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General Meeting, Tuesday, Nov. 12, 2019 Motivational Interviewing, Brianne Baker

Our upcoming General Meeting speaker is **Brianne Baker**, LMFT, Adult Outpatient Manager at El Camino Hospital's new Scrivner Center. Brianne will tell us about Motivational Interviewing, discussing how this approach is used to engage people in making behavior changes that support health and wellness.

Motivational Interviewing was created by **William Miller** and **Stephen Rollnick** in 1991 as a "way of being with a client, not just a set of techniques for doing counseling." The practice was originally developed to support those suffering from addiction; however, in recent years it has been a core, evidence-based practice being utilized with many populations. Not only does it provide a kind and strength-based way to communicate, but it elicits each person's individual path to change.

Ms. Baker is a licensed marriage and family therapist with a BA in psychology from Claremont McKenna College and an MA in counseling psychology from the University of San Francisco. For the past 18 years she has been serving her community and providing mental health and addiction services.

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 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 Speaker

Dec.: No General Meeting

Jan. 14: Crisis Stabilization Unit
Bindu Khurana-Brown

Calendar:

Community Events (p3)

Nov. 3 / Sun
Nature Walk (p4)

Nov. 3, 10, 17, 24 / Sun
Connections Group (p4)

Nov. 5 / Tue
NAMI-SCC Board Mtg —
7-9 P.M. at NAMI office

Nov. 11 / Mon
Veterans Day (Office closed)

Nov. 12 / Tue
General Meeting (p1)

Nov. 28, 29 / Th, Fri
Thanksgiving (Office closed)

Dec. 2, Dec. 6-7
Holiday Gift Drive (p1 & flier)

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.



NAMIWalks Silicon Valley 2019 was a day packed full of entertainment, activities, and community. Over 1400 walkers participated in this year's event along with many new sponsors who committed to ending the stigma associated with mental illness. With over 88 Walks across the country, this event remains the largest awareness-building event for NAMI.

"This year was an amazing year for NAMI-Walks! We had more teams and people raising money using their social media platforms. People really went all-out for the cause," said Walk Manager, **Shanna Webb**.

Walk festivities started out with the **Sikh Temple dancers** who engaged the audience in a dance focusing on health and wellness. **Sourdough Sam** took photos with walkers and kept the crowd entertained. Our keynote speaker, **Jeff Bell**, news

2019 NAMIWalks Silicon Valley

anchor with KCBS, spoke to the crowd about his battle with OCD and his

journey towards wellness and recovery. San Jose Mayor **Sam**

Liccardo and Supervisor **Cindy Chavez** led the countdown to the start of the Walk.

NAMIWalks Silicon Valley paid tribute to those who lost loved ones due to mental illness followed by a touching rendition of "Amazing Grace" with **Lettie Smith** on bagpipes.

"We are so grateful for the support we have received this year, and we are getting very close to our fundraising goal of \$340,000," stated Shanna, "and although Walk Day has passed, our fundraising efforts continue until **Nov. 22**. Visit www.namiwalks.org/siliconvalley, or you can mail a check to our NAMI-SCC office."



2019



Last year we distributed gift bags to more than 600 participants and we'd like to do likewise this year—and you can help us achieve our goal. Please see the flier enclosed with this newsletter for info about the types of items we need, as well as how to donate via Amazon.

Important Dates

- ♦ **Mon., Dec. 2:** Due date for donations
- ♦ **Fri., Dec. 6, 10:30 A.M.–1:30 P.M. and Sat., Dec. 7, 1–3 P.M.:** Holiday helpers are needed at the NAMI office. Call to volunteer.

