



National Alliance on Mental Illness

Volume XLIII No. 6

# Santa Clara County Newsletter

June 2018

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## Calendar:

### Community Events (p3)

**June 3 / Sun.**

Nature Walk (p4)

**June 3, 10, 17, 24 / Sun.**

Connections Group (p4)

**June 6 / Wed.**

NAMI SCC Board Mtg (p3)

**June 12 / Tues.**

NAMI SCC General Mtg (p1)

**June 1-2 / Fri.-Sat.**

NAMI CA Conference (p3)

**June 27-30 / Wed.-Sat.**

NAMI Nat'l Conference (p3)

**July 2 / Mon.**

New Warmline Hours at NAMI SCC (p1)

**Sept. 22 / Sat.**

NAMIWalks Silicon Valley

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

## General Meeting, Tuesday, June 12, 2018

### Compassionate Mental Health Crisis Response, John Costa

Our speaker will be **John Costa** who has an extensive background in law enforcement, police training and public education. After completing a 31-year career with the Palo Alto Police Department, John retired honorably at the supervisory rank of sergeant in 2009. During that time he was assigned to and supervised a myriad of specialized assignments.

Since then, John has remained active in the field of police training and public education. Currently he serves as an adjunct professor at West Valley College, as well as a law enforcement liaison and consultant for Santa Clara County Behavioral Health Services.

John will be offering us a glimpse into one of his primary tasks in his role as a liaison for the

Interactive Video Simulation Training. This training has been delivered to thousands of peace officers statewide, seeking to increase their ability to recognize, respect and interact effectively with people experiencing a mental health crisis. Learn how to de-escalate and improve challenging interactions with individuals with mental health challenges in the community to ensure the safety and dignity of all involved.

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

## NAMIWalks Silicon Valley 2018 ~ September 22

**NAMIWalks Kickoff Event:** On May 4 NAMIWalks Silicon Valley celebrated with the first event of the Walk season at Maggiano's restaurant in Santana Row. Over 70 people attended the Kickoff Event which marks the beginning of the largest awareness-building event of the year. Past sponsors and Walk team captains were honored for their support of the 2017 NAMIWalks with an awards ceremony.

**New Sponsors:** New sponsors were present at the Kickoff Event including **Filice Insurance**, a privately owned, full-service consulting firm that has been providing insurance solutions for more than 25 years and has grown to become one of the largest independent employee benefits and insurance consulting firms in California.

**Stacy Badgis**, NAMI SCC's Administrative Manager, and the Badgis family have become a new sponsor for this year's Walk, and the **City of San Jose, District 4** also joined the fight to end

stigma against mental illness by becoming our latest sponsor.

### Sponsorship Information:

NAMIWalks Silicon Valley 2018 is still welcoming new sponsors. Our sponsorship brochure as well as other NAMI-Walks-related material is available for download at [www.namiwalks.org/siliconvalley](http://www.namiwalks.org/siliconvalley)

**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.

For additional information or questions about NAMIWalks Silicon Valley 2018, please get in touch with our Walk Manager, **Shanna** (see contact info in the shaded box just below).

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

## NAMI SCC Expanded Warmline Hours + Warmline Job Opportunities

Due to increased demand for Warmline Help Desk services, NAMI SCC has received funding from Santa Clara County Behavioral Health Services "...to expand our available office hours, beginning in July."

Our current office hours are:

**Monday-Friday, 10 A.M.-2 P.M.**

**Beginning July 2, our hours will be:**

**Monday-Friday, 10 A.M.-6 P.M.**

**NOTE:** We will be hiring two "Warmline Assistant - PM Shift" positions to staff the Warmline M-F 2 P.M.- 6 P.M. The deadline to apply is **June 8**. Go to our website **Jobs Page** at [www.namisanclara.org/about-nami/jobs/](http://www.namisanclara.org/about-nami/jobs/) for more information. (Bilingual candidates are highly desirable.)

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

**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)

## April 10, 2018 General Meeting Write-Up Michael Mantz, MD: Nine Principles to Building a Stronger Mind

By Cole Buxbaum

**Dr. Michael Mantz** is a psychiatrist who uses his expertise in holistic and western medicine to provide his clients with a “truly integrative approach.” At our January, 2018 general meeting Dr. Mantz discussed the latest science on what goes into creating a strong brain. Last month he continued by discussing key strategies on how to work with negative thoughts and difficult emotions. He noted the importance of social connections and its effects on brain health. In his practice Mantz does not place the highest stress on medications; as he stated, 1 in 10 people take antidepressants with only a 20% success rate.

