



National Alliance on Mental Illness

Volume XLIII No. 10/1

Santa Clara County Newsletter

December '18 / January '19

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Calendar:

Dec. / Jan. Events (p3)
Dec. 2, Jan. 7 / Sun.
 Nature Walk (p4)
Dec. 2, 9, 16, 23, 30 & Jan. 6, 13, 20, 27 / Sun.
 Connections Group (p4)
Dec. 4 / Tues. & Jan. 2 / Wed
 NAMI-SCC Board Mtg (p3)
Dec. 7-8 / Fri., Sat.
 Holiday Gift Drive (p4)
Dec. 25 & Jan. 1 / Tues.
 Office Closed
Jan. 8 / Tues.
 NAMI SCC General Mtg (p1)
Jan. 21 / Mon.
 Office closed (MLK Day)
Jan. 29 / Thur.
 CAC (p4)

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.namisanclara.org
 M-F, 10 A.M.-2 P.M.

General Meeting, Tuesday, January 8, 2019

Working with Emergency Psychiatric Services (EPS)

NOTE: There is no December General Meeting. At our next General Meeting on **Jan. 8, 2019** our speaker will be **Steven Sust, MD** who will discuss Valley Medical Center's **Emergency Psychiatric Services (EPS)**. Dr. Sust will talk about multiple topics including 5150's, unit staffing, HIPAA confidentiality, patient flow through the unit, maintaining unit safety, as well as mandated reporting.

Dr. Sust received his Bachelor's Degree in Psychology at George Washington University, worked as a psychiatric technician at a Virginia State psychiatric hospital, and conducted imaging genetics research at the NIMH with Dr. Daniel Weinberger's Genes, Cognition and Psychosis Program. He then received his MD at the University of Virginia, then completed general psychiatry residency training at the University of Pennsylvania, followed by child and adolescent

psychiatry fellowship training in the Community Track at Stanford University.

Currently Dr. Sust is a Child and Adolescent Psychiatrist with San Mateo County's Behavioral Health and Recovery Services, an Emergency Psychiatrist at SCC's Valley Medical Center, and a Clinical Instructor at Stanford.

Please join us at **7 P.M.** in the auditorium of Good Samaritan Hospital (main building basement). At **7:15** there will be NAMI announcements, followed by our speaker from **7:30-8:30**. (Good Samaritan is located at 2425 Samaritan Dr., SJ. Find directions at www.maps.yahoo.com)

Upcoming General Meeting Speakers

Feb. 12, 2019: Ricque Brister, MD

The Seven Dwarfs and Brain Chemistry

Mar. 12: Nicole Steward

Self-Care for Caregivers

NAMI-SCC Board Officer Nominations

In accordance with our bylaws, our annual election of officers will take place at the March, 2019 General Meeting. We need candidates for:

President
 4 Vice Presidents
 Treasurer
 Secretary

If you are interested in a position, wish to suggest someone, or if you might be interested in serving on the nominating committee, please contact NAMI Board Co-President **Beverly** at blozoff@namisanclara.org

Nominations will be accepted from the floor at the February and March 2019 general meetings.

2018 NAMIWalks Silicon Valley — We Came, We Saw, We Conquered and We Continue

Thank you to all who participated in the 2018 NAMIWalks Silicon Valley! You've helped us raise almost **\$308,000** — which allows us to continue bringing NAMI's signature programs and presentations to the community at no cost to participants!

Some of our vital programs include:

- ♦ Our educational courses such as Peer-to-Peer and Family-to-Family — programs that help lead the way for people and their families living with mental illness to find wellness and recovery.
- ♦ Our presentations such as Ending the Silence and In Our Own Voice — our community presentations that aim to educate both students and adults about mental illness.

The 2019 NAMIWalks Silicon Valley event has just been scheduled through the city of San Jose to take place on **Sat., Sept. 21, 2019**. And planning for the event has already begun!

If you would like to be involved in next year's NAMIWalks Silicon Valley event, please contact Shanna. See the shaded box below for her contact information.

SAVE THE DATE!



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

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

Sarah Prabhu (x3020):
Warmline/Help Desk Manager

Nicole Rathjen (x3105):
Warmline Assistant 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)

October 10, 2018 General Meeting Write-Up Affordable Housing, Mary Barrea

By Cole Buxbaum

Mary Barrea, Housing Coordinator at Silicon Valley Independent Living Center (SVILC), reported on the housing program that they offer, one of many services they offer to assist people with disabilities in achieving independent living. The programs are funded by the Department of Rehabilitation and individual contributors.

