



National Alliance on Mental Illness

Volume XLIII No. 5

# Santa Clara County Newsletter

May 2018

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## Calendar:

### Community Events (p3)

**May 2 / Wed.**  
SNT Seminar (p2)

**May 6 / Sun.**  
Nature Walk (p4)

**May 6, 13, 20, 27 / Sun.**  
Connections Group (p4)

**May 1 / Tues.**  
NAMI SCC Board Mtg (p3)

**May 4 / Fri.**  
NAMIWalks Kickoff Event(p1)

**May 8 / Tues.**  
NAMI SCC General Mtg (p1)

**May 28 / Mon.**  
Office Closed (Memorial Day)

**June 1-2 / Fri.-Sat.**  
NAMI Cal. Conference (p3)

**June 27-30 / Wed.-Sat.**  
NAMI National Conf. (p3)

## 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, May 8, 2018

### Community Living Coalition, Panel Presentation

May's general meeting presentation will focus on the **Community Living Coalition**, a collaboration between independent living home operators, peer providers and other behavioral health providers, residents, family members and community stakeholders. The panel will: Introduce the problem resulting in the need for independent living coalitions and the status of coalitions in California; Latest state legislation, AB 1946 and the position of Disability Rights CA; Overview of Community Living Coalition and how it works; Residents' rights in independent living; Basic landlord tenant rights with focus on issues pertinent to residents of independent living homes; Importance of distinguishing licensed board and care from

independent living/room & board homes; Support needed from leadership and the community to continue building the Coalition.

Our presenters are: **Jung Pham**, attorney with Disability Rights CA; **Lorraine Zeller** and **John Hardy**, Mental Health Peer Support Workers for SCC; **Hilary Armstrong**, Directing Attorney at the Law Foundation of SV; **Uday Kapoor**, Board VP with NAMI SCC.

**NOTE MEETING TIME CHANGE:** Please join us at 7 P.M. in the auditorium of Good Samaritan Hospital (main building basement). Our panel will present from 7:30-8:30. (Good Samaritan is located at 2425 Samaritan Dr., San Jose. Find directions at [www.maps.yahoo.com](http://www.maps.yahoo.com))

## NAMIWalks Silicon Valley 2018 ~ September 22

**Our Newest Sponsor:** As the NAMIWalks Silicon Valley 2018 event approaches, NAMI Santa Clara County will introduce new sponsors who have made the commitment to stomp out the stigma against mental illness. **Pacifica**, a new Bay Area health startup application, recently joined this year's NAMIWalks Silicon Valley. Pacifica has designed a tool available on the web or in a downloadable app that integrates several widely used and empirically supported treatments for anxiety, depression and stress. It incorporates principles and practices from Cognitive Behavioral Therapy (CBT) and Mindfulness. To learn more about Pacifica's online tool, visit [www.thinkpacifica.com](http://www.thinkpacifica.com)

**Sponsorship Information:** We're on the lookout for more sponsors for NAMIWalks 2018, and our sponsorship brochure is now available. We're happy to email it to you, or feel free to stop by our office to pick one up. **Shanna** is available to

make contacts and follow up. See her contact info in the shaded box below.

**Steering Committee:** Would you consider becoming a member of our steering committee? Please get in touch with Shanna if you can join us.

**NAMIWalks Kickoff Event:** Just a friendly reminder that the NAMIWalks 2018 Kickoff Event will take place on **Friday, May 4, at noon** at Maggiano's in Santana Row. We will be honoring our 2017 top teams and sponsors at this event. Email Shanna to reserve your spot.

**Registration:** Go to [www.namiwalks.org/siliconvalley](http://www.namiwalks.org/siliconvalley) and register your team online. 2017's Walk had 80 teams; you can help us surpass that number this year.

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

## May Is Mental Health Month

Launched in 1949 by Mental Health America (MHA), May is Mental Health Month is the most highly recognized mental health awareness event in the nation. NAMI National has created a toolkit with materials that reach millions of people with messages of health, wellness, prevention and recovery.

This year's theme is **Fitness #4Mind4Body**. It tracks closely with the **Fit for the Future** theme of NAMI National's June 2018 conference. During the month of May, let's focus on what we as

individuals can do to be fit for our own futures — no matter where we happen to be on our own personal journeys to health and wellness.

If you are taking steps to live a healthy lifestyle but still feel like you are struggling with your mental health, visit [www.mhascreening.org](http://www.mhascreening.org) to check your symptoms. It's free, confidential and anonymous.

*(Mental Health Month Cont. on p3)*

SAVE THE DATE!



