## 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 burnout. 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)

### 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

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 NAMIWalks’ 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 NAMIWalks Silicon Valley website—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 NAMIWalks Silicon Valley event, please contact Shanna Webb. See below for contact information.
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 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—up 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.

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!

Volunteer 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 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.
Michelle Li
Congratulations, Kathy and Program Leaders to be designated as official Facilitator training and are ready completed Family Support Group

We would like to thank: site at support us, please visit our web-interested in finding out how to programs free of charge because 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.namisantaclara.org or email our Executive Director at kforward@namisantaclara.org We would like to thank:

♦ Bear Gulch Foundation for $3,000
♦ El Camino Hospital— Concern EAP for $1,500

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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.namisantaclara.org or send your resume to sbadgis@namisantaclara.org

NAMI National Convention and California Conference 2019

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 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.

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

March 2019

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 sceLearn

2. Indigenous Healing Practices
The Office of Family Affairs will host Xavier Quijas Wyayotl, 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.

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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.namisantaclara.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 Dave family at 408-946-4379.

Magazine & Sticker Donations
The Volunteer Project needs magazines & stickers for making NAMI booklets—that are used at outreach events and are very popular. Drop off items at the NAMI-SCC office. Questions: Email Stephanie at sschonian@namisantaclara.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.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
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


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.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 enroll 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

We’re on Twitter!
Be part of our online community & engage in Mental Health conversations at twitter@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