



National Alliance on Mental Illness

Volume XLIV No. 2

# Santa Clara County Newsletter

February 2019

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## Calendar:

**Feb. Events (p3)**  
**Feb. 3 / Sun.**  
Nature Walk (p4)  
**Feb. 3, 10, 17, 24 / Sun.**  
Connections Group (p4)  
**Feb. 5 / Tue.**  
NAMI-SCC Board Mtg (p3)  
**Feb. 12 / Tue.**  
NAMI SCC General Mtg (p1)  
**Feb. 18 / Mon.**  
Office closed-President's Day  
**Feb. 28 / Thu.**  
Behavioral Health Board  
Heroes Awards nominations due

## 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](http://www.namisantaclara.org)  
M-F, 10 A.M.-6 P.M.

## General Meeting, Tuesday, February 12, 2019

### The Seven Dwarfs and Brain Chemistry: Demystifying Brain Chemistry

**Ricque Brister, MD** will be our **February 12** General Meeting speaker. She will "demystify" brain chemistry for us! Understanding how different chemistry affects perception and behavior helps to banish forever the stigma behind these imbalances and the belief that if you have this different chemistry you are somehow less than. Dr. Brister helps people strive for true happiness; not just dealing with this glitch.

Dr. Brister studied psychobiology in graduate school then switched to medicine to become a psychiatrist. She started practicing in 1984, focusing on biochemical changes with depression, anxiety, bipolar disorder, OCD, and schizophrenia.

Currently Dr. Brister is the Medical Director at Good Samaritan's Inpatient Behavioral Health

Program and former Medical Director at Telecare in Santa Cruz. She has also done addiction work, inpatient, outpatient and partial hospitalization.

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](http://www.maps.yahoo.com))

### Upcoming General Meeting Speakers

**Mar. 12: Nicole Steward**  
Self-Care for Caregivers

**Apr. 9: NAMI-SCC Presenters**  
"Ending the Silence"

## 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 or wish to suggest someone, please contact NAMI Board Co-President **Beverly** at [blozoff@namisantaclara.org](mailto:blozoff@namisantaclara.org)

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

## NAMI National Grants Re-Affiliation Status to NAMI SCC

On **December 13, 2018**, the NAMI National Board voted to grant NAMI-Santa Clara County an Affiliate Agreement, meaning that we have officially become re-affiliated. NAMI National has verified that our affiliate is in compliance with all their standards and requirements and are approved to continue offering NAMI's signature

programs to our community.

A number of NAMI-SCC staff and Board members worked many months to get all the required paperwork completed to make this happen, so this is an important milestone for our affiliate.

## 2019 NAMIWalks Silicon Valley

Thank you to all participants and volunteers of the 2018 NAMIWalks Silicon Valley. You helped us raise **\$312,445**, making it the best Walk on record yet!

In just 35 weeks, 2019 NAMIWalks Silicon Valley will be held at Guadalupe River Park Arena Green West in beautiful Downtown SJ. The specific date is **September 21**.

Our goal for 2019 NAMIWalks Silicon Valley is to raise **\$340,000** to allow us to continue offering NAMI's signature programs at no cost to the community—vital programs such as Peer-to-Peer and Family-to-Family courses, and important

presentations such as Ending the Silence

(ETS) and In Our Own Voice (IOOV), which aim to educate students and the community about mental illness.

The 2019 NAMIWalks Silicon Valley event website, [www.namiwalks.org/siliconvalley](http://www.namiwalks.org/siliconvalley), is now open for registration and donations.

If you would like to be involved in 2019 NAMIWalks Silicon Valley, please contact our Walk Manager. See her information in the shaded box below.



Shanna Webb: [swebb@namisantaclara.org](mailto:swebb@namisantaclara.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)

## 2018 Holiday Drive Thank You

We want to thank our generous donors and volunteers for helping us to accomplish our most successful Holiday Gift Drive to date. Thanks to your contributions, we were able to increase our giving to an all-time record of **670 gifts!** We cannot thank you enough!

Gift bags were given to patients at Valley Medical Center's Barbara Arons Pavilion; to consumers at SCC's Zephyr and Esperanza Mental Health

Self-Help Centers; Riviera Villa; ACT for Mental Health; LifeMoves (Julian Street Inn); local Veterans Board & Care homes; Narvaez Behavioral Health Clinic; Grace Community Center; Heaven's Gate Board & Care Home; and NAMI-SCC Peer Mentor participants, volunteer teachers, office volunteers, and our Connections Support Group attendees.



