Inside This Issue:

- General Meeting 1
- NAMIWalks 2017 1
- May Is Mental Health Matters Month 1
- Gen'l Meeting Write-Up 2
- Consumer Advisory Council Conversation 2
- NAMI Convention 2
- May Community Events 3
- Journeying Together: Faith, Spirituality, MH 3
- CBTp Conference 3
- Art Event: Tamara Staples 3
- Ongoing Activities at NAMI SCC 4

Calendar:

- May Community Events (p3)
- May 2 / Tues. NAMI Board Meeting (p3)
- May 7, 14, 21, 28 / Sun. Connections Groups (p4)
- May 9 / Tues. General Meeting (p1)
- May 10 / Wed. Journeying Together Conference (p3)
- May 29 / Mon. Office Closed—Memorial Day
- May 30 / Tues. Consumer Advisory Council Conversation (p2)
- Sept. 23 / 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
M–F, 10 A.M.–2 P.M.

General Meeting, Tuesday, May 9, 2017
All About CIT and 5150, Kathryn Parlet & Police Officer Juan de Dios Tovar

Kathryn Parlet is the 5150 and Crisis Intervention Team (CIT) Coordinator for Santa Clara County. She will provide up-to-date information about 5150 and the CIT program and will answer questions. San Jose Police Officer Juan de Dios Tovar will join Kathryn for the presentation. He is very well known in our community as an exceptional officer who helps with mental health concerns. Juan is also a family member.

Kathryn began her work in mental health in 1995. She is a Mental Health Program Specialist with Santa Clara County as well as a California State Licensed Professional Clinical Counselor. Additionally, she is among only 80 CIT International Certified Coordinators worldwide.

Join us in the auditorium of Good Samaritan Hospital (in the basement of the main building) at 7:30 p.m. for an informational meeting followed by the presentation and Q&A from 8-9 p.m.

NOTE: Good Samaritan Hospital is located at 2425 Samaritan Drive, San Jose. You can find directions at www.maps.yahoo.com.

NAMIWalks Silicon Valley ~ Sept. 23, 2017

NAMIWalks Silicon Valley 2017 Kickoff: NAMI Santa Clara County celebrates May Is Mental Health Matters Month by officially kicking off the 2017 NAMIWalks Silicon Valley season. Attend the Kickoff & Informational Meeting on Tues., May 23 from 5 to 7 p.m. at Hitachi Data Systems, 2845 Lafayette St., Santa Clara 95050. The theme for the Kick-off is “I Love Being Me,” and participants will have the opportunity to express themselves as they exchange stories and ideas about NAMIWalks Silicon Valley.

Sponsors, team captains and volunteers will enjoy free appetizers and beverages while learning what is new for NAMIWalks Silicon Valley 2017. There will also be a photo booth, prizes & surprises. NAMI walkers & members, check your inbox for e-invitations.

NAMIWalks Silicon Valley on the Radio: Walk Manager Dyane Hendricks and Walk Committee Member Gina Cecconi will take the NAMI message to the airwaves when they are interviewed in May on Today’s World, a 15-minute program that discusses health, economy, parenting, education and environmental issues in the San Francisco/San Jose/Oakland/Bay Area. The show airs every Sunday morning on KFOX 98.5, The Game 98.7, KOIT 98.5, Q 102.1 and KBLX 102.9.

Walk Registration Now Open: Sign up at www.namisiliconvalley.org. NAMIWalks Silicon Valley is presented by NAMI Santa Clara County with NAMI San Mateo County participating. For more info, contact Dyane at dhendricks@namisantaclara.org or 408-453-0400 x3125.

May Is Mental Health Matters Month

1. May is Mental Health Matters Month! Help us spread awareness of the importance of mental health by sharing this post on Facebook.

2. Lime green is the national color of mental health awareness. Show your support by wearing lime green ribbons, t-shirts, nail polish and so on during May. Learn more and get your lime green gear at EachMindMatters.org

3. People are coming together to spread mental health awareness across California during Mental Health Matters Month. To find an event near you, visit EachMindMatters.org/events

4. See what is being done in California to end stigma at https://vimeo.com/191840161

5. Early support and help for those with mental health challenges can improve quality of life. Helping to create safe spaces to reach out or simply listening to your loved ones can encourage them to seek help.

