



National Alliance on Mental Illness

Volume XLII No. 5

Santa Clara County Newsletter

May 2017

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

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.

Calendar:

May Community Events (p3)
May 2 / Tues. NAMI Board Meeting (p3)
May 7 / Sun. Nature Walk (p4)
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)



NAMIWalks Silicon Valley ~ Sept. 23, 2017

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 Kickoff is "I Love Being Me," and participants will have the opportunity to express themselves as they exchange stories and ideas about NAMI-Walks 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.namiwalks.org/siliconvalley. NAMI-Walks 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.SuicidelsPreventable.org



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.

Who's Who at the NAMI SCC Office

Kathy Forward:

Executive Director

Dyane Hendricks:

NAMIWalks Manager

Stacy Badgis:

Administrative Manager

Donna Mechanic:

Administrative Helper

Indra Carlos:

Education Program Manager

Rita Girman:

Warmline Help Desk Manager

Verna Barrientos:

Volunteer Coordinator

Gina Cecconi:

Volunteer Project Assistant

Denicia Gressel:

Volunteer Assistant /
Outreach Coordinator

Andres Florez:

Outreach Assistant

Hope Holland/Denicia Gressel

Connections Grp Coordinators

Programs

Indra Carlos:

Family-to-Family / Basics /
Homefront Coordinator

Greg Osborn:

Provider Education Coordinator

Cindy McCalmont:

Peer PALS Advisor /
MoD Manager /
FaithNet Advisor

Sharon LeClaire:

FaithNet Coordinator

David DeTata:

Peer PALS Coordinator

Barbara Thompson:

Peer-to-Peer Coordinator

Eugenio Vargas:

Spanish Programs Coordinator

Marc Fowler:

Community Programs
(In Our Own Voice / Ending
the Silence / Parents &
Teachers as Allies)

NAMI SCC Newsletter

Published 10 times per year
by the Newsletter Crew:

Cole Buxbaum (Editor),

Beverly Lozoff (Coordinator),

Donna-Jo (Typesetter)

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 SCC's Consumer Advisory Council ~ May 30, 2017

Are you interested in seeing an In Our Own Voice (IOOV) presentation? Never had the opportunity to view one? Now is your chance! Come to our May Consumer Advisory Council Conversation and hear **Robin** and **Barbara** tell their stories of hope and resilience and see the NAMI video about 5 or 6 other inspiring people.

WHEN: Tues., May 30 / 4 p.m.

WHERE: NAMI SCC Classroom

RSVP: **Barbara Thompson**
bthompson@namisantaclara.org

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 Cervantes** 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:

Steve Wade

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 specially 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.

May 2017

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

“Art for Recovery and Wellness,” to visually exhibit significant items of self-expression. Register your artwork by calling 408-852-2460 by **Wed., May 17**.

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

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 100 **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

New Lifestyles—The Source for Senior Living Magazine

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](https://twitter.com/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

NAMI Santa Clara County Community Resource & Support Center

1150 S. Bascom Ave, Ste 24, San Jose, CA 95128-3509

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**