



National Alliance on Mental Illness

Volume XLIII No. 10

# Santa Clara County Newsletter

October 2018

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## General Meeting, Tuesday, Oct. 9, 2018

### Supportive Housing, Mary Barrea of SV Independent Living Center (SVILC)

October's General Meeting speaker is **Mary Barrea**, Housing Coordinator at the **Silicon Valley Independent Living Center (SVILC)**, a disability justice organization that creates fully inclusive communities. SVILC offers a variety of services. Among these are their housing program which assists community members in their search for affordable and accessible housing in Santa Clara County. SVILC offers year-round housing workshops where community members receive an introduction to the work of the center and get training and assistance to navigate the affordable housing application process.

Mary will provide advice on what to expect through the application process, including a review of the application and other documents, information on financial empowerment and managing credit and debt portfolios.

Please join us at 7 P.M. in the auditorium of Good Samaritan Hospital (main building basement). At 7:15 we will honor **Susan Sidel**, recently retired therapist (after 35 years) in the SCC Drug Treatment Court for Mental Health, followed by our speaker 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))

### Upcoming General Meeting Speaker

**Nov. 13: Carolyn Rodriguez, MD, PhD**  
Assistant Professor at Stanford University, Improving Outcomes for Mood Disorders

**Jan. 8, 2019: Steven Sust, MD**  
Working with SCC Emergency Psychiatric Services (EPS)

## Calendar:

**Community Events (p3)**  
**Oct. 2 / Tues.**  
NAMI SCC Board Mtg (p3)  
**Oct. 7-13**  
Mental Illness Awareness Week (p1,2)  
**Oct. 7 / Sun.**  
Nature Walk (p4)  
**Oct. 7, 14, 21, 28 / Sun.**  
Connections Group (p4)  
**Oct. 9 / Tues.**  
General Meeting (p1)  
**Nov. 6 / Tues.**  
Election Day Poll Workers Needed (p3)

## NAMIWalks Silicon Valley 2018

We are so gratified that so many new sponsors (individuals, companies, organizations) have joined us this year. Here are our most recent NAMIWalks Silicon Valley 2018 sponsors:

- ◆ **EVOLVE Treatment Centers** joined us for the first time as a Silver Sponsor. EVOLVE offers the highest quality care available for adolescents 12-17 years old struggling with mental health, substance abuse and/or behavior issues.
- ◆ The City of Palo Alto's **Project Safety Net** has joined us as a Supporter Sponsor this year. Project Safety Net is a collaborative community network held together by a common interest of fostering youth well-being in Palo Alto. Their mission is to develop and implement a community-based mental health plan that includes

education, prevention and intervention strategies that together provide a "safety net" for youth in Palo Alto, and defines their community's teen suicide prevention efforts.

- ◆ We have also received many generous gifts in-kind and would like to send a special thank you to **Alameda Family Funeral and Cremation, Zone Bars, Cresco Equipment Rentals, and Karen Meadows** for donating copies of her book to the event.

For additional information or questions about NAMIWalks Silicon Valley 2018, please contact **Shanna**. (See contact info below.)

SAVE THE DATE!



## Contact Us:

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

**NAMI Santa Clara County Community Resource & Support Center**  
**1150 S. Bascom Ave, Ste 24**  
**San Jose, CA 95128-3509**  
**408.453.0400, Option #1**  
**M-F ~ 10 A.M.-6 P.M.**  
[www.namisantaclara.org](http://www.namisantaclara.org)

## Mental Illness Awareness Week: Oct. 7-13, 2018

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects *everyone* directly or indirectly through family, friends or coworkers. Despite mental illnesses' reach and prevalence, stigma and misunderstanding are also widespread.

That is why each year, during the first full week of October, NAMI and participants across the country raise awareness of mental illness, educate the public, fight stigma and provide support. And each year, the movement grows stronger.

We believe that mental health conditions are important to discuss year-round, but highlighting them during one week provides a dedicated time for mental health advocates across the country to come together as one unified voice. Since 1990, when Congress officially established the first full week of October as Mental Illness Awareness Week (MIAW), advocates have worked together to sponsor activities to educate the public about mental illness. NAMI will promote the theme of "CureStigma" throughout all awareness events.

(Continued on page 2)

## 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

**Lourdes Robles (x3020):**  
Community Peer Mentor  
Program Manager

**Stephanie Schonian (x3095):**  
Volunteer Outreach Manager

### Programs

**Barb St. Clair (x3080):**  
Family-to-Family / BASICS /  
Connections Coordinator

**Greg Osborn (x3050):**  
Provider Education Coordinator

**Laura Paulson (x3140):**  
Peer PALS Advisor

**David DeTata (x3015):**  
Peer PALS Coordinator

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

**Jemerson Diaz (x3100):**  
In Our Own Voice  
Coordinator

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

**Chris Cherry (x3145):**  
Homefront Coordinator

### NAMI SCC Newsletter

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

## Overlap Among Mental Health Conditions

Excerpted from *Scientific American July 2018*  
by Cole Buxbaum

A distinct set of genes may underlie several psychiatric conditions. People who have autism, schizophrenia and bipolar disorder may have different challenges, but the ailments might arise from a common set of genes.

