



National Alliance on Mental Illness

Volume XLIV No. 5

Santa Clara County Newsletter

May 2019

Inside This Issue:

General Meeting	1
2019 NAMIWalks SV	1
May Is Mental Health Month	1
Genl Mtg Write-Up	2
Special Needs Trusts	2
Junior League Award	2
Community Events	3
Position at NAMI-SCC	3
BHB Seeks Consumer	3
NAMI Conferences	3
Ongoing Activities at NAMI-SCC	4
Magazines & Stickers	4

Calendar:

May Events (p3)
May 5 / Sun
Nature Walk (p4)
May 5, 12, 19, 26 / Sun
Connections Group (p4)
May 7 / Tue
NAMI-SCC Board Mtg (p3)
May 14 / Tue
NAMI SCC General Mtg (p1)
May 27 / Mon
Office Closed (Memorial Day)
May 31-June 1 / Fri, Sat
NAMI CA Conference (p3)
June 19-22 / Wed-Sat
NAMI National Conv. (p3)
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
M-F, 10 A.M.-6 P.M.

General Meeting, Tuesday, May 14, 2019

"Creating Mental Health Friendly Congregations"

For many years NAMI advocates like **Navah Statman**, **Carol Irwin**, and **Rich Berryessa** have been working to make faith communities more open to and supportive of people with mental health challenges, as well as their families. Come hear from some current partners of NAMI's FaithNet who are educating and motivating their congregations. There will be a panel discussion with **Jason Noriega** (Venture Christian Church); **Pastor Bayo Asogba** (Jesus' House SV); **Anna Nguyen** (Most Holy Trinity Catholic Church); and **Pastor Carl Waidell** (The Father's House).

Meet the FaithNet team that has been working behind the scenes: **Cindy McCalmont**, **Dawn Brown**, and **Kristin Colino**. You can learn more about NAMI-SCC's six-year FaithNet

initiative at www.namisantaclara.org/classes/faith-net

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 speakers 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

June 11: Dr. Jong Yoon

Latest Research on Schizophrenia

July/August: No General Meetings

Sept. 10: TBD

Updates for 2019 NAMIWalks Silicon Valley

Our NAMIWalks season has begun!

New Sponsors: NAMI-SCC would like to recognize its new sponsors: **Star One Credit Union**, a longtime supporter of NAMI-SCC through donations, has for the first time become a presenting sponsor (\$10K); **San Jose Water Company** also joins us as a first-time NAMI-Walks sponsor.

"It is so great to see companies that have been supporting us throughout the years finally join us at the NAMIWalks event," said **Shanna Webb**, NAMI-SCC's Development Director and NAMI-Walks Manager.

NAMIWalks also received a generous sponsorship from **Dennis & Judy Sarina**, new supporters of the event. We would like to thank all our sponsors for their generosity & support.

Sponsorship Info: We're on the lookout for more sponsors for this year's Walk. Our sponsor-

ship brochure is available, and we're happy to email it to you, or you can stop by our office to pick one up. Shanna is available to make contacts and follow up. See her contact info below.

New NAMIWalks "Activity": This year NAMIWalks Silicon Valley is adding a new activity: a themed art exhibit called "A Walk in Our Shoes." The exhibit features canvas shoes to be painted, decorated, or transformed to tell a story about mental illness with a message of hope and recovery. The art exhibit will be featured at our 2019 NAMIWalks SV Kickoff Event in June and at September's Walk. We are asking all team captains, walkers, and local artists who would like to participate to please reach out to Shanna for more details.



Shanna Webb: swebb@namisantaclara.org or 408-453-0400 x 3125

May Is Mental Health Month

This year marks Mental Health America's 70th year celebrating Mental Health Month!

This year NAMI will be expanding upon last year's theme of *Fitness #4Mind4Body* and taking it to the next level, as we explore the topics of animal companionship (including pets and support animals), spirituality, humor, work-life balance, recreation, and social connections as ways to boost mental health and general wellness.

During Mental Health Month, NAMI joins the mental health community to reaffirm its commitment to building understanding of mental illness, increasing access to treatment, and

ensuring those who are struggling that they are not alone. Each year millions of Americans face the reality of living with a mental illness. During May, NAMI and the rest of the country are raising awareness of mental health.

