



National Alliance on Mental Illness

Volume XLIV No. 3

# Santa Clara County Newsletter

March 2019

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## Calendar:

**Mar. Events (p3)**  
**Mar. 3 / Sun.**  
Nature Walk (p4)  
**Mar. 3, 10, 17, 24, 31 / Sun.**  
Connections Group (p4)  
**Mar. 5 / Tue.**  
NAMI-SCC Board Mtg (p3)  
**Mar. 12 / Tue.**  
NAMI SCC General Mtg (p1)  
**Mar. 25 / Mon.**  
Consumer Adv. Council (p3)  
**May 31-June 1 / Fri., Sat.**  
NAMI CA Conference (p3)  
**June 19-22 / Wed.-Sat.**  
NAMI National Conv. (p.3)  
**Sept. 21 / Sat.**  
2019 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](http://www.namisantaclara.org)  
M-F, 10 A.M.-6 P.M.

## General Meeting, Tuesday, March 12, 2019 Self-Care for Caregivers, Nicole Steward, MSW

Nicole Steward will be our **March** General Meeting speaker. Nicole believes that being a caregiver has its rewards and challenges. For many of us, as we care for others, we carry much of their struggle within us which can cause burn-out. The presentation will share information on how we carry the needs of others in our bodies along with some practical self-care tools to help us thrive as we care for others.

Nicole is a social worker (MSW), homeless/foster youth liaison, and certified yoga instructor with a focus on community engagement, public education, and trauma-informed yoga. With more than two decades of social work practice in nonprofits and accountability work in K-12 education, she has noticed the need for a trauma-informed lens in the worlds of social services and education to better help us understand the needs of those we serve. Nicole also believes self-care is a radical tendency we must adopt if we are to discharge the

toxic stress we absorb through our work and sustain ourselves as service providers, educators, and human beings. In addition to her day job, Nicole teaches yoga, mindfulness, and offers trauma-informed self-care workshops and retreats.

Please join us at **7 P.M.** in the auditorium of Good Samaritan Hospital (basement of main building). 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

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

**May 14: Cindy McCalmont**  
"Creating Mental Health-Friendly  
Congregations"

## NAMI-SCC Board Officer Nominations

We are so fortunate that all of our current NAMI-SCC Board Officers have agreed to serve another term. Here is our slate of officers for **2019-2020**:

**Co-Presidents: Victor Ojakian, Beverly Lozoff**  
**VPs: Juan Perez, Harold Brown, Uday Kapoor**  
**Treasurer: Steve Wade**  
**Secretary: Peter Newman**

Please note that nominations can still be accepted from the floor at our March General Meeting.

In addition, our Board has three Members at Large positions and we are looking to fill one of them. If you'd like to learn more about this position, contact **Beverly** at [blozoff@namisantaclara.org](mailto:blozoff@namisantaclara.org)

The slate of candidates will be voted on at the March meeting and installation of officers will take place in April.

## 2019 NAMIWalks Silicon Valley

The 2019 NAMIWalks season promises to be an exciting one. This year NAMIWalks celebrates a new sponsor; the **U.S. HBC Foundation**, the charitable arm of Hudson's Bay Company Foundation, has become a national sponsor for this year's walk event. The HBC Foundation is dedicated to making mental health a priority in every community by increasing understanding and improving access to care. This is NAMI-Walks' first retail sponsor.

Thanks to our loyal participants and donors, NAMIWalks Silicon Valley has been recognized by National as part of the Grande Team. This honor is reserved for NAMIWalks events that fundraise over \$250,000. In 2018 NAMIWalks Silicon Valley raised **\$312,000**.

Proceeds from this event allow us to continue our mission to help people who are living with

mental health conditions find wellness and recovery.

The NAMI-Walks Silicon Valley website—[www.namiwalks/siliconvalley](http://www.namiwalks/siliconvalley)—is now open for registration and donations. If you are a Team Captain, we encourage you to register your team and start recruiting team members as soon as possible.

The 2019 NAMIWalks Silicon Valley event will be held at Guadalupe River Park Arena Green West on **Saturday, September 21, 2019**. Event planning has already begun. If you would like to be involved in this year's NAMI-Walks Silicon Valley event, please contact **Shanna**. See below for contact information.



