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Calendar:

Community Events (p3)
- July 1, Aug. 5 / Sun. Nature Walk (p4)
- July 1, 8, 15, 22, 29; Aug. 5, 12, 19, 26 / Sun. Connections Group (p4)
- July 2 / Mon. New Warmline Hours at NAMI SCC (p1)
- July 3, Aug. 6 / Tues. NAMI SCC Board Mtg (p3)
- July 4 / Wed. Office Closed (Fourth of July)
- July 22 / Sun. NAMI Picnic (pp1,4)
- Sept. 22 / Sat. NAMIWalks SV (p1)

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

No General Meeting in July & August
Our next General Meeting will take place on Tuesday, Sept. 11, 2018

NAMI Santa Clara County Annual Picnic ~ Sunday, July 22

Please join us for our annual picnic. It’s always a wonderful event.
Are you available to help with setup, cooking, serving, cleanup, raffle prizes, music and/or games? Please call the NAMI SCC office to sign up.

WHERE: Elks Lodge (1680 Martin Ave, Santa Clara)

See page 4 for details about what to bring.

NAMIWalks Silicon Valley 2018 ~ September 22

New Sponsor: As the Walk draws near, we would like to welcome new sponsor Fremont Hospital, a fully accredited, 145-bed, private psychiatric hospital providing quality care and assistance for children, adolescents and adults. Fremont Hospital’s full spectrum of care includes no-cost assessments, inpatient psychiatric hospitalization, partial-hospitalization, intensive outpatient programs and a chemical dependency intensive outpatient program. For over 20 years, Fremont Hospital has provided quality mental health treatment to residents in the Bay Area.
NAMI Santa Clara County would like to thank Fremont Hospital for joining NAMIWalks Silicon Valley 2018 to fight against stigma.

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

Jemerson Diaz’s Team Millennials

We are Team Millennials and have created two campaigns to get millennials involved in Mental Health Awareness and Mental Health Education: Recycle 4 Recovery and Pennies Not Pity. We are gathering all recycling cans and bottles as well as extra coins—pennies, nickels, dimes and quarters. You can drop cans and coins off at the NAMI SCC office or contact Jemerson Diaz at jdiaz@namisantaclara.org and we’ll arrange to pick up your donations.
Then we can all take a picture together and post it on our social media sites showing we are doing something positive for mental health awareness in Silicon Valley.
Even without cans and/or coins, we’d love to have you join our team! We are looking to have 1,000 millennials marching for mental health on Walk day, September 22! Our team name is Team Millennials on the NAMIWalks page, or simply contact Jemerson.
Link to the NAMIWalks page: https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.team&teamID=23680

Sponsorship Information: NAMIWalks Silicon Valley is still welcoming new sponsors for the 2018 event. Our sponsorship brochure as well as other NAMIWalks related material is available for download at www.namiwalks.org/siliconvalley

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, please email Shanna (see below).

NAMI SCC Expanded Warmline Hours Beginning July 2

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.
May 8, 2018 General Meeting Write-Up
Community Living Coalition

By Cole Buxbaum

Five activists with the Community Living Coalition presented the results of their collaborative efforts to improve living conditions for tenants in Santa Clara County who suffer from mental illness and have very limited resources: Lorraine Zeller, CPRP; and John Hardy, Mental Health Peer Support Workers with SCC Behavioral Health Services; Jung Pham, Attorney with Disability Rights CA; Hilary Armstrong, Directing Attorney at the Law Foundation of Silicon Valley; and Uday Kapoor, NAMI SCC Board VP.

About 10 years ago, Jung Pham recognized a crisis in poor living conditions. He, along with his group, understood that many of the homes with substandard facilities, called independent living homes, cater to mental health consumers. There is ample opportunity for abuse with no oversight or accountability because these homes are not licensed. Examples of living conditions include overcrowding, drug use, safety hazards (no smoke alarms, blocked exits due to overcrowding, no fire extinguishers), lack of sanitation, bug infestations, threats of eviction as retaliation for complaints, and many forms of abuse (verbal, physical, financial, sexual). Too many of these homes are the choice of last resort and are considered by some as “at least they have a roof.”

Recognizing the Work and Contribution to Mental Health Court
By Juan Perez & Maria Gonzalez

Susan Sidel, therapist in the Drug Treatment Court for Mental Health, retired on June 22, after nearly 35 years of service within the public sector. This news comes with a mixture of sad and happy feelings. Susan was part of the Assessment Team for the Drug Treatment Mental Health Court Dept. #61. She screened clients for mental illness and then coordinated their psychiatric treatment, medications, housing, drug treatment and education. We witnessed Susan’s focus and dedication toward helping those with mental illness. She always gave her clients positive reinforcement and helped them find the confidence to believe in themselves. We owe Susan a debt of gratitude for all the times she supported us with our clients in the court room. And we wish her well as she begins a new chapter in her life.

Staff Spotlight: Barb St. Clair

Barb St. Clair joined NAMI as a volunteer in 2012 after attending the NAMI Family-to-Family Class. This class had such a significant impact on Barb and her family that she knew she needed to get involved to assist in educating and supporting other families. Before coming to SCC, Barb served as a Board member at NAMI Alameda County South.

Barb’s son John has been ill with schizophrenia for over 20 years. Barb will tell you without hesitation that the most challenging aspect of mental illness is stigma. She believes that her son would have struggled much less and actually embraced his illness with a bit of humor if stigma did not exist.