Children's Mental Health Awareness Week

During the first week of May, NAMI joins communities around the country in raising awareness of the mental health needs of America's youth, with a focus on National Children's Mental Health Awareness Day on **May 6**.

(Mental Health Month/Cont. on p3)

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 (x3150):
Community Mentor Program
Director / Peer PALS

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

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)

March 12 General Meeting Write-Up Self-Care for Caregivers, Nicole Steward, MSW

By Cole Buxbaum

Nicole Steward is a social worker, homeless/foster youth liaison and a certified yoga instructor with a focus on community engagement, public education, and trauma-informed yoga. She understands better than most the cost to caregivers of the importance of caring for oneself when giving to others. She has seen burnout in many people as a result, and she experienced it herself when working with vulnerable populations.

There is a stress syndrome that results in imbalances in important neuropsychological substances in the brain, such as adrenalin and cortisol. These substances allow one to be physically imbalanced without knowing it. The caregiver and compassion stress phenomenon can result in intrusive thoughts, emotional numbing, and aggravated startle responses. As many as 20 percent of caregivers suffer from depression

and the above-mentioned problems.

It is important to accept the fact that you are also important and worthy of self-care, to achieve a balance, without constantly taking on a greater load.

Steward recommended some books for caregivers: **Loving Kindness** by Sharon Salzberg and **Self-Compassion** by Kristen Neff.

Buddhist practices such as yoga, meditation, and mindfulness daily can be of great help. These practices allow us to develop an optimistic outlook and cultivate resilience.

For the video of the presentation, go to www.namisanclaara.org and look for "General Meeting" in **Programs and Services**.

Special Needs Trusts Seminars ~ May 1

Gilfix & La Poll Associates will hold their 15th Annual Special Needs Trusts Seminar in Palo Alto. Some topics included:

- How Special Needs Trusts work
- ABLE Act
- Qualifying for Medi-Cal and SSI
- Ensuring your child has a place to live

Event Details

WHEN: Wed, May 1 ~ 2 P.M. OR 6 P.M

WHERE: Elks Lodge Palo Alto
4249 El Camino Real, PA

REGISTER: Call **650-493-8070** or online at www.gilfix.com

NAMI will have a resource table at both seminars.

Junior League Recognition for NAMI

On April 10th, the Junior League of San Jose held their Volunteer Recognition Luncheon at Villa Ragusa in Campbell. **Margarita Martínez**, teacher of the Familia a Familia class and facilitator of the Familia Support Group, was an honoree. A few years ago, **Luisa Perez**, founder of the Latino groups, encouraged Margarita to become a teacher, which she did in 2017. Since then, Margarita has grown the Familia a Familia class from 6-8 participants to 28! Her cheerfulness and positive attitude have helped families see and experience that there is a light at the end of the tunnel. We were especially honored to have Luisa Perez and **Lily Henning**, prior winners of the Junior League's Crystal Bowl, at the luncheon. Congratulations, Margarita!

El 10 de abril el Junior League of San José celebró una comida de Reconocimiento a Voluntarios en Villa Ragusa en Campbell. **Margarita Martínez**, maestro de Familia a Familia y líder del Grupo de Apoyo para Familias fue homenajada. Hace algunos años Luisa Perez, fundadora de los cursos en español, animó a Margarita a ser maestra lo cual logró en 2017. Desde esa fecha, Margarita ha crecido la clase de Familia a Familia de 6-8 participantes a 28. Su alegría y actitud positiva ha ayudado a las familias ver y sentir que hay una luz al final del túnel. Estuvimos especialmente honrados de tener el acompañamiento de Luisa Perez y Lily Henning, ganadoras del El Tazón de Cristal del Junior League en años anteriores. ¡Felicidades Margarita!



Kathy Forward, Juan Perez, Margarita Martinez, Lourdes Robles, Luisa Perez, Lilly Henning, Maria Gonzalez

NAMI Board Meetings are on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., May 7, 7–9 P.M.** at the NAMI-SCC office.

NAMI SCC Board Officers

Co-Presidents:
Vic Ojakian / Beverly Lozoff
 Vice Presidents:
Juan Perez
Harold Brown
Uday Kapoor
 Treasurer:
Steve Wade
 Secretary:
Peter Newman

Community Education Manager at NAMI-SCC

NAMI-SCC is looking for a manager to oversee the coordination and administration of all aspects of NAMI-SCC's community education programs: Ending the Silence, In Our Own Voice, and Presentation for Professionals. Responsibilities include planning, outreach, organizing, staffing, managing, & leading program activities.

