



National Alliance on Mental Illness

Volume XLIII No. 11

# Santa Clara County Newsletter

November 2018

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## General Meeting, Tuesday, Nov. 13, 2018

### Quieting the Obsessive Mind: OCD Treatment Advances

November's General Meeting speaker is **Carolyn Rodriguez, MD, PhD** at Stanford. She will discuss OCD treatment advances. Standard first-line treatments for OCD may not provide sufficient relief of OCD symptoms for all those seeking care; thus, there is an urgent need for alternative treatments. Dr. Rodriguez will summarize her recent work in novel medication, therapy and other treatments for those considering future treatment options. The format will be an interactive presentation followed by Q&A.

Carolyn Rodriguez, MD, PhD is Assistant Professor of Psychiatry at Stanford University and Director of the Stanford Translational OCD Research Program. Her lab utilizes an interdisciplinary approach to gain understanding of OCD at multiple levels (from molecule to circuits to behavior) to develop novel treatments.

Dr. Rodriguez is Vice Chair of the annual IOCDF Research Symposium, Vice Chairperson of the Council of Research of the American Psychiatric Association, and recipient of the 2017 Eva King-Killam Research Award for outstanding translational research contributions.

Please join us at **7 P.M.** in the auditorium of Good Samaritan Hospital (main building basement). At **7:15** we will have NAMI announcements, 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 Speakers

**Jan. 8, 2019: Steven Sust, MD**

Working with SCC Emergency Psychiatric Services (EPS)

**Feb. 12, 2019: Ricque Brister, MD**

The Seven Dwarfs and Brain Chemistry

## Calendar:

### Community Events (p3)

**Nov. 4 / Sun.**

Nature Walk (p4)

**Nov. 4, 11, 18, 25 / Sun.**

Connections Group (p4)

**Nov. 6 / Tues.**

NAMI-SCC Board Mtg (p3)

**Nov. 12 / Mon.**

Veterans Day (Office Closed)

**Nov. 22, 23 / Th., Fri.**

Thanksgiving (Office Closed)

**Nov. 13 / Tues.**

General Meeting (p1)

**Nov. 30, Dec. 7-8**

Holiday Gift Drive (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

M–F ~ 10 A.M.–6 P.M.

[www.namisantaclara.org](http://www.namisantaclara.org)

## NAMIWalks Silicon Valley 2018

NAMIWalks Silicon Valley 2018 proved to be one of the best yet for NAMI-SCC. Almost 1500 people registered for the Walk and 15 new sponsors pledged to stomp out the stigma associated with mental illness. With 88 Walks across the country, NAMIWalks is the largest awareness-building event of the year for NAMI as a national organization.

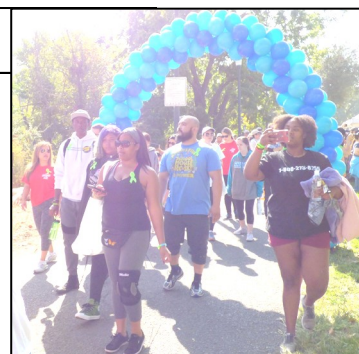
“The NAMIWalks events across the country are so much more than just fundraising events. They are a chance for us to come together as a community and walk to end the stigma so that people who are struggling will know it is OK to get help. Part of getting help is getting involved with NAMI,” said **Kathy Forward**, Executive Director of NAMI-SCC.

The Walk festivities started with a visit from the San Francisco 49er's **Sourdough Sam**, who posed for photos with walkers. Our featured speaker, **Dr. Stephen Hinshaw**, a highly acclaimed psychologist with contributions in the areas of developmental psychopathology and combating the stigma surrounding mental illness, gave a moving speech about the importance of ending the stigma.

NAMIWalks SV paid tribute to the people we loved and lost this year with our ceremonial invocation and dove release led by **Rev. Cindy McCalmont**

followed by a beautiful rendition of “Amazing Grace” by **Lettie Smith** on bagpipes. Miss Silicon Valley, **Amia Nash**, spoke about her personal experience with a mental health crisis while attending Stanford as an all-star athlete.

