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.namisantaclara.org)

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 NAMIWalks-related material is available for download at www.namisantaclara.org/siliconvalley

Registration: Go to www.namisantaclara.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@namisantaclara.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.namisantaclara.org/about-nami/jobs/ for more information. (Bilingual candidates are highly desirable.)
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 ruminating 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.

Email:
Website: www.SBIntegrativePsychiatry.com
Phone: 805-679-3034

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

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 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

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.namisantaclara.org or email our Executive Director at kforward@namisantaclara.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.namicadadvocacy.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.

June 2018

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
   Riche Brister, MD’s presentation will focus on Brain Chemistry which makes us Grumpy, Happy, Sleepy, Dopey, Bashful, Sneezy & 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.

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

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@namic.org or call 916-567-0167 for details.
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

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

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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 nraithjen@namisantaclara.org

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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.–2 P.M. / 408-453-0400, option #1

For Information in Other Languages:
Eugenio Vargas (se habla espanol) 408-453-0400x3065
Juan Perez (se habla espanol) 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


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We’re on Twitter!
Be part of our online community & engage in Mental Health conversations at twitter@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