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**General Meeting, Tuesday, January 14, 2020
Alternatives to Hospitalization**

At our first general meeting of 2020, we will hear about the **Crisis Stabilization Unit** and **Blackbird House**.

On **Jan. 14, 2020** our presenters will be **Bindu Khurana-Brown**, LMFT, manager of the Crisis Stabilization Unit; along with **William Couch Jr.**, Peer Support Lead, and **Tamra Chavez**, Director, at Blackbird House.

The Crisis Stabilization Unit (CSU), operated by Momentum for Mental Health, is intended to provide an individual with more choices in their journey to recovery. Open 24 hours per day, 7 days per week, CSU serves as a voluntary alternative to a locked treatment setting, allowing more focused support to help reduce symptoms of crisis.

Blackbird House, operated by Family & Children Services of Silicon Valley, offers a supportive and home-like setting for adults who are at risk of a psychiatric crisis. Blackbird House is the first peer-run overnight respite program for adults in SCC. All peers have completed extensive training to support others' wellness.

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.)

Upcoming General Meetings

Dec.: No general meeting
Feb. 11: **Schizophrenia—An Overview**
Dr. Matt Lilly

Updates from our Development Director

2019 NAMIWalks Silicon Valley

We came, we saw, and we conquered at the 2019 NAMIWalks Silicon Valley event. Although we did not make our goal, the connections NAMI-SCC made this year were monumental. At this year's event, 111 teams and almost 1,500 people walked to end the stigma associated with mental illness, and we raised **\$300,000**.

Shanna Webb, NAMI-Santa Clara County's Development Director, said, "The connections we made this year and the teams that came out in support of this event were awesome. More people learned about the power of NAMI this year, and that translated into new sponsorships, donations, and teams."

Planning for **2020 NAMIWalks Silicon Valley** is already in the works. "We are planning for big changes in 2020 because it represents a milestone for us as we celebrate our fifth walk here in Silicon Valley," Webb said.

If you are interested in helping with 2020 NAMI-

Walks Silicon Valley, consider joining our planning committee by emailing swebb@namisantaclara.org

GivingTuesday: A Global Movement

GivingTuesday is fast approaching at NAMI-Santa Clara County. GivingTuesday is a global generosity movement unleashing the power of people and organizations to transform their communities and the world. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good by giving to their favorite nonprofit.

NAMI-Santa Clara County will be participating in the GivingTuesday movement on **Dec. 3, 2019**. If you are interested in participating in GivingTuesday and would like to give to NAMI-Santa Clara County, please go to www.namisantaclara.org and click on **Donate**.

Calendar:

Community Events (p3)

- Dec. 1, Jan. 5 / Sun**
Nature Walk (p4)
- Dec. 1, 8, 15, 22, 29 & Jan. 5, 12, 19, 26 / Sun**
Connections Group (p4)
- Dec. 2, 6, 7**
Holiday Gift Drive (p4)
- Dec. 3, Jan. 7 / Tue**
NAMI-SCC Board Mtg — 7–9 P.M. at NAMI office (p3)
- Dec. 25, Jan. 1 / Wed**
(Office closed)
- Jan. 14 / Tue**
General Meeting (p1)
- Jan. 20 / Mon**
Office closed (MLK Day)

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.

NAMI-SCC Board Officer Nominations for 2020-2021

In accordance with our bylaws, our annual election of officers will take place at the March, 2020 General Meeting. We need candidates for:

- President
- 4 Vice Presidents
- Treasurer
- Secretary

If you are interested in joining our Board of Directors or wish to suggest someone, please contact NAMI Board Co-President **Beverly Lozoff** at blozoff@namisantaclara.org

Nominations will be accepted from the floor at the February and March 2020 general meetings.

Who's Who at the NAMI-SCC Office 408-453-0400

Kathy Forward (x3025)
Executive 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

Faithnet (x3035)

Greg Osborn (x3050)
Provider Education Coordinator

Lourdes Robles (x3150)
Community Peer Mentor
Program Director

Sara Swanson (x3070)
Asst. Coordinator Peer PALS
and Community Peer Mentor
Program

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)

November 12, 2019 General Meeting Write-Up Motivational Interviewing, Brianne Baker, LMFT

By Alexia Worsham

November's speaker **Brianne Baker**, Adult Out-patient Manager at El Camino Hospital's new Scrivner Center, introduced the audience to Motivational Interviewing, an approach used to engage people in making behavior changes that support health and wellness. This approach was created as a "way of being with a client, not just a set of techniques for doing counseling." 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 explained that Motivational Interviewing is not only a clinical tool used by professionals in a therapeutic setting, but it is something anyone can use in relationships with friends, family, and/or significant others. The practice was developed as a technique to resolve ambivalence about change. Brianne presented five principles of

change, and discussed how each one links to Motivational Interviewing:

1. Empathy (which comes through reflective listening);
2. Develop Discrepancy (between the client's Goals and their Behavior);
3. Avoid Argumentation;
4. Roll with Resistance; and
5. Support Self-Efficacy.