Walk Manager **Shanna Webb** said, “The support we have received this year is outstanding and we are very close to reaching our goal of \$300,000. Although the event is over, our fundraising endeavors continue. You can still donate to NAMIWalks Silicon Valley 2018. Go to [www.namiwalks.org/siliconvalley](http://www.namiwalks.org/siliconvalley) or you can mail a check to NAMI-SCC at the address listed at the left. Thank you very much.”



## NAMI-SCC Holiday Gift Drive 2018 (See flier)

In 2017, we distributed gift bags to more than 600 participants and we'd like to do the same this year. Your help will allow us to do so. Please see the flier enclosed with this newsletter for info about the types of items we need, as well as how to donate via Amazon.

## Important Dates

**Fri., Nov. 30:** Due date for donations.

**Fri., Dec. 7, 10:30 A.M.–1:30 P.M. & Sat., Dec. 8, 1–3 P.M.:** Holiday helpers are needed at the NAMI office. Call the office to volunteer.



**Who's Who at  
NAMI-SCC  
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

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

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

For information about **Spanish  
Programs and In Our Own  
Voice (IOOV)**, contact the  
Warmline at **408-453-0400**,  
**Option #1**

## NAMI-SCC Newsletter

**Cole Buxbaum (Editor)**  
**Beverly Lozoff (Coordinator)**

**Joanie Stein (Proofreader)**

**Donna-Jo (Typesetter)**

## General Meeting, Tuesday, September 11, 2018 Barbara Loebner, Attorney, and Gary Loebner, Fiduciary Estate Planning and Special Needs Trusts

By Cole Buxbaum

**Barbara and Gary Loebner** presented a comprehensive description of the importance of estate planning. Barbara is an experienced attorney and certified Specialist in Estate Planning. She discussed the basic documents that are important to consider in managing your financial and health care needs, as well as those of your children.

Ms. Loebner explained that financial and health care details are different for each family. Estate planning allows you to decide:

- ◆ **Who** is in charge of your assets, your income and your well-being if you become incapacitated;
- ◆ **Who** takes care of your minor children;
- ◆ **How** your assets are distributed after you die and **Who** handles the distribution.

The bottom line is: If you don't plan, the probate court and laws will decide for you.

An **Estate Plan** typically includes: a Will or Trust; Power of Attorney for Finance; Advanced Health Care Directive; Retirement Plan Beneficiaries; and/or Life Insurance. Even if you have a will, if your estate exceeds \$150,000 and real estate exceeds \$20,000, a court probate with costly fees is required and state law dictates how your assets will be distributed. To avoid this, your trust needs to include: a plan for transferring assets into the trust; the names of trustees and alternatives; specific termination after the death of both spouses; a distribution plan; and probate protections.

You should have an advance care directive when a doctor determines you are unable to make end-of-life decisions. Without this, you may end up having a court proceeding that assigns a conservator. You should have a general power of attorney that allows for payment of trust accounts and so on.

When disabled individuals are involved, you need Special Needs Planning to protect one's assets

without sacrificing government benefits and/or entitlements for supportive services such as SSI, Medi-Cal, Veterans Benefits & Section 8 housing.

The terms that govern the carrying out of desires of a trustee are:

- ◆ Trustee — Individual or professional (private fiduciary, bank or nonprofit pooled trust);
- ◆ Trust Protector — Allowed to modify SNT to keep up with changing laws; directs trustee to supplement government benefits or more by Trustee discretion.

There are many allowable distributions to help the disabled individual.

**Gary** discussed the importance of a fiduciary to serve as a trustee or agent upon the incapacity or death of one or both parents. A professional fiduciary is "an individual who is entrusted with property or power for the benefit of another. They serve vulnerable populations such as the elderly and those who can no longer care for themselves, and are a neutral and objective party that provides overall care for a client."