There are many factors in growing a strong brain. Emotions come as a “package deal”; if you suppress one emotion, you suppress them all. One structure of your brain is always changing and new connections are being formed. Learn to respond to your thoughts and emotions with skill and wisdom. When negative thoughts and thought patterns exist, don’t let them take power over you. The history of humankind shows that many behaviors result from survival needs. We have to attempt to reduce rumination regarding past thoughts, and when you have negative thoughts, “don’t ask why.”

Social relationships are essential to optimal brain and mind health. It is very important to get back in contact with friends and try to meet new people. Join groups and volunteer. As one’s social network gets smaller, the risk of mortality increases, almost as bad as smoking.

So where do I begin? Some considerations:

- ◆ What new rituals do I want to create? Experiment and then commit.
- ◆ Go for a 15–30 minute walk and focus on gratitude.
- ◆ Each evening write down three things you are grateful for.
- ◆ Eat a healthy breakfast at the same time each day.
- ◆ Take basic supplements: Fish oils, B-complex, magnesium and zinc.
- ◆ Create your own positive song list and YouTube list.
- ◆ Move to music.
- ◆ Get connected to people, plants and nature.
- ◆ Volunteer.
- ◆ Spend some time meditating (about 3–20 min.) 6 times per week.

To contact Dr. Mantz:

Website: [www.SBintegrativepsychiatry.com](http://www.SBintegrativepsychiatry.com)

Email: [Dr.Mantz@SBintegrativepsychiatry@gmail.com](mailto:Dr.Mantz@SBintegrativepsychiatry@gmail.com)

Phone: 805-679-3034

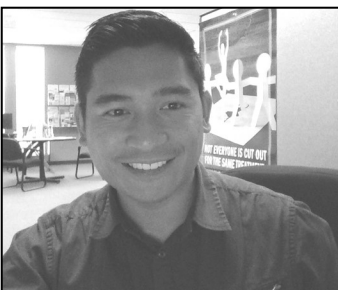
For the video of the presentation, go to [www.namisanacalifornia.org](http://www.namisanacalifornia.org) and look for “General Meeting” in **Programs and Services**.

## SCC Behavioral Health Board 7th Annual Community Heroes Awards

On **May 2**, the Santa Clara County Behavioral Health Board held its 7th Annual Community Heroes Awards Ceremony and recognized 10 community members and 2 agencies in a variety of categories for their commitment to bettering the lives of those living with mental health conditions. Two NAMI SCC members were recognized: **Gini Mitchem** and **Stephani Rideau**. Gini received the Family Member Community Hero Award. Gini has been NAMI SCC’s NAMIWalks “cheerleader” for 10+ years, having served as member, chair and treasurer on several steering committees; Stephani received the Consumer Community Hero Award for her tireless efforts after being referred to NAMI and



participating in some of their programs, She became interested in training as a mentor in our Community Peer Mentors Program. She loves the work that she is doing to help others.



### Staff Spotlight: Jemerson Diaz

**Jemerson Diaz** has been interested in public speaking ever since his first Communications class in college in Jacksonville, Florida. In 2017

Jemerson moved back to San Jose and completed his BA degree in Psychology with a minor in

Communications. Then he took NAMI’s Peer to Peer Recovery Course before training to become an In Our Own Voice (IOOV) presenter. Just a few months later, after plenty of presentations, he was asked to train to become coordinator of the IOOV presentations.

Jemerson enjoys rock climbing, going to church, taking his dog Marmaduke to the dog park, and watching movies with his brother and sister-in-law.

## NAMI SCC Board Meeting

NAMI Board Meetings are held on the **first Tuesday** of the month; however, we have had to change our June meeting to **Wednesday, June 6, 7–9 P.M.** at the NAMI SCC office.

### NAMI SCC Board Officers

Co-Presidents:

**Victor Ojakian / Beverly Lozoff**

Past President:

**Navah Statman**

Vice Presidents:

**Juan Perez**

**Harold Brown**

**Uday Kapoor**

Treasurer:

**Steve Wade**

Secretary:

**Peter Newman**

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## Community Events in June

### 1. Showing of the film “The Valley”

This film, about a father’s journey to find answers in the wake of his daughter’s suicide, focuses on an Indian-American immigrant family.