For more information about this position, please visit our website at www.namisantaclara.org. Please send your resume to sbadgis@namisantaclara.org

Mental Health Events at El Camino Hospital
Registration:

www.elcaminohospital.org/mentalhealthawareness
 Conf. Rm. E & F, Mtn. View

1) Motivational Interviewing Mon, May 20, 12-1 P.M.

A discussion about Motivational Interviewing, how this approach is used to engage people in making behavior changes that support health and wellness.

2) Screening for Perinatal Mental Health Conditions Thu, May 23 12-1 P.M.

Supporting providers in screening for perinatal mental health conditions and referring for treatment.

3) Cannabis & Adolescent Brain Fri, May 24, 12-1 P.M.

A discussion on cannabis & impacts of use.

Community Events During May Mental Health Awareness Month
1. In Our Own Voice (IOOV) Presentation

People with mental health conditions share their powerful personal stories in this free, 90-minute presentation.

WHEN: Thu, May 2 ~ 11:30–1 P.M

WHERE: Zephyr Self-Help Center, 1075 E. Santa Clara St., San Jose (Back of Building)

INFO: 408-792-2140

2. Mental Health Advocacy Project Presents Patients' Rights with Jim Raphael

Learn about outpatient treatment rights; how to handle complaints about treatment; Medi-Cal grievance process; MHSA Technology Suite project.

WHEN: Thu, May 2 ~ 2:00 P.M

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

INFO: 408-792-2140

3. The Manic Monologues

NAMI friends are invited to attend the premiere of *The Manic Monologues*, a play at Stanford University. This performance showcases captivating true stories from those touched by mental illness. It aims to disrupt silence and stigma. Created by **Zachary Burton** and **Elisa Hofmeister**, the international team includes a Pulitzer finalist, an advisor to season one of Netflix's *13 Reasons Why*, and numerous brave storytellers.

WHEN: Thu, Fri, Sat, May 2-4 ~ 7:00–8:30 P.M.

WHERE: Pigott Theater, Stanford University Campus, 551 Serra St, Stanford

TICKETS: themanicmonologues.org

4. Annual Consumer Art Show

Artists must register by May 8; artists may submit up to 5 pieces: acrylics, pastels, pencil, pens, charcoal, computer graphics, needlepoint, quilting, jewelry, ceramics, crafts, photography, poetry, performance art.

WHEN: Fri, May 10 ~ 11 A.M.–2:30 P.M

WHERE: Learning Partnership, 1075 E. Santa Clara St, San Jose

INFO: 408-792-2140

5. Suicide to Hope: A Recovery and Growth Workshop

A unique training opportunity for clinicians and other professional helpers to improve their preparation to provide effective suicide care.

WHEN: Tue, May 22 ~ 8:30 A.M.–4:30 P.M

WHERE: SCC Office of Education, Cupertino Conf Rm, 1290 Ridder Park Dr, SJ

INFO: Evelyn Quintanill @ 408-885-3723

6. Baseball Games During Mental Health Awareness Month

Various mental health organizations will be hitting the road in May and stopping by major league ballparks to bring mental health awareness events during games.

WHEN: May 8, May 15, May 19, May 24, May 25, May 30

WHERE: San Diego, SF, Anaheim, Sacramento, Oakland, LA

INFO: www.eachmindmatters.org/action-items/baseballtickets2019/

7. 2019 Suicide Prevention Conference

Please join the SCC Suicide Prevention Program and community partners for the first-ever Suicide Prevention Conference to be held during May Mental Health Awareness Month.

WHEN: Fri, May 31 ~ 8:30 A.M.–1 P.M.

WHERE: Santa Clara County Office of Education, 1290 Ridder Park Dr, SJ

RSVP: Eventbrite link: <http://ow.ly/yCj030ojGtm>

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 St 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 or call **916-567-0167**.

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, Mandarin, 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**. They are used at outreach events & are very popular. Drop off items at the NAMI-SCC office. Questions: Email **Stephanie at 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.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

New Lifestyles—The Source for Senior Living Magazine

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

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

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**