Researchers compared genetic analyses of 700 human brains from deceased individuals who had autism, schizophrenia, bipolar disorder, major depression or alcoholism to those of individuals who had none of these conditions.

Certain genes in the brain tend to work as a preferred unit and together become more or less active in particular types of brain cells, such as astrocytes or neurons. The researchers examined 13 groups of genes thought to function together. They found that one group of genes in astrocyte

brain cells is overactive in autism, schizophrenia and bipolar disorder.

Scientists also found that the five groups had a pattern of overactivity or underactivity across at least three of the five conditions. Bipolar disorder, for example, was more similar to schizophrenia than to major depression even though clinicians may link bipolar disorder and depression, based on their symptoms.

These insights could possibly reveal new treatments, says neurogeneticist **Daniel Geschwind** of UCLA, one of the investigators, and that one path to that result, which has not yet been tested, could be to “put the different groups of genes in lab dishes and see which drugs reverse any over-expression or underexpression of the genes.”

## Mental Illness Awareness Week in the Community

(Cont'd from Page 1)

**Santa Teresa Social Justice Ministry** is once again sponsoring events during Mental Illness Awareness Week. All take place at **Santa Teresa Church** at **794 Calero Avenue, SJ.**

◆ **Tuesday, Oct. 2, 7:30–8:30 P.M.**  
**(in the Church)**

Candle Lighting Service and NAMI Outreach speakers. “Prayers and actions are needed to restore mental wellness in America. By seeking God’s guidance, we can recommit ourselves to replacing misinformation, blame, fear and prejudice with truth and love in order to offer hope to all who are touched by mental illness.”

◆ **Thursday, Oct. 4, 7–8:30 P.M.**  
**(in the Hall)**

“NAMI Ending the Silence”: An interactive presentation that helps teens and parents learn about the warning signs of mental health conditions as well as the steps they should take to find support for themselves or their friends.

One in five teens ages 13–18 experience a mental health condition in a given year and 80% of them are not currently receiving treatment. The presentation includes a young adult living with mental illness who shares their journey of recovery. Teens will have the opportunity to ask questions and gain understanding of an often misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

All are welcome to attend these events!

**October 11 is National Depression Screening Day.** Go to [HelpYourselfHelpOthers.org](http://HelpYourselfHelpOthers.org) to complete an anonymous self-assessment for yourself or a loved one.

**Wear Green:** Green is the national color of mental health awareness. Wear it to show your support for people living with mental health challenges. Help break down the barriers that prevent many from seeking the help they need.



### Staff Spotlight: Lourdes Robles

In 2015, **Lourdes Robles** became a NAMI volunteer with the Spanish classes, and continues supporting the Spanish Support Group. Diagnosed in 2001 with depression and anxiety, Lourdes found that as a

volunteer in the Latino community, she could help others in understanding mental illness while supporting their loved ones. She has an undergraduate degree in Psychology and will soon begin a graduate program in Counseling Psychology.

Before joining the staff at NAMI SCC, Lourdes supported families and clients in their resource

needs at Momentum for Mental Health-La Selva Group in Palo Alto. When she learned of an opening at NAMI for Community Peer Mentor Manager, she decided to apply after witnessing how peers supported each other at La Selva.

Lourdes can usually be found with at least two books in her bag and two others open in her e-reader! She also enjoys the beach, nature walks, playing with the family dog and going to the movies with her daughter. She and her daughter share many interests, in particular her daughter’s job as a probation officer. She is very proud of how much her daughter has accomplished.

## 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.**, **October 2, 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](http://www.namisantaclara.org) or email our Executive Director at [kforward@namisantaclara.org](mailto:kforward@namisantaclara.org)

We would like to thank:

- ◆ **El Camino Healthcare District:** \$90,000 grant for Community Peer Mentor Program
- ◆ **Kaiser Permanente:** \$30,000 grant for Community Peer Mentor Program

## Election Day Poll Workers

Santa Clara County is seeking **poll workers** for the November elections.

Stipends for volunteers are \$115 to \$200! You will be fulfilling an important civic duty, and you will do NAMI a great service if you donate your stipend to NAMI! You can apply online at [www.sccgov.org](http://www.sccgov.org)

## Community Events in October

### 1. 11th Annual Disability Awareness Day

This free citywide event celebrates diversity, awareness and empowerment for persons with differing abilities. There will be entertainment, carnival games, a resource fair and food trucks. Share this with your friends.

