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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
M–F ~ 10 A.M.–6 P.M.
www.namisantaclara.org

General Meeting, Tuesday, Sept. 11, 2018
Barbara Loebner, Attorney, and Gary Loebner, Fiduciary
Estate Planning and Special Needs Trusts

September’s General Meeting speakers will be Barbara and Gary Loebner. Barbara, an experienced attorney and Certified Specialist in Estate Planning, will discuss the importance of basic estate plan documents to managing your long-term needs and those of your children. You will learn how planning can avoid probate and how to authorize people you trust to manage your financial and health care needs during incapacity and those of children, minors or adults, who require lifetime financial oversight. Focus will be on Special Needs Trusts and ABLE accounts for children and adults who use or might rely on public benefits and programs.

Gary Loebner, a licensed private professional fiduciary, will talk about when and why a fiduciary is chosen to serve as a trustee of a trust or as an agent whether currently, upon one’s incapacity, or at death. You will learn about the high standards required of a private fiduciary along with some real case examples.

Please join us at 7 P.M. in the auditorium of Good Samaritan Hospital (main building basement). At 7:15 we will honor Susan Sidel, recently retired therapist (after 35 years) in the SCC Drug Treatment Court for Mental Health, followed by our speakers from 7:30–8:30.

(San Francisco is located at 2425 Samaritan Dr, San Jose. You can find directions at www.maps.yahoo.com)

Upcoming General Meeting Speakers
Oct. 9: Mary Barrea of the Silicon Valley Independent Living Center will present on Supportive Housing.
Nov. 13: Carolyn Rodriguez, MD, PhD, Assistant Professor at Stanford University, will present on improving Outcomes for Mood Disorders.

NAMIWalks Silicon Valley 2018 Welcomes New Sponsors

The clock is ticking, and as the walk draws near we would like to welcome our newest sponsors:

✦ The Ford Store, located in Morgan Hill, is the largest Ford automobile dealership in Northern California and sells over 400 cars per month! They have become a Gold Sponsor.

✦ Hope Services joins us as a Silver Sponsor. Hope Services provides programs and employment opportunities to the developmentally disabled throughout Santa Clara County.

✦ Behavioral Health Resource Network (BHRN) provides behavioral health providers, consumers, advocates and navigators with services and resources to improve care. BHRN joins NAMIWalks Silicon Valley as a Silver Sponsor.

We have also received many generous gifts in kind and would like to send a special thank you to KFOX, KOIT and Facebook for their media sponsorship of our event.

Registration: Go to www.namiwalks.org/siliconvalley and register your team online or register as a participant on an already-existing team.

For additional information or questions about NAMIWalks Silicon Valley, please contact Shanna. (See her contact info below.)

Shanna Webb: swebb@namisantaclara.org or (408) 453-0400 x 3125

New National Law: National Suicide Hotline Improvement Act

On August 14 the National Suicide Hotline Improvement Act (HR 2345) was signed into law.

HR 2345 directs the Federal Communications Commission (FCC) in conjunction with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Department of Veterans Affairs (VA) to study the current effectiveness of the National Suicide Prevention Lifeline (1-800-273-TALK) and determine the feasibility of utilizing a 3-digit phone number for a national suicide prevention and mental health crisis hotline system.
John Costa serves as a law enforcement liaison and consultant for Santa Clara County Behavioral Health Services; he is also an adjunct professor at West Valley College. Costa was with the Palo Alto Police Department for 31 years where he had a myriad of specialized assignments including collaboration with organizations dealing with direct patient care and mental illness.

John understands that officers need training to best interact and respect those experiencing a mental health crisis. He reminded the audience that officers are “everybody’s cop all the time.” He feels that it is a privilege to be the first responders when emergency situations arise, and while very stressful it is highly rewarding to be given the responsibility. Their mission is to be the bridge between law enforcement and clinical support. Costa noted that the Los Angeles County police force provides more mental health services than any organization in the country.

Costa presented a look at the Interactive Video Simulation Training (IVST) program developed in Santa Clara County and that has been delivered to thousands of officers statewide who learn how to de-escalate and improve challenging interactions with individuals.

John Costa shares training responsibilities with Tony Lopez, a retired captain of the Mountain View Police Department. Lopez also serves as liaison between mental health consumers and the system of services. John and Tony work together to reduce stigma in the community, which is still very prevalent. Nothing is more rewarding, he says, than to give support and hope to those suffering with mental illness, providing empathy, compassion and sympathy.

For the video of the presentation, go to www.namisantaclara.org and look for “General Meeting” in Programs and Services.