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

Adela Arce (x3015)
Education Coordinator
In Our Own Voice (IOOV) /
Ending the Silence (ETS) /
Family-to-Family / Basics

Barbara Thompson (x3090)
Peer-to-Peer Coordinator

Chris Cherry (x3145)
Homefront Coordinator

Erika Alvarez-Hernandez (x3065) Spanish

Greg Osborn (x3050)
Provider Education Coordinator

Laura Paulson (x3140)
Peer PALS Advisor

Call the Warmline for:
Connections / Family
Support Groups

NAMI-SCC Newsletter

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

October 8, 2019 General Meeting, Write-Up Transformational & Recovery-Based Care, Larry Powell

By Alexia Worsham

The October General Meeting started with **Kathy Forward** making announcements about recent and upcoming local events. Kathy reported that October 6-12 is Mental Illness Awareness Week, and that NAMI is promoting two themes for awareness campaigns: "Cure Stigma" and "Why Care." Kathy asked us to think about how we can get involved and how to create an environment where people can talk about mental health. She introduced **Kathy Burden**, who shared the story of her son and his experience when her employer, Cisco, asked employees for personal stories. She was then asked to speak at a company meeting, which led to other employees sharing their stories and Kathy being able to tell them about NAMI. She was also able to get Cisco to add NAMI to the list of organizations eligible for matching donations.

The featured speaker was **Larry Powell, MS, LMFT**, Clinical Standards Manager for SCC Behavioral Health Services. Larry has worked in a few departments within Behavioral Health and was asked to help implement Transformational Care Planning (TCP) in the County and now trains the County's clinical staff to use TCP.

The TCP approach focuses on a client's strengths, goals, hopes, and is a shared decision-making between client and provider. The goal is to support a client's transformation to "improve their health and wellness, ability to live self-directed lives, and strive to reach their full potential" (definition of TCP from SAMHSA). TCP is a "person-centered" approach rather than a "diagnosis-centered" one, a shift in focus from treatment of the illness to changes that will improve the client's quality of life. The approach is based on looking at the whole person and their life.

Larry took questions from the audience, some of whom shared that their loved ones in the system are not receiving this kind of care. He shared his email address (Larry.Powell@hhs.sccgov.org) and invited those with concerns to send feedback.

To view the video of the presentation, go to our Facebook page (**NAMI Santa Clara County**) and click on **Videos**.

Advocacy Runs in the Family

By Shanna Webb

On a windy afternoon at KLA-Tencor's Wellness Fair, **Mahendra Ramachandran** sits at NAMI-SCC's resource table greeting people as they pass by. Occasionally someone stops and glances at the various materials spread out on the table and that's when Mahendra chimes in with a greeting. His warm, friendly voice makes people feel at ease, and suddenly he is engaging them in a very personal story about his family. "Both of my children were diagnosed with mental health conditions, and as a father I was devastated because it was something I could not fix. That's when my wife and I took NAMI's Family-to-Family course and it changed our lives."

Over 11 weeks, NAMI's Family-to-Family course focuses on educating family members of those living with a mental health condition, including

how the family can play a vital role in their loved one's recovery & wellness. Ramachandran says, "What I learned by taking the NAMI course was that I had to change myself. I learned better communication skills and now I help other parents struggling to find answers."

Ramachandran's children have also become advocates for access to better mental healthcare on their college campuses.

To learn more about NAMI's courses on wellness and recovery, call **408-453-0400 Option #1**.



Volunteer Spotlight: Anna Menuz

Anna Menuz and her parents immigrated from Switzerland when Anna was an infant. After a few years in Wisconsin, they moved to California.

As an adult, Anna felt fortunate to be able to stay at home after her children were born and loved volunteering in their schools and being involved with their after-school activities. When her oldest child entered high school, Anna taught math part-time at a private high school, then worked full time at a semiconductor company.

college. During her child's hospitalizations, Anna found comfort in being surrounded by people who had lived through a similar experience and understood what she was going through. Family-to-Family provided an understanding of the disease and gave Anna the tools for helping her daughter. Once she retired, Anna wanted to give back to NAMI. Today she volunteers on the Warmline, providing callers with the warmth, caring, and support that she received 20 years ago. Anna enjoys the opportunity to continue learning about mental health and the many resources available.

Her hobbies include hiking, reading, playing bridge, gardening, & traveling to visit her grandchildren.