**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  
(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)

## January 8, 2019 General Meeting Write-Up Working with Emergency Psychiatric Services (EPS), Steven Sust, MD

By Cole Buxbaum

**Dr. Sust** is a part-time psychiatrist at Santa Clara County's Valley Medical Center's Emergency Psychiatric Services (EPS). He discussed a number of topics related to EPS.

EPS is the only 24-hour locked psychiatric emergency room providing emergency psychiatric care to SCC residents. At EPS there are mental health workers, RN's, social workers and psychiatrists. Nearly all patients are at EPS on involuntary psychiatric holds (5150s). (Mental Health Urgent Care (MHUC) operates a walk-in crisis clinic with a psychiatrist on duty seven days a week for those seeking voluntary services.)

Once inside EPS, every patient is assigned to a psychiatric registered nurse and psychiatrist. The psychiatrist will complete an evaluation, make a diagnosis, and determine a plan of care for each patient. Care plans may include: **Crisis Intervention** and release back into the community with follow-up services as appropriate, either behavioral health or substance abuse use disorder; **Medication and Stabilization** with release from EPS back into the community; or **Medication and Subsequent Hospitalization** for further stabilization.

Evaluation and determination of a discharge plan is as prompt as possible within a 24-hour period. Sometimes a special disposition or a wait for a

hospital bed will result in a longer-than-24-hour stay at EPS.

Each patient is evaluated for determination of different types of holds: 5150—up to 3 days; 5250—to 14 days; temporary conservatorship—typically up to 30 days; permanent conservatorship—typically to 1 year.

How can family and friends communicate with patients at EPS:

- ♦ Without written consent, EPS staff cannot contact or disclose information about patients; however, EPS staff will listen to and record relevant info that family/friends provide.
- ♦ Visits can occur *only* upon consent of patients, must be preliminarily coordinated with an RN due to staffing limitations, and directly supervised by RN staff.
- ♦ Telephone calls using an EPS phone are shared among all patients and are limited to local area codes.

Here are some key questions that need to be addressed: What responsibility does government have to protect people with serious mental illnesses who refuse treatment? How should it balance the right to liberty with the need for care?

## 2018 Community Merit Award Recipient: Toni Tullys

Every year NAMI-SCC recognizes a community individual or organization who shows leadership and understanding of mental health needs and shows support of the work we do at NAMI. Our latest recipient is **Toni Tullys**, Director of Santa Clara County Behavioral Health Services.



## Staff Spotlight: Rosalinda Rodriguez

**Rosalinda Rodriguez** has a background in social work, working with children, youth and families, primarily providing prevention services. Before coming to NAMI

Rosalinda volunteered at San Jose Public Library as a tutor and homework center coordinator. She also sits on the board of the East Valley YMCA. She joined the Warmline crew on July 2, 2018 during the expansion of our Warmline service hours.

When working in foster care, Rosalinda referred many foster parents to NAMI in San Luis Obispo County. And her first introduction to NAMI came during a time of distress when a family member was struggling with depression and there seemed to be a mile of roadblocks to entering the mental health system of care. When she called NAMI after hours, she got a very warm and understanding

In past years some of our honorees have been Supervisor **Cindy Chavez**; **Ky Le**, SCC Housing Director; **Patricia Gardner**, CEO of Silicon Valley Council of Nonprofits; and State Senator **Jim Beall**—all true advocates of mental health!

response. She then attended support groups while waiting to attend a Family to Family class.

Rosalinda's first impression of her warm and caring response from NAMI volunteers stayed with her and inspired her to join NAMI's staff so she could provide an understanding response when others call in times of distress.

Rosalinda is also assisting with calls from Spanish speakers who need support and education programs that NAMI offers. She works with Spanish speakers to place them on the wait list for either Familia a Familia or Persona a Persona. She works closely with the Santa Clara County Family WRAP Program en Español to provide support services and guidance for the Spanish-speaking community.

Rosalinda leads a busy life in her local community and loves entertaining, celebrating and sharing her Hispanic heritage with family and friends. She also loves to travel and experience other cultures.