Ms. Baker facilitated role-playing exercises that allowed audience members to practice techniques for handling resistance, and then answered questions from audience members.

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

"The Art of Facilitating Self-Determination" Workshop

By Cindy McCalmont

Fifteen people from NAMI-SCC's Peer Mentor and FaithNet programs completed a weekend "Art of Facilitating Self-Determination" training developed by **Stephen Pocklington**. The goals of the workshop are to deepen understandings of human motivation and to strengthen one's capacity to make connections. It focuses on the mindfulness required to facilitate the self-directed growth of others. The workshop challenges our tendency to want to be managing directors, especially when we're convinced that someone else may need our "help." During the workshop, participants learn about how to enter into relationships in ways that stimulate critical thinking without fixing, saving, advising, or setting the other person straight.

Congratulations to all!



Staff Spotlight: Adela Arce

Adela grew up in Santa Clara County. Born to parents who emigrated from Mexico, Adela was raised in a wonderful Mexican community. In alignment with her cultural roots of always

lending a helping hand to those in need when possible, Adela has been fortunate to give back to her community in varied ways. Adela has volunteered her time at family shelters, food pantries, church events, Habitat for Humanity, the Red Cross, and as an ESL instructor for nonprofit community outreach programs. Adela also has over 25 years of experience in Administration and Management Support.

In late 2018, Adela contacted NAMI's warmline, and in the spring of 2019 attended her first Family-to-Family class. Soon after, Adela signed up to volunteer as a resource assistant for the same

course. Family-to-Family offered answers to many of Adela's questions and gave her the tools to move forward in her family's journey with mental illness. For this reason, Adela is excited to be part of NAMI-SCC's team as the Education Coordinator for Ending the Silence, In Our Own Voice, Family-to-Family, and BASICS.

Adela feels her most important job to date has been motherhood. Adela has five amazing souls that she absolutely adores and who have taught her more than she can explain. In her free time, Adela enjoys music, dancing, taking road trips, and spending time with family and friends.

Adela stated, "When mental illness struck my life, I found a significant source of information and comfort through the NAMI support network and education classes. I believe in NAMI's mission and am passionate about doing my part to make a difference in our community by empowering families through education, community advocacy, and dedicated support."

NAMI-SCC Board Mtg

Board Meetings are held on the 1st Tuesday of the month; the next meeting will be on **Tues. Dec. 3 / Jan. 7, 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

New Law in California

Outdated terminology used to describe mental health conditions and individuals with mental health conditions is being replaced in this law. California's state laws are being changed to remove outdated and stigmatizing language. Here are the changes:

- ◆ Replaced “insane” with “mental health disorder”
- ◆ Replaced “mentally incapacitated” with “lacks mental capacity”
- ◆ Replaced “mentally or severely disordered” with “mental or severe mental health disorder”
- ◆ Replaced “developmentally disabled” with “developmental disability”
- ◆ Replaced “mental disorder” and “mental defect” with “mental health disorder”
- ◆ Replaced “mentally ill” with “mental illness”

What does this mean for NAMI California members: The Legislature and Governor recognize that language about mental illness matters.



Community Events in December and January

1. Christmas Celebrations

Santa Clara County's self-help centers will host holiday events. All are welcome! Please call the centers at the beginning of December for specific details about dates and times.

- 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

2. Mobile Crisis Response Team

SCC's Office of Family Affairs will be hosting this workshop presented by **John Costa**, Law Enforcement Liaison. Refreshments will be served.

WHEN: Wed, Dec. 11 ~ 6:30-8 P.M.
WHERE: Office of Family Affairs, 2221 Enborg Ln, SJ
INFO: 408-792-2166

3. Adult Mental Health First Aid

This free 8-hour course teaches adults how to help someone who is developing a mental health problem or is experiencing a mental health crisis.