South Korea Learns About Peer Mentor Programs

On August 2, Executive Director Kathy Forward and Peer Mentor Program Manager Lourdes Robles had a wonderful visit with Dr Cheo-jung Je, a law school professor in South Korea who is working with the South Korea Ministry of Health and Human Services (MHHS) to help develop and implement programs and policies related to consumer/peer advocacy services. Also present at this meeting were Dr Lee, a colleague of Dr Je, Kyo Phu and Debbie Yang who provide support and education to the local Korean community, and Dr Meekyung Han.

The visit was arranged by Dr Meekyung Han, a professor in the School of Social Work at San Jose State University. Dr Han arranged for several agency visits for Dr Je, and we were honored that one of his visits was with NAMI SCC. Dr Je wants to learn from mental health experts in the United States about diverse mental health policies and services such as peer support and advocacy, as well as various community-based mental health services involving consumers, peers & family members.

Information was shared about the founding of NAMI, support groups & education programs, and how the Peer Pals program began and has grown into the Peer Mentor Program we have today. Several success stories were related about how peer mentors are mentoring their participants to find more meaningful lives with wellness and recovery.

It was a very informative discussion with many questions from our guests.

Staff Spotlight: Paul Thompson

Paul found NAMI SCC in 2004 when he attended the Peer to Peer class. This class had a great impact on him as it showed him that he was not alone. Since then he volunteered for various NAMI events, including the yearly holiday gift drive. He has also been a presenter for NAMI’s In Our Own Voice (IOOV) Program and has manned the NAMI booth at Barbara Arons Pavilion.

After working as the accounting manager at one company for 29 years, Paul decided it was time for a change to something more meaningful. When NAMI SCC expanded its Warmline at the beginning of July, he became a NAMI staff member.

In his spare time Paul enjoys working in his yard, exercising and spending time with his family.
### September 2018

**Community Events in September and October**

1. **Healthy Boundaries Group**  
   This group will discuss the benefits of having healthy boundaries and explore strategies in establishing healthy boundaries in recovery and maintaining wellness.  
   **WHEN:** Thursdays ~ 2–3 P.M.  
   **WHERE:** Zephyr Self-Help Center, 1075 E Santa Clara St (back of bldg), San Jose  
   **INFO:** 408-792-2140

2. **Presentation by Recovery Café**  
   **WHEN:** Wednesday, Sept. 12 ~ 12–1 P.M.  
   **WHERE:** Zephyr Self-Help Center, 1075 E Santa Clara St (back of bldg), San Jose  
   **INFO:** 408-792-2140

3. **Spanish Youth Mental Health First Aid Training at Carnegie Library**  
   **WHEN:** Wednesdays, Sept. 19–Oct. 10 ~ 10 A.M.–12 P.M.  
   **WHERE:** East San Jose Carnegie Branch, 1102 E Santa Clara St, San Jose  
   **INFO:** 408-808-3075

4. **Presentation by Mental Health Advocacy Project (MHAP)**  
   **Topic:** Working While on Benefits  
   **WHEN:** Wednesday, Sept. 26 ~ noon  
   **WHERE:** Zephyr Self-Help Center, 1075 E Santa Clara St (back of bldg), San Jose  
   **INFO:** 408-792-2140

5. **2018 Northern Regional Multicultural Symposium**  
   **WHEN:** Thursday, Oct. 4 ~ 9 A.M.–3:30 P.M.  
   **WHERE:** Sobrato Redwood Shores Center, 350 Twin Dolphin Dr, Redwood City  
   **INFO:** Registration Link: [https://41339.thankyou4caring.org/2018-northern-california-regional-multicultural-symposium](https://41339.thankyou4caring.org/2018-northern-california-regional-multicultural-symposium)

NOTE: General volunteers and volunteer interpreters in Mandarin and Spanish are needed. If you are interested in volunteering, go to [https://www.surveymonkey.com/r/5DSK58H](https://www.surveymonkey.com/r/5DSK58H) to complete an application. (All volunteers will receive a $20 Target Gift Card as a token of gratitude.)

### Picnic 2018 Pictures

We would like to thank:  
- Los Gatos Rotary: $1,000 grant  
- Pastor and Care Counseling: $10,000 2018 Community Partnership grant
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. In addition to English, some classes are available in Spanish 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—they are used at outreach events and are very popular. Drop off items at the NAMI SCC office. Questions: Email sschonian@namisantaclara.org

NAMI SCC Warline / 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.–6 P.M. / 408-453-0400, option #1

For Information in Other Languages:
Eugenio Vargas (se habla español) 408-453-0400x3065
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: ________________________________ 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

NAMI Santa Clara County • 1150 S. Bascom Ave. Suite 24 • San Jose, CA 95128 • (408)453-0400