The housing program assists community members in their search for affordable housing in Santa Clara County. It provides step-by-step advice on what to expect through the application process, including a review of the housing search process. To begin the process, one must attend a Housing Orientation, offered weekly at SVILC as well as in the community. A Housing Assistance workshop is also offered at SVILC once a week.

The following websites offer comprehensive info and can help in the affordable housing search:

- ♦ SCC Housing Search
<http://scchousingsearch.org>
- ♦ Section 8 Rental Listings
hacsc.gosection8.com
- ♦ Open Section 8 Waiting Lists
<http://affordablehousingonline.com/open-section-8-waiting-lists>

NOTE: Waiting for admission into rental facilities can take 6 months, 1 year or 2 years. A client can call a property manager on his or her own and should be persistent in calling rental facilities, and if not successful can visit directly.

SVILC is located at 25 N. 14 St Suite 1000, SJ. Call **408-894-9041** and ask for housing staff.

For the video of the presentation, go to www.namisantacleara.org and look for "General Meeting" in News and Events

Santa Clara County Establishes a House-Sharing Program

Last spring, the Board of Supervisors established a house-sharing program in the county. Its goal is to connect people who have extra room and an interest in extra income with a person who is in need of housing. The program is operated by SCC Catholic Charities. It will initially operate on a pilot basis through June 2020, with the goal of making at least 100 matches each year.

"House sharing provides an expansion of the housing supply without the need to spend a dollar on property acquisition or pound a single nail," according to Joe Simitian, current president of the Board of Supervisors. Anyone interested in taking part in the new program should contact Catholic Charities at **408-325-5226** or email scastillo@catholiccharities.org

8th Annual Behavioral Health Board Community Heroes Awards

Santa Clara County's Behavioral Health Board is seeking nominees for its heroes awards, given to community members who have made an extraordinary difference in the lives of people with behavioral health challenges.

The deadline for award nominations is **Monday, Jan. 14, 2019**. Please go to www.sccgov.org, click on "Information and Resources," then on "Behavioral Health Board." There you'll find information as well as the Nomination Form.

2019 "Directing Change" Program & Film Contest

Every year the California Mental Health Services Authority sponsors a film contest for students. It is part of a statewide effort to prevent suicide, reduce stigma & discrimination of mental illness, and promote mental health and wellness.

Middle and high school students and young adults (ages 14-25) are invited to create 60-second films in one of two categories: **Suicide Prevention** and

Mental Health Matters. The winning teams and their associated schools win prizes and receive mental health or suicide prevention programs for their school or organization.

Go to www.directingchange.org for all the information including contest rules. **March 1, 2019** is the final submission date.



Staff Spotlight: Sarah Prabhu

Sarah Prabhu grew up in India. After marrying, she and her husband lived in various countries around the world before settling in California.

When her loved ones started having emotional health struggles, she reached out to NAMI and was so glad she did.

Sarah is very grateful for the support she received at NAMI-SCC and felt compelled to give back.

She began volunteering at NAMI by teaching BASICS classes, facilitating the Transition Age Youth (TAY) family support group, the faith-based parent support group called Parents of Vision (NAMI FaithNet Model) and working one day a week on the Warmline Help Desk. Just recently Sarah started her new position on the staff as Warmline Help Desk Manager.

In her spare time, Sarah likes to cook, go on hikes with friends and spend time with her wonderful family.

NAMI-SCC Board Meeting

NAMI Board Meetings are on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., Dec. 4** and **Wed., Jan. 2, 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

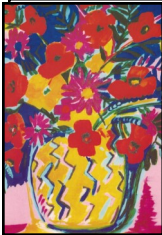
Uday Kapoor

Treasurer:

Steve Wade

Secretary:

Peter Newman



NARSAD Holiday Gifts

Buy a meaningful gift for your friends & family this holiday season & support mental health!

If you would like to inquire about purchasing these cards or jewelry, contact NAMI San Mateo County at **650-638-0800** or nami@namisanmateo.org

Thank you for supporting mental illness, we know this would make the late **Patsy Hollister**, founder of NARSAD, proud!

NAMI SMC is hosting a Holiday Open House with refreshments on **Tues., Dec. 4–Fri., Dec. 7 from 1–4 P.M.** at 1650 Borel Place #130, SM.

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Community Events — December 2018 / January 2019

1. Christmas Celebrations

Santa Clara County's self-help centers will host Christmas events. All are welcome! Please call the centers at the beginning of December for date and time details about the celebrations.