## 8th Annual Behavioral Health Board Community Heroes Awards

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

The **EXTENDED DEADLINE** for award nominations is **Feb. 28**. Go to [www.sccgov.org](http://www.sccgov.org), click on "Information and Resources," then on "Behavioral Health Board." There you'll find info as well as the Nomination Form.

## Men's Clothes Needed at Judge Manley's Court

The Clothes Closet associated with Judge Manley's homeless court is in dire need of new or gently used men's clothes of all types and sizes: shirts, pants, shoes, socks, underwear, jackets, etc.

If you have items to donate, please bring them to the NAMI-SCC office by **Feb. 15**.

Thank you very much.

## SCC Establishes House Sharing Program

Last spring, the SCC Board of Supervisors established a house-sharing program in Santa Clara 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 Catholic Charities of Santa Clara County. Initially it will operate on a pilot basis through June 2020, with the goal of making at least 100 matches each year.

According to **Joe Simitian**, current president of the Board of Supervisors, "House sharing provides an expansion of the housing supply without the need to spend a dollar on property acquisition or pound a single nail."

If you are interested in this new program, contact **Catholic Charities** at **408-325-5226** or [scastillo@catholiccharitiesscc.org](mailto:scastillo@catholiccharitiesscc.org)

## 2019 "Directing Change" Program & Film Contest

Every year the California Mental Health Services Authority sponsors a film contest for students. Students and young adults between the ages of 14 and 25 are invited to create 60-second films in one of two categories: **Suicide Prevention** and **Mental Health Matters**.

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

Go to [www.directingchange.org](http://www.directingchange.org) for all the information including contest rules. **March 1, 2019** is the final submission date.



## Volunteer Spotlight: Dave Kiebert

Fifty-three years ago Dave was diagnosed with schizophrenia and has been hospitalized numerous times since then. In 2015, he was hospitalized at Mission Oaks, and that is where he heard about NAMI. After leaving the hospital with new meds, a new meds prescriber and a therapist, he checked out NAMI.

Dave and his wife began attending a support group and then Dave began attending the

Connections Recovery Support Group on Sundays at the NAMI SCC office. Since then, Dave occasionally attends the Sunday group, but mostly he volunteers at the NAMI office on a regular basis. He has also volunteered his time at two NAMI Walks. Dave is also hoping to participate in Peer Pals.

Dave wishes that he knew about NAMI when he was first hospitalized in 1965. Although he is still working on recovery, he feels that NAMI has helped him make great progress.

## NAMI-SCC Board Meeting

NAMI Board Meetings are on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., Feb. 4, 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**

**February 2019**

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## Community Events — February 2019

### 1. 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:** Sat., Feb. 9 ~ 8:30 A.M.–5:30 P.M.

**WHERE:** Tully Community Branch Library, 880 Tully Road, San Jose

**REGISTER:** Go to <https://goo.gl/forms/3Vfgn5wa7eh949mK2>

### 2. Lunar New Year Celebration

Learn about Santa Clara County Resources and Free Trainings: Wellness Recovery Action Plan (WRAP), Mental Health First Aid (MHFA), and Question, Persuade and Refer (QPR). There will be food, games, and performances.

**WHEN:** Sat., Feb. 23 ~ 2–5 P.M.

**WHERE:** River of Life Christian Church Fellowship Hall

1177 Laurelwood Rd., Santa Clara

**INFO:** Peggy Cho, 408-792-3916 or [peggy.cho@hhs.sccgov.org](mailto:peggy.cho@hhs.sccgov.org)

## California's ABLE Accounts Are Now a Reality

With the passage of the federal ABLE Act, millions of Americans with disabilities have been empowered to reach a new level of control when it comes to achieving greater financial security. ABLE accounts are a new savings option that allows individuals who became disabled before the age of 26 to save and invest in a tax-advantaged

account without jeopardizing their ability to collect SSI. Eligible individuals throughout California can sign up for a CalABLE account. And up to \$100,000 deposited into a CalABLE account won't affect eligibility for government programs.

Go to <https://calable.ca.gov> to learn more.

## In-Home Supportive Services (IHSS)

The IHSS program assists people so they are able to remain in their own homes when they are no longer able to fully care for themselves or handle routine household tasks.

**Who is eligible?** To be eligible, a person must meet all of these requirements: A person must be disabled, or age 65 or older or blind; a person

must be unable to live safely at home without help; a person must be financially unable to purchase needed services.

**Are you a recipient of In-Home Supportive Services?** Are you satisfied with the services provided? Do you need assistance? Please contact **Beverly** at [blozoff@namisantaclara.org](mailto:blozoff@namisantaclara.org) with questions and/or comments.

