Inside This Issue:

General Meeting 1
Information from our Development Director 1
Board Officer Nominations 1
Genl Mtg Write-Up 2
“The Art of Facilitating Self-Determination” 2
Staff Spotlight 2
Community Events 3
Directing Change 3
NAMIWalks Photos 3
Ongoing Activities at NAMI-SCC 4
Holiday Gift Drive 4

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.

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.

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.

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.
November’s speaker Brianne Baker, Adult Outpatient 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

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.

**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)

**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.”
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.directingchangeca.org](http://www.directingchangeca.org) for all the information including contest rules. March 1, 2020 is the final submission date.

**2019 NAMIWalks Silicon Valley Photos**

The images show participants at the NAMIWalks Silicon Valley event, celebrating and raising awareness for mental health. The photos capture diverse individuals, some holding signs and others in joyful poses, reflecting the community's support and engagement in mental health initiatives.
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.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 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 Davè 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@namisantaclara.org

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!

2019 Holiday Gift Drive
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.

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.

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.

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/namisantaclara.org

I love MH
We’re on Twitter!
Be part of our online community & engage in Mental Health conversations at twitter@namisantaclara.org