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**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 Asogha (Jesus’ House SV); Anna Nguyen (Most Holy Trinity Catholic Church); and Pastor Curt 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 canvass 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 Manager
Stacy Badgis (x3030): Development Director
Donna Mechanic (x3040): Administrative Manager
Shanna Webb (x3125): Development Director
Stacy Badgis (x3030): Administrative Manager
Donna Mechanic (x3040): Administrative Manager

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

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
- **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.namisantaclara.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

For the video of the presentation, go to www.namisantaclara.org and look for “General Meeting” in Programs and Services.

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 Martinez**, 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 Martinez**, maestro de Familia a Familia y líder del Grupo de Apoyo para Familias fue homenajead. 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. ¡Felicitades Margarita!

Kathy Forward, Juan Perez, Margarita Martinez, Lourdes Robles, Luisa Perez, Lily Henning, Maria Gonzalez
NAMI SCC Board Meeting

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, and 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.

May 2019

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, 1290 Ridder Park Dr, SJ
   INFO: Evelyn Quintanilla @ 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.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 bookmarks. They are used at outreach events & 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)  408-364-4083
Crisis Stabilization Unit 408-392-7474
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 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