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General Meeting, Tuesday, Oct. 8, 2019 Transformational & Recovery-Based Care

Our upcoming General Meeting speakers are **Lorraine Zeller** and **Larry Powell**.

Lorraine Zeller, CPRP is a SCC Behavioral Health Mental Health Peer Support Worker and ACCESS CA Ambassador. Lorraine will share results of a statewide survey measuring factors important to clients in their recovery, the use of recovery outcomes data in county & state mental health systems, and recovery outcome measures used by The Village in Los Angeles, which resulted in development of the Mental Health Services Act (MHSA). She will also present on MHSA General Standards, including client-driven programs and services and the importance of client advocacy to ensure quality mental health services.

Larry Powell, MS, LMFT is a SCC Behavioral Health Clinical Standards Manager. Larry will talk about how Transformational Care Planning focuses on client strengths, goals, hopes, and shared decision making. The goal is to support client transformation to “improve their health and wellness, live self-directed lives, and strive to reach their full potential.” (SAMHSA)

Join us at **7 P.M.** in the auditorium of Good Samaritan Hospital (basement of main building). At **7:15** there will be 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 Speaker
Nov. 12: Medications 101, Majid Talebi

Calendar:

Community Events (p3)

Oct 1 / Tue
NAMI-SCC Board Mtg —
7-9 P.M. at NAMI office

Oct 6 / Sun
Nature Walk (p4)

Oct 6, 13, 20, 27 / Sun
Connections Group (p4)

Oct. 8 / Tue
General Meeting (p1)

2019 NAMIWalks Silicon Valley: Walk in My Shoes Exhibit

Kiara Angelito Palominos is the official winner of the Walk in My Shoes art exhibit featured at 2019 NAMIWalks Silicon Valley. Palominos is a 17-year-old Fremont High School student. The art exhibit featured shoes decorated by local artists and organizations with the idea of telling powerful stories about mental health.

Kiara said that she was really interested in doing this after her friend brought it up. She learned about the organization and what NAMIWalks was for and it really hit close to home for her. Kiara didn't tell anyone because she was scared of the stigma. After reading about NAMI's project, she felt proud to be part of something like it.

Palomino's shoe tells a story about creativity, strength, perseverance, and hope. She

chose to paint the shoe and include messages and images of strength. “I decided to paint something,” she said, “that reflected me and who I am and what I love doing. In this case it was art and

boxing, both of which you need your hands to do. I had recently given a speech for my American Literature Honors class about everything that I have endured, and my strength throughout those experiences. I put all those ideas together by painting two hands on one side with the words, *I am strong because my hands create*, and on the other side another pair of hands with the words, *I am strong because I fight silent battles*. I wrote that because that is how I feel about mental health. Others may not see it but it does not make it any less real, because it is real for you and you are fighting through it and I believe that that is strength.”

Congratulations to Kiara!



Contact

**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.namisantaclaracounty.org
M–F, 10 A.M.–6 P.M.

Mental Illness Awareness Week: Oct. 6-12

Each year, millions of Americans face the reality of living with a mental health condition. Despite mental illnesses' reach and prevalence, stigma and misunderstanding are also widespread.

That is why each year, during the first full week of October, NAMI and participants across the country raise awareness of mental illness, educate the public, fight stigma and provide support. And each year, the movement grows stronger.

We believe that mental health conditions are important to discuss year-round; however,

highlighting them during one week provides a dedicated time for mental health advocates across the country to come together as one unified voice. Since 1990, when Congress officially established the first full week of October as **Mental Illness Awareness Week (MIAW)**, advocates have worked together to sponsor activities to educate the public about mental illness. NAMI will promote the theme of “Cure Stigma” throughout all awareness events.

(Continued on page 2)

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

Kathy Forward (x3150)
Community Peer Program

Stacy Badgis (x3030)
Administrative Manager

Donna Mechanic (x3040)
Administrative Helper

Sarah Prabhu (x3020)
Warmline/Help Desk Manager

Nicole Rathjen (x3105)
Warmline Assistant Manager

Stephanie Schonian (x3095)
Volunteer Outreach Manager

Programs

Barb St. Clair (x3080)
Family-to-Family / BASICS /
Connections / Family Support
Groups Coordinator

Greg Osborn (x3050)
Provider Education Coordinator

Laura Paulson (x3140)
Peer PALS Advisor

Barbara Thompson (x3090)
Peer-to-Peer Coordinator

Alexia Worsham (x3120)
In Our Own Voice (IOOV) /
Ending the Silence (ETS)

Chris Cherry (x3145)
Homefront Coordinator

**Erika Alvarez-Hernandez
(x3065) Spanish**

NAMI-SCC Board Mtg

Board Meetings are held on the
1st Tue of the month; the next
meeting will be on **Tue, Oct 1,**
7-9 P.M. at the NAMI office.