6. Most people thinking about suicide show some signs that they need help. If you see even one warning sign, step in or speak up. Learn what to do now so you’re ready to be there for someone. Go to www.SuicidesPreventable.org

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Jeff Rosen, SCC District Attorney, “Race and Prosecutions in SCC”  
March 14, 2017 General Meeting Write-Up  
By Cole Buxbaum

Jeff Rosen joined the SCC District Attorney’s office in 1995 and was elected District Attorney in 2010. He has taught trial advocacy to law students and trained police officers in report writing. He has successfully prosecuted many high profile criminal cases. Mr. Rosen explained that between 2,500 and 4,000 individuals are housed in the two Santa Clara County jails with 30 percent, or more than 1,000, suffering from severe mental illness. Twenty years ago that number was 8 percent. Mr. Rosen initiated a three-year study starting in 2013 entitled Race and Prosecutions 2013-2015, that has shown racial disproportionality in the criminal justice system. The public report, which compiles three years of internal data, shows that Black and Latino felony and misdemeanor defendants make up a much higher percentage of the total number of defendants than their respective percentages of SCC’s population; for example, Latinos make up close to 26 percent of the county’s population, yet they make up 44 percent of all felony defendants and 46 percent of all misdemeanor defendants. Black defendants make up 3 percent of the population but account for 11 percent of the county’s felonies.

“A hard question is coming from our community and from communities across America: Is our justice system fair to everyone?” DA Rosen said, “One study cannot answer that question, but it is a step toward coming to grips with the troubling parts of our system where there is racial inequity.”

Besides racial inequalities, Mr. Rosen noted that today more individuals receive mental health treatment in prisons and jails than in hospitals. Many people are warehoused in jail while awaiting trial. When someone is behaving erratically and when someone calls 911, it usually takes only 5 minutes for the police to arrive on the scene, but at least 30 minutes for a mental health worker to arrive, which can also lead to social inequities.

The criminal justice system was never built to handle people with serious mental illness. Possible solutions are diversion to other areas in the community, as well as additional mental health courts and veterans’ courts. “A major challenge is to balance compassion with public safety.”

There are strong biases in society when it comes to acceptance of the mentally ill and their care, as opposed to people who have a physical illness. The audience asked a number of questions, reflecting the complexity of getting good care for individuals and making resources available for those with mental health conditions when involved with the criminal justice system.

For more information about the report as well as work being done by the DA’s office, go to www.santaclara-da.org

To access audio recordings of our General Meetings, go to www.namisantaclara.org/meetings.htm

NAMI National Convention and California Conference

NAMI National Convention  
June 28–July 1, 2017

NAMI returns to the nation’s capital for the 2017 convention at the Washington Hilton. This year’s theme is Educate, Empower, Engage. Get complete registration information at www.nami.org/convention

NAMI California Conference  
August 25–26, 2017

This year’s conference will take place at the Newport Beach Bayview Marriott Hotel and Spa. The theme is Back to the Future: Building on a Past for a Better Tomorrow. Contact Eugenia Cer- vantes at Eugenia@namica.org or call 916-567-0167 for details. To register, go to www.namicalifornia.org or send a check to NAMI California, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.
NAMI SCC Board Meeting
NAMI Board Meetings occur on the first Tuesday of the month; the next Board Meeting will take place on Tues., May 2, 2017 / 7–9 p.m., at the NAMI SCC office.

NAMI SCC Board Officers
Co-Presidents: Vic Ojakian / Beverly Lozoff
Past President: Navah Statman
Vice Presidents: Juan Perez
Harold Brown
Uday Kapoor
Treasurer: Uday Kapoor
Secretary: Peter Newman

Friends & Family DBT
(FRAM-DBT)
Skills training group for family members or friends of someone who is receiving DBT treatment or would benefit from DBT.

WHEN: Thurs., 3–4:30 p.m.
(Rolling enrollment)
INFO: Stanford intake
650-498-9111

Cognitive Behavioral Therapy for Psychosis (CBTp) Conference
May 16–18, 2017
NAMI Marin is hosting a conference to be presented by a team of international experts led by Dr. Doug Turkington.

The first two days (May 16–17) are designed for mental health clinicians and providers to focus on CBT techniques for schizophrenia. To register, email ggoncalves@marincounty.org

The third day (May 18) is especially designed for families to focus on ways to use CBT skills to work more effectively with loved ones. To register, email namimarinoffice@gmail.com or call 415-444-0480.

Community Events — May 2017

1. Mental Health Advocacy Project — Fighting Stigma

WHEN: Thurs., May 4 – 12–2 p.m.
WHERE: Esperanza Self-Help Center, 1235 First St, Gilroy
INFO: 408-852-2460

2. 13th Annual Special Needs Trust Seminar

Attorneys Michael Gilfix and Mark R. Gilfix will present two free seminars on these topics:
- How special needs trusts work; Why you must create one if you have a child with a disability;
- ABLE Act; Special Needs Trust Fairness Act; How Special Needs Trusts complement public benefits like SSI and Medi-Cal; Housing options. NAMI SCC will provide info there. Michael Gilfix’s book Special Needs Trust Creation and Management Guide will be offered for a $15 donation that will go to the nonprofits attending.

