



National Alliance on Mental Illness

Volume XLIII No. 7/8

Santa Clara County Newsletter

July/August 2018

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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.

WHEN: Sunday, July 22 ~ Noon-3 P.M.

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.

Sponsorship Information:

NAMIWalks Silicon Valley is still welcoming new sponsors for the 2018 event. Our sponsorship brochure as well as other NAMI-Walks 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).

SAVE THE DATE!



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

Jemerson Diaz's Team Millennials

By Jemerson Diaz

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>

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.

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

Nicole Rathjen (x3105):
Assistant Warmline Manager

Stephanie Schonian (x3095):
Volunteer Outreach Manager

Programs:

Barb St. Clair (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

Denecia Gressel (x3070):
Peer Mentor Coordinator

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)

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."

Behavioral health providers have a legal, ethical and professional responsibility to provide safe and affordable housing resources to clients living on a fixed monthly income; however, many consumers, family members and providers have little to no decent, affordable housing choices in our county. This leaves many settling for substandard facilities. Homelessness, repeated hospitalizations and incarcerations too frequently result.

Some independent living operators truly do care about their tenants and have decent homes to offer.

A group, called the Community Living Coalition, was formed in Santa Clara County; it is made up of residents, family members, advocates, providers and independent living (IL) operators with the goal of improving living conditions. This group joins a movement initiated by coalitions in San Diego and San Bernardino counties to develop solutions where everybody wins.

For more information about the Community Living Coalition, or if you'd like to get involved, contact **Lorraine Zeller** at 408-792-2132 or Lorraine.Zeller@hhs.scc.org

For the video of the presentation, go to www.namisantacleara.org and look for "General Meeting" in **Programs and Services**.

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



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

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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](http://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

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

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@namisanclaara.org

NEW: Expanded Hours at NAMI SCC!

**Starting July 2nd the NAMI SCC Warmline
Help Desk will be open
M – F, 10:00 A.M. – 6:00 P.M.**

Consumer Advisory Council (CAC) Conversations

July's Conversation will be with **Julie Kahrnoff**, Parks Program Coordinator for Volunteering. She will be talking about caring for our county regional parks, which is one of the largest regional park systems in California. The County staff is assisted by over 1,400 volunteers who selflessly donate more than 60,000 hours of labor each year. She will be talking about ways to get involved. This is a great opportunity for people to get involved, get out in nature and help the county parks.

WHEN: Tues., July 31 at 4 P.M.

WHERE: NAMI SCC Classroom

RSVP: 408-453-0400, Option #1

August's Conversation will be **Kate Brune** from the Center for the Independence of Individuals with Disabilities. Kate will talk about **WIPA**, Work Incentives Planning and Assistance. Learn about how working affects your Social Security benefits.

WHEN: Tues., August 28 at 4 P.M.

WHERE: NAMI SCC Classroom

RSVP: 408-453-0400, Option #1



We're on Twitter!

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



facebook

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



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.



NAMI Santa Clara County Annual Picnic

Picnic Details

- ◆ NAMI will supply the hot dogs, hamburgers & rolls to be cooked on our grill.
- ◆ We'll also supply cups, plates, utensils, napkins and drinks.
- ◆ **NEW THIS YEAR:** NAMI will provide the desserts.
- ◆ We'd like you to bring a side dish (hot or cold) to share: e.g., cole slaw, potato salad, green salad, pasta for 10-12 people.
- ◆ As in years past, there will be games including the famous Egg Toss Contest with prizes. Any activities you'd like to organize? Just let us know.