Board Officers

Co-Presidents:
Vic Ojakian / Beverly Lozoff

Vice Presidents:
Juan Perez
Harold Brown
Uday Kapoor

Treasurer:
Steve Wade
Secretary:
Peter Newman

NAMI-SCC Newsletter

Beverly Lozoff (Coordinator)
Joanie Stein (Proofreader)
Donna-Jo (Typesetter)

General Meeting, Tuesday, September 10, 2019 In Our Own Voice (IOOV) Presentation

By Alexia Worsham

September's General Meeting began with announcements from Executive Director, **Kathy Forward**. Then Board of Directors Co-President, **Beverly Lozoff**, presented a plaque honoring longtime volunteer **Cole Buxbaum** for 30 years of service to NAMI-Santa Clara County.

The main feature of the evening was a presentation of **In Our Own Voice**, one of NAMI's signature programs. IOOV unmask mental illness, using speaker stories to illustrate the individual realities of living with mental illness. Audience members gain a better understanding of what it is like to live with mental illness and stay in recovery. NAMI's IOOV presentation can

change attitudes, preconceived notions, and stereotypes regarding mental illness.

The IOOV presentation has recently been revised and two experienced presenters, **Robin** and **Sara**, introduced us to the new format as they shared their stories of recovery. An important part of the presentation is a video that features people in pairs, engaged in conversations, and sharing their personal stories of recovery with each other.

NAMI-SCC presents IOOV regularly to hospitals and other organizations. Please contact our office if you would like to learn more, or arrange for a presentation.

Mental Illness Awareness Week in the Community (Cont'd from Page 1)

Santa Teresa Social Justice Ministry is sponsoring events during Mental Illness Awareness Week. All take place at **Santa Teresa Church at 794 Calero Avenue, SJ**. All are welcome to attend these events.

- ♦ **Tuesday, Oct. 8, 7-8:30 P.M. (in the Church)**
Candle Lighting Service and National Day of Prayer for Mental Illness, Recovery and Understanding and NAMI Outreach speakers. "Prayers and actions are needed to restore mental wellness in America. By seeking God's guidance, we can recommit ourselves to replacing misinformation, blame, fear, and

prejudice with truth & love in order to offer hope to all who are touched by mental illness"

- ♦ **Wednesday, Oct. 9, 7-8:30 P.M. In Our Own Voice: Living with Mental Illness (IOOV)**—Presentations throughout the community by trained consumer-presenters.

October 10 is National Depression Screening Day. Go to **HelpYourselfHelpOthers.org** to complete an anonymous self-assessment for yourself or a loved one.

Wear Green: Green is the national color of mental health awareness. Wear it to show your support for people living with mental health challenges. Help break down the barriers that prevent many from seeking the help they need.



NAMI-SCC Is So Appreciative

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 supporting us, please visit www.namisantacalara.org or email our Executive Director at kforward@namisantacalara.org

We would like to thank:

- ♦ **El Camino Healthcare District:** \$75,000 grant for Community Peer Program
- ♦ **Los Gatos Rotary:** \$1,500
- ♦ **The Sovereign Order of St. John:** \$2,100



Staff Spotlight: Sylvia Robbins

Sylvia is a California native. Third generation Santa Cruzin', Sylvia, from a very young age, dreamed of becoming a nurse. This goal led her to nursing school in Southern California. After returning to the South Bay,

she was fortunate enough to land a job at El Camino Hospital as a hemodialysis nurse. Over her 30-year career, Sylvia worked at various hospital in Silicon Valley.

Sylvia took early retirement due to the sudden onset of a serious mental illness of a loved one.

Feeling overwhelmed and lost, her journey led her to NAMI's Family-to-Family class. Through NAMI's educational classes she found hope and inspiration. The nursing part of her wanted to give back to the community by volunteering on the Warmline and teaching Family-to-Family. She has joined the NAMI-SCC staff as a Warmline Assistant and volunteers as a Family-to-Family teacher. "I will always be grateful to NAMI for their love and compassion; I hope to do the same for others."

In Sylvia's spare time she enjoys working in her garden, spending time with her family, and driving over the hill to Santa Cruz whenever she can.

Community Events in October

- 1. Adult Mental Health First Aid:** This 8-hour free course teaches adults how to help someone who is developing a mental health problem or experiencing a mental health crisis.

WHEN: Wed., Oct. 2 ~ 12:30–4:30 P.M. (English)

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

INFO: Register online www.sccbhsd.org/eccac or email Peggy.Cho@hhs.sccgov.org
- 2. 12th Annual Disability Awareness Day:** This free citywide event celebrates diversity, awareness, & empowerment for those with differing abilities. There will be entertainment, carnival games, a resource fair, and food trucks. Please share this info.

WHEN: Thursday, Oct. 3 ~ 10 A.M.–1 P.M.

WHERE: SJ City Hall Rotunda & Plaza, 200 E. Santa Clara St., SJ

INFO: To register to attend or have a vendor table, call **408-535-4901** or go to: <https://www.eventbrite.com/e/12th-annual-disability-awareness-day-tickets-64677923410>.
- 3. 22nd Annual Shining Stars Benefit:** Celebrating a rich history of community service, honoring those who have contributed significantly to behavioral health, and eliminating the stigma surrounding mental illness. All proceeds go to support Momentum for Mental Health's programs serving individuals and families throughout SCC. \$175 per person; special sponsorship opportunities are available.