Barb also believes that while mental illness has no cure at this time, stigma can be cured and that education is key to ending stigma.

She joined the NAMI SCC staff in 2017 and currently coordinates three NAMI programs: Family-to-Family, Connections and Basics. She also continues to volunteer as a Family-to-Family teacher. Originally from Maine, Barb has lived in the Bay Area for over 40 years. She came to Silicon Valley during the semiconductor boom and currently works as a Senior Account Executive on Advantage Resourcing’s Strategic Account Team. Barb has two children, Liz and John, and a granddaughter, Arianna.
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 Tues. July 3 and Tues. August 7, 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

Thank You!
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 www.namisantaclara.org or email our Executive Director at kforward@namisantaclara.org

We would like to thank:

- Philip Boyce, landlord, The Valley Foundation: $40,900 grant for FaithNet
- Star One Credit Union: $10,000 donation
- Limberg Family Living Trust: additional $2,000 gift
- The Sovereign Order of St. John of Jerusalem: additional $2,858.15 for new office computers
- Unitarian Fellowship of Los Gatos: $609 Fellowship donation
- Tribu Lobos Audaces: $13,057 for our Spanish Programs

July / August 2018
Community Events in July and August

1. 14th Annual Mood Disorders Education Day
An excellent opportunity for all community members to learn about bipolar disorder and major depressive disorder from experts in the field. This event is free to the community, but registration is necessary. For directions and parking information please visit this link: /alumni.stanford.edu/get/page/resources/alumnicenter/directions

WHEN: Sat., July 14 ~ 8 A.M.–3 P.M.
WHERE: Frances C. Arrillaga Alumni Center, 326 Galvez St., Stanford
INFO: www.bipolar.org including the agenda and link to register

2. 5th Annual Wellness Village Day
In honor of National Minority Mental Health Awareness Month, the Ethnic Cultural Communities Advisory Committee (ECCAC), part of SCC Behavioral Health Services, will hold Wellness Village Day — a celebration of community strengths; there will be cultural foods and cultural activities/games. Admission is free to all

WHEN: Sat., July 21 ~ 11 A.M.–4 P.M.
WHERE: Hellyer Park Buena Vista Site, 985 Hellyer Ave., San Jose
INFO: Carlo Castuciano, 408-792-2117, Carlo.Castuciano@hhs.sccgov.org

3. Employment Group at Zephyr
This group will help you learn what it takes to find employment. Network and get support from facilitators and other participants who are interested in going back to work.

WHEN: Starting Tues., July 3 ~ 1–2 P.M.
WHERE: Zephyr Self Help Center, 1075 E. Santa Clara St. (back of bldg.), San Jose
INFO: 408-792-2140

Santa Clara County Medical Association Honors John & Gini Mitchem
On June 5, John and Gini Mitchem received the Santa Clara County Medical Association’s Citizen’s Award. This award is given to individuals who are not members of the Medical Association who have achieved public recognition for a significant contribution in the health field.

Congratulations, John and Gini, for this special honor! You make NAMI Santa Clara County proud!

The Passing of Kate Spade and Anthony Bourdain
Excerpted from an article by NAMI NYC Metro

The sad and untimely passing of fashion designer Kate Spade and chef and travel personality Anthony Bourdain has put suicide and mental illness at the top of public consciousness and put a public face to a reality that has impacted many members of the NAMI community.

The fact that Ms. Spade and Mr. Bourdain were celebrities and at the top of their respective industries does not make their losses any more important than the 3,000 people who complete suicide each day. Each and every life lost to suicide and mental illness is a loss because each one was a child, sibling, spouse or friend.

As we know, mental illness and suicide do not discriminate; it can affect anyone regardless of race, gender, celebrity or economic status.

One of the most inspiring things we see every day at NAMI is how we come together as a community to help and support others. It is incredible how people who have experienced some of the most devastating and traumatic experiences imaginable are mobilized by this pain and use it as a catalyst to guide their communities to find help and find hope. To those who admired Ms. Spade and Mr. Bourdain, we hope you can use the pain you feel and mold it as a tool to bring change and hope to those around you.

Every one of us may face mental health challenges at some point. If you see people struggling, be there for them, ask if they are ok, let them know that you are here for them and that you will listen.

If you or someone you know is in crisis, call 800.273.TALK (8255) or text NAMI to 741-741
Chamique Holdsclaw
(Mental Health Advocate, Olympic Gold Medalist, Former WNBA Player)

One of the keynote speakers at the NAMI California Conference that took place in Monterey on June 1-2 was Chamique Holdsclaw who spoke on the topic “Life After Diagnosis: Destigmatizing Mental Illness.” Chamique talked about her upbringing in New York followed by a full athletic scholarship to play on the women’s basketball team at the U. of Tennessee with Hall of Fame Coach Pat Summitt. Chamique was three-time NCAA champion, four-time All-American and the WNBA’s 1999 Rookie of the Year and in 2000 she won an Olympic Gold Medal with Team USA at the Sydney Olympics.

These days Chamique devotes much of her time making appearances and speaking at conferences, panels and events within the mental health community to share her own personal struggles with depression and how she has been able to seek help and manage her own mental health. Chamique has written an inspirational biography called Mind/Game about her life.