## SCC Launches Text-based Crisis Counseling Option

Emotionally or mentally distressed residents in Santa Clara County now have access to a 24/7 text-based crisis counseling service.

Santa Clara County's Behavioral Health Services Department has partnered with Crisis Text Line, Inc. to provide free, text-based, confidential assistance to people in need in SCC. Crisis Text Line, a national organization, has more than 4,500 active Crisis Counselors with strict safeguards and protocols to provide care, safety, & confidentiality for each user. According to **Toni Tullys**, Director of SCC Behavioral Health Services Department, "It's important to make access to counseling easy

and approachable, and text-based support does both." The vast majority of Crisis Text Line users are under age 25.

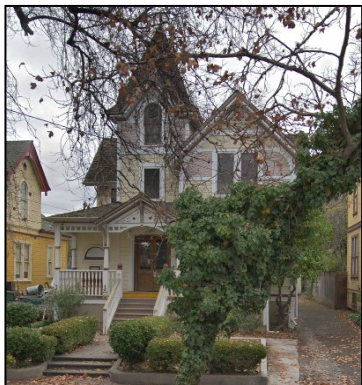
To receive text-based support from trained Crisis Text Line counselors, SCC residents can text **RENEW to 741741**. The support is free, accessible 24/7, and confidential.

The County's Behavioral Health Services Department already offers a 24/7, free, confidential Suicide and Crisis Hotline at **855-278-4204**, mental health services information and referrals at **800-704-0900**, and substance abuse services information and referrals at **800-488-9919**.

## Wanted: Individuals with Schizophrenia for VA-Stanford Research Study

We are looking for individuals between the ages of 18 and 55 to participate in a study seeking to discover the brain changes associated with schizophrenia. Participation will entail interviews, computer testing, and magnetic resonance imaging (fMRI/MRS). A confidential phone screen will be

conducted to determine initial eligibility. Research participants will be compensated up to \$135. For more info, go to <http://med.stanford.edu/yoonlab/> Interested? Call the **Yoon Lab** at **650-849-1930** or email [brain-research@stanford.edu](mailto:brain-research@stanford.edu). Principal Investigator: **Jong Yoon, M.D.**



### Blackbird House— A Peer-Run Respite for Adults

**Blackbird House** offers a safe, supportive, & home-like setting for adults who are experiencing or are at risk of a psychiatric crisis. A typical stay is 3 to 7 days.

Who can stay at Blackbird House? Guests must:

- ◆ be 18 years of age or older;
- ◆ have a permanent address in SCC;
- ◆ have full Medi-Cal benefits, be eligible for Medi-Cal, or have no health coverage.

The short-term respite home is run by peers who have "been there" and who have completed extensive training to support the wellness of guests. The house is staffed 24/7 and is open year-round.

For information, go to [www.blackbirdhouse@fcservices](mailto:www.blackbirdhouse@fcservices) or call **408-292-2777**.



## 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.namisantacalara.org](http://www.namisantacalara.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@namisantacalara.org](mailto:sschonian@namisantacalara.org)



**2018**

Adele C Lee  
Alan Hersh  
Albert Wu  
Barb St Clair  
Blanca Gama  
Carmen Rubio  
Carol DeCarvalho  
Cecilia Mireles  
Chiao-Wen Chen  
Chris Cherry  
Diane Juellich  
Eva Gonzalez  
Farhana Kazi  
George Thompson  
Georgia Vouraki  
Gini Mitchem  
Hee Soon Kwon  
Jan Martin  
Jen Hong  
John Mitchem  
Jonathan Cohen  
Katherine Fok  
Kathy Burden

## THANK YOU!

**Support Group Facilitators  
and Class Teachers**  
(Family-to-Family, Basics,  
Peer-to-Peer, Provider,  
Homefront)

Khalid Kazi  
Kyo Phu  
Lilly Henning  
Mahendra Prabhu  
Margarita Martinez  
Margo Dobbins  
Matt Jacobson  
Menbere Teklu  
Michelle Branscombe  
Michelle Li  
Mike Henning  
Nancy Gregory  
Navah Statman  
Paul Horelick  
Phil Doppelt  
Renee Thompson  
Robin Stepto  
Sanja Pesich  
Sarah Prabhu  
Scot Murray  
Sophia Huang  
Stacy Bilbo  
Veronica Pula



### We're on Twitter!

Be part of our online  
community & engage in  
Mental Health conversations at  
[twitter@namisantacalara.org](https://twitter.com/namisantacalara.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/  
namisantacalara.org](https://www.facebook.com/namisantacalara.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.namisantacalara.org](http://www.namisantacalara.org) and click on "Join NAMI."

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