WHEN: Oct. 4 / 5:30–10 P.M.

WHERE: Rotary Summit Center, 88 S 4th, SJ

INFO: 408-254-6828, acruz@momentumnh.org or momentumformentalhealth.org
- 4. Free Health and Wellness Fair for Seniors:** Learn about health care, social services, and assistive devices resources; free health screenings, flu shots, raffle prizes, giveaways.

WHEN: Thurs., Oct. 10 ~ 9:30 A.M.–12:30 P.M.;

WHERE: Centennial Recreation Senior Center, 171 W Edmundson Av, Morgan Hill

INFO: 408-782-1284

<https://www.eventbrite.com/e/spirituality-building-mental-health-friendly-communities-tickets-68838498803>
- 5. "3rd of Its Kind" Mental Health and Spirituality Conference:** Culturally responsive community-defined approaches to supporting inclusion of faith and spirituality as an essential wellness tool will be shared. There is a fee, but also scholarships.

WHEN: Mon, Oct. 10 & Tue, Oct. 11 ~ 8:30 A.M.–4 P.M.

WHERE: Walnut Creek Presbyterian Church, 1801 Lacassie Av, Walnut Creek

INFO: Gigi R. Crowder, 510-990-2670

<https://www.eventbrite.com/e/spirituality-building-mental-health-friendly-communities-tickets-68838498803>
- 6. Compassion-Focused Therapy for Psychosis (Family Members & Peers):** One-day training for family members & peers to learn about this therapy; presented by Stanford Medicine & South Bay Project Resource; facilitated by **Dr. Heriot-Maitland**.

WHEN: Sun, Oct. 13 ~ 10 A.M.–5 P.M.

WHERE: Stanford University, Tresidder Memorial Union, 485 Lagunita Dr, Stanford (Cypress North and South Rooms)

REGISTRATION: Required, seating is limited; go to <https://www.onlineregistrationcenter.com/register/222/page1.asp?m=4365&c=2>
- 7. 27th Annual Senior Resource and Wellness Fair:** Free event with more than 50 agencies & community organizations to provide community resources.

WHEN: Wed, Oct. 16 ~ 10 A.M.–1 P.M.

WHERE: SJ City Hall Rotunda & Plaza, 200 E. Santa Clara St., SJ

INFO: Teiana Johnston, 408-975-5720 or teiana.johnston@ssa.sccgov.org
- 8. Stanford/UCSF Psychosis Day Community Education Day for Psychosis:** Presented by Stanford & UCSF; Service users, family members & providers are all welcome. Topics include: Compassion-Focused Therapy for Psychosis; Cognitive Behavioral Therapy for Psychosis; Medication Update; Trauma and Psychosis; Exercise and Wellness.

WHEN: Sat, Oct. 19 ~ 8:30 A.M.–3 P.M.

WHERE: Redwood City Community Activities Building, 1400 Roosevelt Ave, RC

INFO: southbayprojectresource.org/2019/08/03/community-education-day-for-psychosis/
- 9. 6th Senior Safari:** Adults 50 and older are invited to Happy Hollow for a kid-free time to help them improve their health, avoid social isolation, and enjoy a unique environment that stimulates both mind and body. Admission and parking are free; guests who enter before 10 A.M. may stay all day for free.

WHEN: Thu, Oct. 24

WHERE: Happy Hollow Park & Zoo, 748 Senter Rd, San Jose

INFO: info@happyhollow.org or call **408-794-6400**
- 10. Walk to Fight Suicide:** To raise awareness & funds to allow the American Foundation for Suicide Prevention (AFSP) to invest in new research, advocate for public policy, & support survivors of suicide loss.

WHEN: Sun, Oct. 20 ~ 8 A.M.–12 P.M.

WHERE: Arena Green West, San Jose

INFO: Register at afsp.org/southbay

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.namisanataclara.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** 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**.

Sticker Donations

The Volunteer Project needs stickers for making **NAMI bookmarks** that are used at outreach events & are very popular. Drop off items at the NAMI-SCC office.

Questions: Email **Stephanie** at sschonian@namisanataclara.org

NAMI-SCC Warmline / Help Desk

[Nonjudgmental support to individuals & families during times of need as well as guidance on how to begin in 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.**

Mobile Crisis Response Team 800-704-0900, option # 2

Crisis assessment, intervention/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**

REACH Program 855-273-2248

Assists youth/young adults ages 10-25, uninsured or Medi-Cal eligible in SCC at clinical high risk for psychosis.

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



We're on Twitter!

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

Donate a vehicle today. To find out more, call **800-240-0160** or go to www.namisanataclara.org

NAMI-SCC welcomes your membership. Memberships are valid for one year. (Part of the 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 are able to maintain our office, as well as our educational programs. Your membership and donations are tax deductible. **Tax #94-2430956**