**WHEN:** Mon.–Tues., June 11–12

**WHERE:** Landmark Aquarius Theater, 430 Emerson St., Palo Alto

### 2. Stronger Communities: LGBTQ + Suicide Prevention

This conference is intended to raise awareness about LGBTQ and suicide risk, bring research findings to the attention of professionals and the public, and explore strategies for LGBTQ and suicide prevention.

**WHEN:** Fri., June 15 ~ 8 A.M.–5 P.M.

**WHERE:** San Jose Marriott, 301 South Market St., San Jose

### 3. “The Seven Dwarfs” & Brain Chemistry

**Ricque Brister**, MD’s presentation will focus on Brain Chemistry which makes us Grumpy, Happy, Sleepy, Dopey, Bashful, Sneezzy & Doc.

**WHEN:** Wed., June 20 ~ 4:30 P.M. –6 P.M.

**WHERE:** Good Samaritan Hospital Auditorium, 2425 Samaritan Dr., San Jose

## NAMI SCC Mentors in Judge Manley’s Court

**Stephen Manley** is a Superior Court judge in the Family Justice Center Courthouse in SCC. He has created a unique opportunity for defendants with mental health diagnoses and drug abuse to have a chance for rehabilitation rather than incarceration. In 1996 Judge Manley founded a Drug Treatment Court in SCC and in 1998 a Mental Health Treatment Court in order to serve this population that has been so often misunderstood.

NAMI SCC has seven Peer Mentors in Judge Manley’s courtroom five days a week providing resources to defendants who are mandated by Judge Manley to participate in support groups or complete community service hours. This will allow defendants to work on their recovery and develop more stability in their lives that will not only reduce their sentence, but keep them out of the criminal justice system.

Unfortunately these resources are often hard to find, which is why NAMI’s Peer Mentors play such a crucial role in the process of turning defendants’ lives around. Many of NAMI’s Peer Mentors have been in Judge Manley’s court as defendants themselves and they were ecstatic when this opportunity presented itself to pass along their experience.

NAMI’s Peer Mentors work alongside the Court’s social workers to provide crucial information about each client’s progress towards their assignment given by Judge Manley.

NAMI’s Peer Mentor Program has hit the ground running and positively impacted the lives of those in Judge Manley’s court; keeping them out of jail and on the path to health and wellness.



NAMI SCC is grateful to our many generous supporters. We can provide a

wide range of programs free of charge because of this support. If you are interested in finding out how to support us, please visit our website at

[www.namisanclaara.org](http://www.namisanclaara.org) or email our Executive Director at [kforward@namisanclaara.org](mailto:kforward@namisanclaara.org)

We would like to thank:

- ♦ **The Health Trust Destination Home** for a \$36,000 grant;
- ♦ **The Sovereign Order of St. John of Jerusalem** for \$21,000 for new office computers.

### NAMI California Advocacy Action Center Website

NAMI California just launched a **new** Advocacy Action Center website. You’ll find it at:

[www.namicaadvocacy.org](http://www.namicaadvocacy.org)

The site contains:

- ♦ Resources for advocates;
- ♦ Information on current mental health legislation and policy;
- ♦ NAMI California’s advocacy events calendar;
- ♦ Learn more about the NAMI California advocacy team and find your local and statewide policymakers.



## Santa Clara Unified School District Designates May Mental Health Awareness Month

**Kathy Forward**, NAMI SCC Executive Director, was invited to speak at the Santa Clara Unified School District’s Board Meeting on May 10. The school board was introducing a proposal to

officially make May Mental Health Awareness

Month. When Kathy spoke, she congratulated the Board for wanting to pass this proposal, which they did so unanimously.

The Santa Clara School District is providing strong leadership in the County by integrating mental health education and stigma prevention. NAMI SCC has also been doing Ending the Silence presentations at Santa Clara High School for the past few years.

## 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.



### 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.namisanclaara.org](http://www.namisanclaara.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@namisanclaara.org](mailto:nrathjen@namisanclaara.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@namisanclaara.org](https://twitter.com/namisanclaara.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/namisanclaara.org](http://www.facebook.com/namisanclaara.org)

## MEMBERSHIP/DONATION FORM

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