 ~ 5-5:50 P.M****WHERE:** San Jose City College**INFO:** Mary Cook, mary.cook@sjcc.edu**3. Safe Space:** A fun drop-in group for LGBTQ + Youth + Allies Ages 13-25**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:** 7351 Rosanna St, Gilroy

www.cityofgilroy.org/
Click on “Your Government, then
“City Council”

Morgan Hill—Wed., Feb. 7 at 7 P.M.

17555 Peak Av, Morgan Hill

www.morgan-hill.ca.gov
Click on “Government,” then “City
Council Meeting Info”

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

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 **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.

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

**New Lifestyles—The Source for Senior Living Magazine
www.NewLifeStyles.com 800-869-9549**



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

\$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