## Who's Who at the NAMI SCC Office 408-453-0400

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

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

**Shanna Webb (x3125):**  
Development Director

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

**Donna Mechanic (x3040):**  
Administrative Helper

**Rita Girman (x3020):**  
Warmline/Help Desk Manager

**Kate Munitillo (x3150):**  
Community Peer Mentor  
Program Manager

**Denecia Gressel (x3070):**  
Peer Mentor Coordinator

**Nicole Rathjen (x3105):**  
Volunteer Coordinator

**Gina Cecconi (x3130):**  
Volunteer Project Assistant

### 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

**Barbara Thompson (x3090):**  
Peer-to-Peer

**Eugenio Vargas (x3065):**  
Spanish Programs

**Marc Fowler, Jemerson  
Diaz (x3100):**  
In Our Own Voice

**Indra Carlos (x3000):**  
Ending the Silence / Family  
Support Groups

**Chris Cherry (x3145):**  
Homefront

### NAMI SCC Newsletter

Newsletter Crew:

**Cole Buxbaum** (Editor)  
**Beverly Lozoff** (Coordinator)  
**Joanie Stein** (Proofreader)  
**Donna-Jo** (Typesetter)

## March 8, 2018 General Meeting Write-Up

"How Tech Can Revolutionize Mental Health Care," Lara Gregorio / 7 Cups of Tea  
By Cole Buxbaum

**Lara Gregorio**, Director of Clinical Initiatives at 7 Cups of Tea explored how her service allows users to view self-help guides and browse listeners from around the world to seek advice and support for everyday emotional problems. It is offered both online and via mobile app 24 hours per day. "Isolation and loneliness are powerful emotions," she says, "and being able to connect with another person who is interested in hearing your story and being supportive would likely be helpful for anyone." Lara has been a therapist in diverse settings, including inpatient psychiatry and community clinics.

Whenever someone is feeling depressed, stressed or lonely, they can get anonymous emotional support from trained active listeners at 7 Cups of Tea.

Several million people from 189 countries use the service. The organization gives an opportunity to investigate the impact of mental illness, substance abuse, stress and social isolation by providing emotional support whenever it is needed.

People have said that talking anonymously with a listener makes them feel safe and really open up. The service is secure and clients are not judged.

You can join by going to <http://7cups.com>

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

## Reach & Rise™ Mentoring Program

**Reach & Rise™ Mentoring Program** is offered by the YMCA. Reach & Rise™ is a national one-to-one mentoring program determined to move youth ages 6-10 from risk to resiliency. Free of cost to families, the program helps build a better future for youth by matching each one with an adult mentor for one year. Mentors are screened and trained to understand cultural and social development, mental health issues, risk factors, and ways to communicate

and relate to youth. Kids with anxiety, depression, eating disorders, PTSD, social isolation or school avoidance can benefit from a mentor.

Interested parents may go to the website listed in the box below and complete a mentee referral form or contact **Mike Anderson**, Reach & Rise Mentoring Director, **618-616-9411** or [michael.anderson@ymcasv.org](mailto:michael.anderson@ymcasv.org)

[http://www.ymcasv.org/paloalto/html/programs\\_buildingfutures.html](http://www.ymcasv.org/paloalto/html/programs_buildingfutures.html)

## South County Reentry Resource Center

By Leah Dansby\*

On April 21, 2015, the **South County Reentry Resource Center** opened in San Martin as a 6-month, 1-day-a-week pilot to meet the needs of an underserved justice-involved population. It was clear at the end of the pilot that there was a definite need in South County for the services the Reentry Center provided. With the support of the SCC Board of Supervisors, as well as the Morgan Hill and Gilroy police departments, days of operation were

expanded and a new site was considered.

We are proud to announce the opening of the **Gilroy South County Reentry Resource Center** at **8425 Murray Ave., Gilroy**. The telephone number is **408-201-0690**.

\***Leah Dansby** is Program Manager/Resource Specialist with SCC's Adult Probation Department and is also on the NAMI SCC Board.

## Special Needs Trust Seminar, May 2, 2018

Attorneys **Michael Gilfix** and **Mark R. Gilfix** will present two free seminars on these topics: How Special Needs Trusts work; Why you must create a trust if you have a child with a disability: the ABLE Act; The Special Needs Trust Fairness Act; Impact of Trump Administration policies; Qualifying for Medi-Cal and SSI; and Housing options.

**WHEN:** Wed, May 2 ~ 2-4 P.M. & 6-8 P.M.

**WHERE:** Elks Lodge, 4249 El Camino Real, Palo Alto

**REGISTER:** Go to [www.gilfix.com](http://www.gilfix.com) or call 650-493-8070

## Staff Spotlight: Kate Minutillo

**Kate Minutillo** recently joined NAMI SCC as the Community Peer Mentor Program Manager. Kate is a Licensed Marriage and Family Therapist. She graduated with her Master's degree in Counseling Psychology from the University of San Francisco in 2014. She was a clinician at the Bill Wilson Center providing therapy to youth and family members.

In her free time, Kate enjoys bike rides on the Los Gatos Creek Trail, as well as spending quality time with family and friends.



NAMI Board Meetings are held on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., May 1, 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**

**(Mental Health Month Cont. from p1)**

Once you have your results, you can get customized information to help you find tools and resources to feel better.