—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**

2. Songs from the Streets: Homelessness and Mental Health in SCC

Join **Cindy McCalmont** (NAMI FaithNet Coordinator), **Sarah Bettencourt** (NAMI Peer Mentor) and **John Duckworth** (NAMI Peer Mentor & Peer Ambassador for Recovery Café) as they tell and sing stories of hope. John's wit and musical gifts will inspire you, as will his and Sarah's stories of recovery. Come and learn more about NAMI's Peer Mentor Programs and Recovery Café's Healing Community and the vital work both organizations are doing.

WHEN: Sun., Dec. 9 ~ 2:30–4 P.M.

WHERE: NAMI-SCC Office

3. Holiday Party with SCC's Office of Family Affairs

Bring a roll of holiday or gift-wrapping paper to exchange. No one will go home empty-handed. Refreshments will be provided.

WHEN: Wed., Dec. 12 ~ 6:30–8 P.M.

WHERE: Office of Family Affairs, 2221 Enborg Ln, SJ

INFO: 408-792-2166

4. Post Traumatic Stress Disorder (PTSD) & Sleep Health

Marcel Chen from the VA will present on Sleep Health and PTSD: What is PTSD?; Sleep disturbances in PTSD; Why do we care?; Treatment options.

WHEN: Thurs., Dec. 13 ~ 12 P.M.

WHERE: Zephyr Self-Help Center, 1075 E Santa Clara St (back of Building), SJ

INFO: 408-792-2140

5. Zephyr Holiday Craft Fair

Artists, contact Zephyr (**408-792-2140**) to register for a space to sell your crafts. Space is limited.

WHEN: Fri., Dec. 14 ~ 11 A.M.–2:30 P.M.

WHERE: Zephyr Self-Help Center, 1075 E Santa Clara St (back of Building), SJ

6. Youth Mental Health First Aid

A workshop for adults who work with youth ages 12–18. This training (for those who live/work in SCC) teaches a 5-step action plan as initial help to young people showing signs of a mental illness or are in crisis.

WHEN: Wed., Jan. 9 ~ 9:00 A.M.–5 P.M.

WHERE: Community Solutions, 9015 Murray Ave #100, Gilroy

REGISTER: Go to <https://goo.gl/forms/7K33ltQQbrjDYvRL2>

2018 NAMIWalks Silicon Valley Some Walk Teams Photos



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**—that are used at outreach events and are very popular. Drop off items at the NAMI-SCC office. Questions: Email **Stephanie** at sschonian@namisanclaara.org



NAMI-SCC Extends Wishes for a Very Happy & Safe Holiday Season!

The NAMI office will be closed on these days:

Tuesday, Dec. 25, 2018 & Tuesday, Jan. 1, 2019
Christmas Day New Year's Day

Consumer Advisory Council (CAC) Conversation

The Consumer Advisory Council (CAC) has an upcoming conversation with **Lisa Wilmes** of Recovery Café. She will talk about the mission of Recovery Café San Jose as a healing community for those traumatized by addiction, homelessness and mental health challenges. Recovery Café San Jose is founded on the belief that every human being is precious, worthy of love and deserving of the opportunities to fulfill his or her potential. Come learn more about this wonderful organization.

WHEN: Tues., January 29 / 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

NAMI-SCC Holiday Gift Drive 2018

This holiday season we will be distributing gifts at local hospitals, self-help centers, churches and homeless centers.



- ◆ Socks*
- ◆ Scarves & gloves*
- ◆ Winter Hats*
- ◆ Toiletries
- ◆ Decks of playing cards
- ◆ \$5 gift cards* (examples: Starbucks, Peet's, Jamba Juice, Burger King, McDonald's, discount stores, pharmacies)

*Most-needed items (Please remember that we serve both men and women.)

Monetary donations are especially appreciated and needed to cover our expenses of well over \$2,500.

We've set up an **Amazon Wish List**. You can purchase from the list and Amazon will ship directly to us. Go to www.smileamazon.com and follow these steps:

1. Select **NAMI Santa Clara County**
2. Click on **Wish List** at the top
3. Search under **Find a Wish List or Registry**
4. Type in office@namisanclaara.org and you'll be taken to our list

NOTE: Donor letters are available if you choose to solicit at businesses to get discounts.

Important Dates for the Holiday Drive:

Fri., Nov. 30: Please have your donations to the NAMI office.

Fri., Dec. 7 / 10:30 A.M.–1:30 P.M.: Preparing gift bags at the office

Sat., Dec. 8 / 1:30–3:30 P.M.: Assembling gift bags at the office