A fiduciary handles management of activities such as daily care and housing needs, household upkeep, medical care needs, and other important management considerations.

A fiduciary may be preferable to a friend or relative especially when an objective and neutral professional would be better.

For more information, you can reach Barbara Loebner at **650-468-3220** and Gary Loebner at **650-961-3368**.

For the video of the presentation, go to [www.namiantaclara.org](http://www.namiantaclara.org) and look for "General Meeting" in Programs and Services.

## Team Lorraine #5: In Memoriam

NAMI-SCC would like to honor one of the fallen who was recognized during the dove release ceremony at the NAMI-Walks event on September 22.

**Lorraine Hernandez**, a 57-year-old woman from San Jose, tragically lost her life in an automobile accident in Atwater, California. Hernandez struggled with mental illness for 30 years, and her family became involved with NAMI-SCC after taking the Family-to-Family class and subsequently participating in NAMI-Walks for the past five years. The family started a Walk team, Team Lorraine #5, in her honor.



Lorraine's sister **Ruth Mendoza**, captain of Team Lorraine #5, stated, "Participating in the Walk every year was how we supported Lorraine. We designed our Walk shirts and team name to be about what Lorraine signifies

to us. Our team name has the number five in it because Lorraine was the fifth child of eight, and we have a cheerleader on our shirt because that is what Lorraine was in high school. We will continue walking in Lorraine's honor at NAMI-Walks events because this was important to her and it's important to us."

## NAMI-SCC Board Meeting

NAMI Board Meetings are held on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., Nov. 6, 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 Partnership with Stanford Health Care By Lourdes Robles

We are proud to announce that **Stanford Health Care** has honored us with a grant for \$111,550 for our Mentors on Unit, part of the Community Peer Mentor Program. This grant allows mentors to go into the unit and approach patients who want to learn about next steps when they leave the hospital. Stanford social workers also refer patients to us in order to match them up with a mentor.

Our mantra is: “No fixing, no saving, no advising, no setting each other straight.” Mentors are there to walk beside the participant for four months, sometimes beginning while they are still in the hospital. During this time, mentors speak with the patient, take walks with them, have coffee with them, introduce them to NAMI’s programs, and are simply present with them.

Thanks to Stanford Health Care, we will be able to continue to serve participants until August 2019. Congratulations to the mentors who give so much of themselves to help others!

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## Community Events in November

### 1. Drop-in Group: Living with Meaning

A therapeutic support group for adults who grew up with a parent living with mental illness facilitated by **Amy Janine Williams, LCSW** and **Alexis Horozan, LMFT**.

**WHEN:** Start Date **Sat., Oct. 27, 9:30–11:30 A.M.**

**WHERE:** YWCA, 375 S. 3rd St, San Jose

**COST:** \$25 per session

**RSVP:** Alexis at 408-236-2231 OR Amy at [ajwilliams@therapysecure.com](mailto:ajwilliams@therapysecure.com)

### 2. Special Needs Trusts Seminar

Presented by Attorneys **Michael and Mark Gilfix**

**WHEN/WHERE:** **Tues., Oct. 30, 2–4 P.M.** ~ Biltmore Hotel, 2151 Laurelwood Rd, Santa Clara

**WHEN/WHERE:** **Thur., Nov. 1, 2–4 P.M. & 6–8 P.M.** ~ Elks Lodge, 4249 El Camino Real, Palo Alto

**REGISTER:** Call 650-493-8070 or go online to [www.gilfix.com](http://www.gilfix.com)

### 3. South Bay Project Resource

“Moving Toward Empathy and Honesty through the Lens of NVC (Nonviolent Communication)” For Peers, Family Members, Caregivers, Mental Health Workers or anyone who has been affected by an emotional crisis; presented by certified trainer **Kristin Masters**.