NAMI became Anna's life support when her daughter had a mental health crisis while in

Community Events in October and November

NAMI-SCC Board Mtg

Board Meetings are held on the 1st Tuesday of the month; the next meeting will be on **Nov 5, 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 is incredibly grateful to so 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, visit our website at www.namisanataclara.org or email our Executive Director at kforward@namisanataclara.org

We would like to thank:

- ♦ **El Camino Health Care Foundation** for \$25,000 for our Community Peer Mentor Program
- ♦ **KLA-Tencor Foundation** for \$25,000 for Ending the Silence
- ♦ **Sereno Properties of Willow Glen 1% for Good** for \$15,000

Yoga for Caregivers

A NAMI-SCC member who took Family-to-Family and is a certified yoga instructor would like to offer restorative yoga classes to family caregivers once a month at no charge. She is looking for space to do this. If you know of such a spot, please call our office.

1. An Open Forum on Emergency Psychiatric Services (EPS)

We want to hear about your experiences in order to improve Emergency Psychiatric Services. Your input will help identify the most valuable treatments and how the system can be changed to benefit everyone. All are welcome!

WHEN: Thurs., Oct. 31 ~ 10–11 A.M.

WHERE: Zephyr Self-Help Center, 1075 E Santa Clara St. (back of building)

INFO: epscoalition@gmail.com or 408-658-0923

Can't attend? Take our survey here: <https://tinyurl.com/epscaresurvey>

2. Youth Mental Health First Aid

For those who work with youth, come and learn how to identify, understand, and respond to signs of mental illnesses and substance use disorders.

WHEN: Mon., Nov. 4, 15 ~ 8:00 A.M.–4:30 P.M.

WHERE: Goodwill of Silicon Valley, 1080 7th St, SJ

Info: To find a course or contact an instructor in your area, visit

www.MentalHealthFirstAid.org or email info@MentalHealthFirstAid.org (Course ID 00149433)

3. Barbershop Forum

Veterans, their families, and area residents will have open dialog with local law enforcement agencies to bridge the gap between law enforcement and the community.

WHEN: Mon., Nov. 4 ~ 7 P.M.

WHERE: VA Palo Alto Health Care System, 3801 Miranda Av, Ed Stallings Auditorium

4. Youth Mental Health First Aid

WHEN: Wed./Fri., Nov. 13/15 ~ 9 A.M.–1 P.M.

WHERE: Momentum for Mental Health, 2001 The Alameda, SJ

INFO: To find a course or contact an instructor in your area, visit

www.MentalHealthFirstAid.org or email info@MentalHealthFirstAid.org (Course ID 00149793)

5. SVILC's 2019 Peoples' Thanksgiving

Join Silicon Valley Independent Living Center (SVILC) staff, board members, & volunteers for their annual traditional Thanksgiving feast complete with all the trimmings (vegetarian option available). This is a free event. Volunteers and donations are greatly appreciated.

WHEN: Thurs., Nov. 21 ~ 12–2 P.M.

WHERE: John Burns Gardens Community Room, 820 Agnew Rd, Santa Clara

RSVP: By Nov. 15; email info@svilc.org OR call 408-894-9041. Also call to request an accommodation or for more info.

6. Thanksgiving Celebrations

Santa Clara County's self-help centers will host Thanksgiving events. All are welcome! Please call the centers at the beginning of November for specific details about date and time.

—Zephyr Self-Help Center (1075 E Santa Clara St., SJ), 408-792-2140

—Esperanza Self-Help Center (1235 First St., Gilroy), 408-852-2460

—Grace Community Center (488 N 6th St. SJ), 408-293-0422

Open Enrollment Period for 2020 Affordable Care Act

Oct. 15, 2019—Jan. 31, 2020

During the Open Enrollment period, you can purchase health insurance for the upcoming year and can apply without a Qualifying Life Event. Go to the **Covered California** website (see shaded box below) for information and to apply.

During Open Enrollment, you have the following options, depending on your current situation:

- ♦ Buy a plan through Covered California;
- ♦ Renew or change your current plan;
- ♦ Enroll in Medi-Cal.

<https://www.healthforcalifornia.com/covered-california-enrollment/open-enrollment>

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, Option #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 and click on "Join NAMI."

Learn about how to include NAMI-SCC in your estate plan. Go to our website: Get Involved/Planned Giving

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**