**WHEN:** Thursday, Oct. 4 ~ 11 A.M.–2 P.M.

**WHERE:** SJ City Hall Rotunda & Plaza, 200 E. Santa Clara St., SJ

**INFO:** To register to attend or have a vendor table, call **408-535-4901** or go to: <https://www.eventbrite.com/e/disability-awareness-day-2018-tickets-48012756447?aff=erelexpmlt>

### 2. 2018 NAMI Northern Regional Multicultural Symposium

General volunteers and volunteer interpreters in Mandarin and Spanish are needed. If you are interested in volunteering, go to <https://www.surveymonkey.com/r/5DSK58H> to complete an application. (All volunteers will receive a \$20 Target Gift Card as a token of gratitude.)

**WHEN:** Thursday, Oct. 4 ~ 9 A.M.–3:30 P.M.

**WHERE:** Sobrato Redwood Shores Center, 350 Twin Dolphin Dr., Redwood City

**REGISTRATION LINK:**

<https://41339.thankyou4caring.org/2018-northern-california-regional-multicultural-symposium>

### 3. California Crisis Intervention Training (CIT) Association Annual Conference

**WHEN:** Thursday, Oct. 4–5

**WHERE:** McClellan Conference Center, 5411 Luce Av., McClellan (Sacramento)

**INFO/REGISTRATION:** [cacita.net](http://cacita.net)

### 4. Mental Health Wellness Fair, Presented by DBSA\* CA GO and NAMI SCC

Gather handouts and informational pamphlets from mental health organizations; talk with presenters, participate in demonstrations and view informational videos

\*Depression and Bipolar Support Alliance

**WHEN:** Saturday, Oct. 6 ~ 10:30 A.M.–2:30 P.M.

**WHERE:** El Camino Hospital, Conf. Rms A & B (near Cafeteria) 2500 Grant Rd, Mtn View;

**INFO:** Call Kristin at 408-858-3459 or email Paul at [psimmons@dballiance.org](mailto:psimmons@dballiance.org)

### 5. Day on the Bay / Health Resource Fair

Free event including Health Resource Fair, Kayak Ride, Hamburgers and Veggie Burgers\*, Pumpkins for Kids\*, Entertainment and Bike to the Bay.

\*While supplies last

**WHEN:** Sunday, Oct. 7 ~ 10 A.M.–3 P.M.

**WHERE:** Alviso Marina County Park

**INFO:** [www.sccgov.org/dayonthebay](http://www.sccgov.org/dayonthebay) or 408-299-5030

### 6. 26th Annual Senior Resource and Wellness Fair

Free event with more than 50 agencies onsite to provide community resources for seniors, family members and caregivers. All ages are welcome.

**WHEN:** Tuesday, Oct. 16 ~ 9:30 A.M.–12:30 P.M.

**WHERE:** San Jose City Hall Rotunda and Plaza

**INFO:** Teiana Johnston, 408-975-5720 or [teiana.johnston@ssa.sccgov.org](mailto:teiana.johnston@ssa.sccgov.org)

## Open Enrollment Period for 2019 Affordable Care Act (Obamacare) in California

Open enrollment is the period during which people can purchase health insurance for the upcoming year. During Open Enrollment you can apply without a Qualifying Life Event. You can apply through **Covered California** at the website in the shaded box below.

During Open Enrollment, you have the following options, depending on your current situation:

- ◆ **Buy a plan through Covered California.** You can buy a plan through the marketplace if you qualify for a tax credit to help offset your premiums. Qualifying usually depends on your income and household size. Your total household income must be between 128% and 400% of the Federal Poverty Level (FPL).

- ◆ **Renew or change your current plan.** During the Open Enrollment period, you can renew your existing plan. You won't have to do anything if you want to keep what you have. But if your current plan is changing — for instance, your PCP is leaving the network or your drugs aren't in the list of covered medications — then you may want to switch to a plan that best suits your current needs. If you need to change policies, the Open Enrollment period is the best time to do so.

- ◆ **Enroll in Medi-Cal.** If your income is below 128% of the Federal Poverty Level, you qualify for Medi-Cal, which is Medicaid for Californians.

<https://www.healthforcalifornia.com/covered-california-enrollment/open-enrollment>

**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](http://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 stickers & magazines for making **NAMI bookmarks** — they are used at out-reach events and are very popular. Drop off items at the NAMI SCC office. Questions:  
Email [sschonian@namisantaclara.org](mailto:sschonian@namisantaclara.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.–6 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@namisantaclara.org](mailto: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](http://www.facebook.com/namisantaclara.org)

**MEMBERSHIP/DONATION FORM**

*You can make a donation, renew or join NAMI SCC at [namisantaclara.org](http://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](http://www.namisantaclara.org). Your contributions to NAMI SCC are tax deductible. Federal tax ID # 94-2430956**