**WHEN:** **Sat., Nov. 10, 10 A.M.–5 P.M.**

**WHERE:** Cypress Community Center, 403 Cypress Ave., Rm 5, San Jose

**RSVP:** Registration is required due to limited space;

email: [southbayprojectresource@gmail.com](mailto:southbayprojectresource@gmail.com)

**INFO:** [www.southbayprojectresource.org](http://www.southbayprojectresource.org)

### 4. An Evening of Healing and Song with Chaplain Bruce Feldstein, MD

The Beit R’fuah Support Group meeting will have a special guest speaker. **Chaplain Bruce Feldstein** is the founder and director of the Jewish Chaplaincy at Stanford Medicine and Adjunct Clinical Professor at the School of Medicine.

**WHEN:** **Wed., Nov. 14, 6:15 P.M.** for potluck\*; **7 P.M.** for group sharing

**WHERE:** Congregation Beth Am, Beit Kehillah 26790 Arastradero Rd., Los Altos Hills

**INFO:** [mentalhealth@betham.org](mailto:mentalhealth@betham.org)

(\*Vegetarian dishes or salads only and fruit for dessert)

### 5. SVILC’s 2018 Peoples’ Thanksgiving

Join Silicon Valley Independent Living Center (SVILC) staff, board members & volunteers for their annual traditional Thanksgiving feast complete with all the trimmings (vegetarian option also available). This is a free event. Volunteers and donations are greatly appreciated.

**WHEN:** **Thurs., Nov. 15, 12:30–2:30 P.M.**

**WHERE:** John Burns Gardens Community Room, 820 Agnew Rd, Santa Clara

**RSVP by Nov. 9:** Email: [info@svilc.org](mailto:info@svilc.org) OR call 408-894-9041. Please call to request an accommodation or for more info.

### 6. Thanksgiving Celebrations

Santa Clara County’s self-help centers will host Thanksgiving events. All are welcome! Please call the centers at the beginning of November for specific details about date and time.

—Zephyr Self-Help Center (1075 E Santa Clara St., SJ), 408-792-2140

—Esperanza Self-Help Center (1235 First St., Gilroy), 408-852-2460

—Grace Community Center (488 N 6th St. SJ), 408-293-0422

### 7. Support Groups at YWCA, San Jose

Please see our **Resource Guide** for details about the following support groups: Domestic Violence Support (English); Peer Support Group (Spanish); Trauma Support Group (Spanish); Sexual Assault Survivors Group (English). Call 800-572-2782 to speak with a counselor about these groups.

## Open Enrollment Period for 2019 Affordable Care Act in California October 15, 2018 – January 15, 2019

During the Open Enrollment period, you can purchase health insurance for the upcoming year and can apply without a Qualifying Life Event. Go to the **Covered California** website (see shaded box below) for information and to apply.

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

- ◆ Buy a plan through **Covered California**.
- ◆ Renew or change your current plan.
- ◆ Enroll in Medi-Cal.

<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.namisanclaara.org](http://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 stickers & magazines 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](mailto:sschonian@namisanclaara.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:**

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.211sc.org](http://www.211sc.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@namisanclaara.org](https://twitter.com/namisanclaara.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/namisanclaara.org](https://www.facebook.com/namisanclaara.org)

## NAMI-Santa Clara County, Community Resource & Support Center 1150 S. Bascom Av 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

**Effective July 1, 2017:** ☐ \$60 Household Membership ☐ \$40 Individual/Regular Membership ☐ \$5 Open Door

**Please accept my additional donation(s):** ☐ General Fund \_\_\_\_\_ ☐ Education Program \_\_\_\_\_ ☐ Other \_\_\_\_\_

☐ In Memory of \_\_\_\_\_ ☐ In Honor of \_\_\_\_\_

**Total Amount Enclosed:** \$ \_\_\_\_\_ (Make checks payable to **NAMI-Santa Clara County**)

To pay online, go to [//www.namisanclaara.org](http://www.namisanclaara.org) and click on "Join NAMI."

**Donate a vehicle today.** To find out more, call 800-240-0160 or go to [www.namisanclaara.org](http://www.namisanclaara.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.) Your 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**