## NAMI-SCC Board Meeting

NAMI Board Meetings are on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., Mar. 5, 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**



NAMI-SCC is grateful to our many generous supporters. We can provide a wide range of programs free of charge because of this support. If you are interested in finding out how to support us, please visit our website at [www.namisanacalifornia.org](http://www.namisanacalifornia.org) or email our Executive Director at [kforward@namisanacalifornia.org](mailto:kforward@namisanacalifornia.org)

We would like to thank:

- ◆ **El Camino Hospital** for \$70,000 for Peer Mentors
- ◆ **El Camino Hospital—Concern EAP** for \$1,500



### New Family Support Group Facilitators

**Kathy Burden and Michelle Li** just

completed Family Support Group Facilitator training and are ready to be designated as official Program Leaders.

Congratulations, Kathy and Michelle!

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## Community Events — March 2019

### 1. Residents' Rights Training with Jung Pham, John Hardy, & Kim Pederson

A workshop for consumers, family members, clinicians, and any other community members interested in learning more about housing rights. Information essential to ensuring that mental health consumers succeed in community housing will be presented.

**WHEN:** Mon., Mar. 4 ~ 1–3 P.M. (Registration begins at 12:30 P.M.)

**WHERE:** Learning Partnership, 1075 E Santa Clara St., 2nd Floor, San Jose

**REGISTER:** Go to [sccLearn](#)

### 2. Indigenous Healing Practices

The Office of Family Affairs will host **Xavier Quijas Yxayotl**, better known as the Medicine Man, who will lead a workshop in indigenous healing practices. Food will be provided.

**WHEN:** Thu., Mar. 7 ~ 6–8 P.M.

**WHERE:** 2221 Enborg Ln., San Jose

**INFO:** Maria Gonzalez, Diana Guido or Juan Perez at 408-792-2166

## Consumer Advisory Council Conversation—March 25, 2019

The Consumer Advisory Council is hosting **Rachel Mino** of MHAP on March 25 at our office. Her conversation topic will be **How Work Impacts Social Security Benefits**. All are invited to attend.

**WHEN:** Mon., March 25, 4–5 P.M.

**WHERE:** NAMI SCC Classroom

**RSVP:** 408-453-0400, Option #1

## Position Available at NAMI-SCC: Community Education Coordinator

NAMI-Santa Clara County is looking for a Community Education Coordinator to oversee the coordination and administration of all aspects of the Ending the Silence program including planning, organizing, staffing, managing, leading, and outreach. Ending the Silence is one of NAMI-SCC's signature programs. It is a 50-minute classroom presentation during which a young adult living with mental illness and a family member tell their

stories about mental health challenges, including what hurt and what helped. The coordinator is responsible for managing all presentations as they relate to students, school staff, and parents.

For more information about this position, please visit our website at [www.namisanacalifornia.org](http://www.namisanacalifornia.org) or send your resume to [sbadgis@namisanacalifornia.org](mailto:sbadgis@namisanacalifornia.org)

## NAMI National Convention and California Conference 2019

### NAMI National Convention June 19-22

The 2019 NAMI National Convention will convene at the **Hyatt Regency Seattle** at 808 Howell Street in Seattle, Washington. Launching at this year's convention: NAMI's new strategic plan. The convention's theme, "Our Movement, Our Moment" captures the power and excitement of this moment as we mobilize the NAMI movement!

### Celebrating 40 Years of NAMI CA Voices Conference May 31– June 1

This year's conference will take place at the **Newport Beach Marriott Hotel & Spa** at 900 Newport Center Drive in Newport Beach. Contact **Eugenia** at [Eugenia@namica.org](mailto:Eugenia@namica.org) or call 916-567-0167.

## New \$222 Million Child/Adolescent Acute Inpatient Psychiatric Facility on Valley Med Center Campus

Last fall, the SCC Board of Supervisors approved a plan to construct a new Child & Adolescent Acute Inpatient Psychiatric Facility on the SCC County Valley Medical Center campus.

The new facility will provide acute inpatient care for an underserved population who for many years have had to be sent to facilities in other counties far from the support of family, caregivers and their own behavioral care team. Adult inpatient

psychiatric care will be offered in a separate, secured part of the building.

The goal is to create a welcoming and friendly environment that offers hope to children, youth, adults, & families. The new facility will allow children and adolescents to receive the treatment they need closer to home, making both crisis response and ongoing care easier for SCC residents to access.

### 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 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](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**

**In Crisis: Text RENEW to 741741**

To speak confidentially with a Crisis Counselor

**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](mailto:twitter@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](http://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**