WHEN: Mon & Wed, Dec. 9/11 ~ 9-1 P.M. (English)
 Mon & Wed, Jan. 6/8 ~ 12-4 P.M. (English)
WHERE: 1075 E Santa Clara St., 2nd Floor, San Jose
INFO: Email Peggy.Cho@hhs.sccgov.org to register

4. Mental Health First Aid for Adults Who Work with Youth

This course is designed for adults who work with youth, parents with teenagers, and transitional age youth.

WHEN: Mon & Wed, Dec. 16/18 ~ 12-4 P.M. (English)
WHERE: See above
INFO: Email Peggy.Cho@hhs.sccgov.org to register

2020 “Directing Change” Program and Film Contest

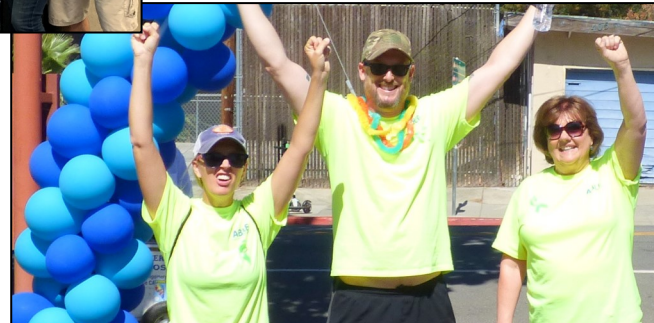
Every year the California Mental Health Services Authority sponsors a film contest for students. It is part of a statewide effort to prevent suicide, reduce stigma & discrimination of mental illness, and promote mental health and wellness.

Middle and high school students and young adults (ages 14-25) are invited to create 60-second films in one of two categories: **Suicide Prevention** and **Mental Health Matters**.

The winning teams and their associated schools win prizes and receive mental health or suicide prevention programs for their school or organization.

Go to www.directingchange.org for all the information including contest rules. **March 1, 2020** is the final submission date.

2019 NAMI Walks Silicon Valley Photos



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.namiantaclara.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@namiantaclara.org

Season's
Greetings

NAMI-SCC Extends Wishes for a Very Happy & Safe Holiday Season!

The NAMI Office will be closed on these days:

Wed, Dec. 25, 2019 (Christmas Day)

Wed, Jan. 1, 2020 (New Year's Day)



Holiday Gifts of Cards and Jewelry



Cards by NARSAD Artworks: Beautiful one-of-a-kind art cards by and on behalf of persons with mental illness.

NAMI Jewelry: Beautiful hand-crafted collection of earrings, pins, pendants, bracelets, and money clips that feature the NAMI signature grassroots symbol

designed by family member **Mike Warner**.

NAMI SMC Holiday Open House Dec. 11, 12, 13 ~ 1–4 P.M.

1650 Borel Place, #130, San Mateo 94402

Come and browse and enjoy warm cider and cookies while you shop!



We're on Twitter!

Be part of our online community & engage in Mental Health conversations at [twitter@namiantaclara.org](https://twitter.com/namiantaclara.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/namiantaclara.org



This holiday season we will once again distribute gifts to people in hospitals, self-help centers, board and care homes, veterans centers, and homeless shelters.

2019



Most-needed items:

- ◆ Socks for men and women
- ◆ Scarves & gloves for men and women
- ◆ Winter Hats for men and women
- ◆ Toiletries
- ◆ Decks of playing cards
- ◆ \$5 gift cards (examples: Starbucks, Peet's, Jamba Juice, Burger King, McDonald's, discount stores, pharmacies)
- ◆ 2020 Pocket Calendars

Monetary donations are especially appreciated and needed to cover our expenses of well over \$2,500.

We've set up an **Amazon Wish List**. You can purchase from the list and Amazon will ship directly to us. Go to www.smile.amazon.com and follow these steps:

1. Select **NAMI Santa Clara County**
2. Click on **Accounts & Lists**
3. Click on **AmazonSmile Charity Lists**
4. Start Shopping!

NOTE: Donor letters are available if you choose to solicit at businesses to get discounts.

Important Dates

- ◆ **Mon, Dec. 2:** Please submit your donations to the NAMI office by this date.
- ◆ **Fri, Dec. 6, 10:30 A.M.–1:30 P.M.:** Prepare gift bags at the office.
- ◆ **Sat, Dec. 7, 1–3 P.M.:** Assemble gift bags at the office.