WHEN: Wed., May 10 – 2–4 p.m. or 6–8 p.m.
WHERE: Elks Lodge, 4249 El Camino Real, Palo Alto
REGISTER: Go to www.Gilfix.com or call 650-493-8070

3. Consumer Art Show with Art Therapist Yvette Duarte

Come and display your artistic talent with paintings, needlepoint, quilting, jewelry, ceramics, crafts, photography, poetry and performance art. Artists must register between May 1–5; each artist may submit up to 3 pieces.

WHEN: Fri., May 12 - 11 a.m.–2:30 p.m.
WHERE: Zephyr Self-Help Center, 1075 E Santa Clara St (rear of bldg), SJ
INFO: 408-792-2140

4. Annual Consumer Art Show with Art Therapist Patricia Doolittle


WHEN: Fri., May 19 - 11 a.m.–2:30 p.m.
WHERE: Esperanza Self-Help Center, 1235 First St, Gilroy
INFO: 408-852-2460

5. SSI/SSDI Work Incentives Workshop

Do you want to work and still maintain your SSI/SSDI cash or medical benefits.

WHEN: Wed., May 24 - 1 p.m.
WHERE: Zephyr Self-Help Center, 1075 E Santa Clara St (rear of bldg), SJ
INFO: 408-792-2140

6. Project Sentinel: Fair Housing Workshop—Learn Your Rights as a Tenant

WHEN: Wed., May 31 - 11:00 a.m.–12:00 p.m.
WHERE: Esperanza Self-Help Center, 1235 First St, Gilroy
INFO: 408-852-2460

Journeying Together: Faith, Spirituality and Mental Health Conference

Learn-Share-Pray-Break Bread-Be Inspired to: End the silence in our faith communities about mental health disorders; Reduce the stigma of mental illness; Leave with skills, resources and ethical framework for being with and advocating for individuals and families affected by mental health issues.

WHEN: Wed., May 10 - 9 a.m.–4 p.m.
WHERE: Locatelli Student Activity Center, Santa Clara University
500 El Camino Real, Santa Clara
COST: $25, lunch included
REGISTER: www.dsj.org/SMH

Art Event ~ Tamara Staples: Side Effects May Include

A very timely and relevant art exhibition is currently taking place in San Jose and will continue through June 11, 2017. The exhibit addresses the struggles of mental illness sufferers with a focus on medication. On May 21 there will be a panel discussion focusing on the issue of polypharmacy in relation to patients with mental health disorders.

WHEN: Sun., May 21 - 3–4 p.m.
WHERE: San Jose Institute of Contemporary Art
560 South First Street, SJ
Ongoing Activities

NAMI SCC
Supporting others is part of the recovery process.

NAMI Signature Education Classes
Classes — Family-to-Family, Provider, Peer-to-Peer, Basics & Homefront — are offered throughout the year. For more information, please call the NAMI Warmline at 408-453-0400, Option #1 or go to www.namisantaclara.org

Connections Recovery Support Group
This group—for people over 18 with a mental illness—meets every Sunday 3–4:30 p.m. at the NAMI office. (To reduce group interruptions, arrive between 2:45–3:10 p.m. when the building door is open.)

Connections Recovery Support Group for Moms
For mothers with a mental health condition who have children under the age of 18 and are looking for support in parenting. For more information, call Denicia at 925-273-4939.

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.

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) 408-453-0400 x3065
  - 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 408-885-7855
Daily 8 a.m.–10 p.m.; walk in or by appointment

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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MEMBERSHIP APPLICATION OR RENEWAL

NOTE: If this is a renewal, please indicate any changes in the following:

Name: ______________________________________

Street Address: ___________________________ City: ______________ State: ____ Zip: __________

Home Phone: __________________ Work Phone: __________________ E-Mail Address: __________

**You will receive your newsletter via email. Please provide us with an email address.**

Would you be interested in doing volunteer work at NAMI? If interested, call 408-453-0400, option #1

Please accept my annual individual membership at the following level: Please check one:  □ New  □ Renewal

$ 35 Membership Type:  □ Standard Membership  How did you hear about us? __________________

$ 3 Membership Type:  □ Open Door

Please accept my additional donation(s):  □ General Fund  □ Education Program  □ Other ________

□ In Memory of  □ In Honor of __________________________

Resource Guide Available online

Total Amount Enclosed: $ ________ (Make checks payable to NAMI Santa Clara County.)

To pay online, go to www.namisantaclara.org and click on “Join NAMI.”

Donate a vehicle today. To find out more, call 800-240-0160 or go to www.namisantaclara.org

NAMI SCC welcomes your membership. Memberships are valid for one year. (Part of your membership dues enrolls you at NAMI State and National, which, in turn, automatically registers you as a member at all levels.) Additional donations help ensure that we can maintain our office, as well as our education programs. Your membership and donations are tax deductible.  Tax #94-2430956

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