Join MHA this May as we challenge ourselves each day to make small changes — both physically and mentally — to create huge gains for our overall fitness.

Visit [www.bit.ly/MHACHallenge](http://www.bit.ly/MHACHallenge) or follow on Facebook, Twitter or Instagram for the challenge of the day and share your successes with us by posting with **#4mind4body!**

**Change in Location of Support Group**

The San Jose support group for consumers, families and friends that takes place on the **3rd Fri. of the month, 7–8:30 P.M.** has been meeting at Good Sam/ Mission Oaks.

Beginning in May, it will meet at the NAMI SCC Office, 1150 S. Bascom Ave, Ste 24. The facilitator is **Diane Juellich** who can be reached at **408-224-5623**.

**Community Events During May Is Mental Health Awareness Month**
**1. Shalom Sundays: Mental Health Matters!**

A series of three “Learn...Be Inspired...Connect” events. Everyone is welcome.

**WHEN:** Sunday, 1:30–3:30 P.M.

April 22 (Mental Health 101); April 29 (Suicide Prevention, Intervention & Transformation); May 6 (Grace and Mental Illness)

**WHERE:** Santa Teresa Parish, 794 Calero Ave, San Jose

**2. Cinco De Mayo for May Is Mental Health Month**

Office of Family Affairs is hosting this event where there will be an In Our Own Voice (IOOV) presentation and lots of Mexican food.

**WHEN:** Sat., May 5 ~ 5–7 P.M.

**WHERE:** 2221 Enborg Ln., San Jose

**INFO:** Diana Guido, 408-792-2166

**3. Annual Consumer Art Show**

Artists must register between May 8-10.

**WHEN:** Fri., May 11 ~ 10 A.M.–2:30 P.M.

**WHERE:** Learning Partnership, 1075 E Santa Clara St., San Jose

**INFO:** 408-792-2140

**4. Asian American and Pacific Islander Heritage Fest**

Join us for a fun-filled afternoon of exciting cultural performances, arts & crafts, refreshments, special guests, community resource vendors and giveaways.

**WHEN:** Sat., May 12 ~ 2–4 P.M.

**WHERE:** Berryessa Branch Library, 3355 Noble Ave., Community Room, San Jose

**INFO:** 408-808-3050

**5. NAMI San Francisco Mental Health Film Fest**

As part of their celebration of Mental Health Month, NAMI SF is hosting a film festival. There will be three separate screenings of “When the Bough Breaks”; participants may attend as many as they like.

**WHEN:** Sat., May 12 ~ beginning at noon

**WHERE:** Delancey Street Screening Rm, 600 Embarcadero, San Francisco

**INFO:** 408-842-8207 or [www.sccf.org](http://www.sccf.org)

**6. MINDQUEST Mental Health Resource Fair**

This free event will have resource tables from local organizations, arts & crafts, chair massage, yoga, adult coloring, informative lectures in English and Spanish.

**WHEN:** Sat., May 19 ~ 10 A.M.–6 P.M.

**WHERE:** Gilroy Library, 5350 W. Sixth St., Gilroy

**INFO:** 408-842-8207 or [www.sccf.org](http://www.sccf.org)

**7. Mental Health Matters Day**

This free event will consist of various speakers, entertainment, resources and an opportunity to spread awareness. **Nadia Ghaffari**, founder of **TeenTalk** and senior at Los Altos High School, will present Empowering Youth Voice: Peer Support & Fostering Youth-Led Initiatives around Mental Health. **Paul Gilmartin** will emcee again this year.

**WHEN:** Wed., May 23 ~ 9:30 A.M.–2 P.M.

**WHERE:** East Side, Capitol Building, Sacramento

**INFO:** [info@mhac.org](mailto:info@mhac.org); Register online at [goo.gl/vWTDwJ](http://goo.gl/vWTDwJ)

**NAMI National Convention and California Conference**
**NAMI National Convention  
June 27–30**

The 2018 NAMI National Convention will convene at the Sheraton New Orleans on Canal St in New Orleans! The theme is **Live. Learn. Share Hope**. Our collective voice spreads hope that recovery is possible and families can be whole again. For complete registration information, go to [www.nami.org/registration](http://www.nami.org/registration)

**NAMI CA Conference  
June 1–2**

This year’s conference will take place at the Hyatt Regency Monterey Hotel & Spa on Del Monte Golf Course. The theme is **United Voices: A Stronger California**. Contact **Eugenia** at [Eugenia@namica.org](mailto:Eugenia@namica.org) or call **916-567-0167** for details. Register at [www.namicalifornia.org](http://www.namicalifornia.org) or send a check to NAMI California, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.



### 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.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**—they 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 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) **408-453-0400x3065**  
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](http://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](http://www.NewLifeStyles.com) **800-869-9549**



#### We're on Twitter!

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

## MEMBERSHIP/DONATION FORM

*You can make a donation, renew or join NAMI SCC at [namisantacalara.org](http://namisantacalara.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.namisantacalara.org](http://www.namisantacalara.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**