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NAMI Santa Clara County Community Resource & Support Center

National Alliance on Mental Illness

Newsletter Volume XXXVIX No. 4

April 2014

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NAMI Board Meeting (p.3)
- April 2/Wed.**
Chili's Give Back Day (p.3)
- April 6/Sun.**
Nature Walk (p.4)
- April 6, 13, 20, 27/Sun.**
Connection Recovery Support Group, 3–4:30 P.M. (p.4)
- April 16/Wed.**
NAMIWalk Kick-Off Luncheon (p.3)
- May 6/Tues.**
Silicon Valley Gives
- May 31/Sat.**
NAMIWalk 2014 in SF (p.3)

Contact Us!

NAMI Santa Clara County
Community Resource &
Support Center
1150 S. Bascom Avenue
Suite 24
San Jose, CA 95128-3509
408.453.0400
www.namisantaclara.org
M–F, 10 A.M.–2 P.M.

General Meeting, Tuesday, April 8, 2014 Mental Health Parity: Becoming Parity Advocates Kim Pederson, Senior Attorney Rachel Richardson, Patients' Rights Advocate

Our April General Meeting speakers will be **Kim Pederson** and **Rachel Richardson** from the Mental Health Advocacy Project (MHAP), a program of the Law Foundation of Silicon Valley. This year, the Law Foundation celebrates its 40th anniversary of providing free legal services in Santa Clara County.

Kim and Rachel will present on mental health parity. Mental health parity laws require equality in coverage for mental and physical health. Learn about basics of parity protections and practical tips on how to appeal (and successfully overturn) insurance denials.

MHAP is currently working with a statewide team to provide training and individual assistance on parity issues, and can be reached at **800-248-6427 x407**.

Please join us in the auditorium at Good Samaritan Hospital on **April 8 at 7:30 P.M.** for announcements and installation of NAMI SCC Board officers. The presentation will be from **8–9 P.M.**

NOTE: The Consumer Advisory Council will present MHAP talking s on Mental Health Parity on **Tuesday, April 29 at 4 P.M.** in the NAMI office. Call our office to RSVP.

Installation of NAMI Santa Clara Board Officers

The NAMI SCC annual election of officers was held at the March General Meeting. Installation of officers will take place at the General Meeting on **April 8, 2014**.

The Board Officers are:
President: **Navah Statman**

Vice Presidents: **Victor Ojakian** (1st VP)
Beverly Lozoff (2nd VP)
Juan Perez
Gerry Larvey

Treasurer: **Steven Wade**
Secretary: **Peter Newman**

First-Ever Day of Giving: Silicon Valley Gives

On **Tuesday, May 6, 2014**, in celebration of the 100th anniversary of community foundations, the Silicon Valley Community Foundation (SVCF) will raise money for local nonprofits. This is an opportunity for NAMI SCC to get more visibility as well as donations.

To see our page on the SV Gives site, please go to <http://svgives.razoo.com/story/Nami-Santa-Clara-County>.

Please share this information with family, friends and colleagues.

Job Readiness Workshops & Employment Support Group at Zephyr

Starting in **April**, Zephyr Self-Help Center will hold job readiness workshops and an employment support group.

Job Readiness

2nd & 4th Tuesday from 11 A.M.– noon

April 1: A speaker will address working and keeping Social Security benefits.

April 15: Job Assessment & Career Options

For more information, call **Enrique Ruiz** at **408-792-2140**.

Employment Support Group 2nd & 4th Wednesday from 2–3 P.M.

A peer support group for those contemplating employment, actively looking and currently employed.

Who's Who at the NAMI SCC Office

Navah Statman:
Board President

Kathy Forward:
Executive Director

Francesca Merchant:
Office Manager

Donna Mechanic:
Office Support

Sanja Pesich:
Volunteer Services
Manager

Karen Fifer:
Volunteer Coordinator

Jennifer Blostein:
Programs Coordinator

Programs

Jennifer Blostein:
Family-to-Family

Greg Osborn:
Provider

Sharon Ruhl:
Basics

David DeTata:
Peer PALS

**Barbara Thompson,
Kathy Williams:**
Peer-to-Peer

Raschell Lade:
In Our Own Voice (IOOV)

Jennifer Blostein:
Parents & Teachers as
Allies (PTAA)

Brandon Ha:
Ending the Silence (ETS)

Isabel Romero:
NAMI Español

NAMI SCC Newsletter

Published 10 times per year by the Newsletter Crew: **Cole Buxbaum** (Editor), **Beverly Lozoff** (Coordinator), **Donna-Jo** (Typesetter) and our great volunteers.

Low-Income Housing in Santa Clara County January 14, 2014 NAMI SCC General Meeting Write-Up By Cole Buxbaum

Robert Dolci, Housing and Homeless Concerns Coordinator with the SCC Mental Health Department, has been involved in housing for 20+ years. He works as a nonprofit housing developer to build and/or rehab housing units for the mentally ill. He has done a lot for many individuals.

Bob reported that the State's new budget this year, given our economic recovery, will show a \$4.9 billion surplus; \$250 million was added for mental health care. Mr. Dolci is involved in assuring that housing is available for the homeless and disabled. He distributed a handout titled "Mental Health Department's Housing Opportunities Update." HUD receives \$12.5 million per year from the County for housing assistance.

Every year, a visual count of the homeless is required. This year's count revealed that 18,000 people in California are homeless, 7,600 of them in Santa Clara County — 51 percent due to mental illness, 17 percent suffering from substance abuse. These numbers count people in the streets and in shelters, with 75% unsheltered.

A homeless helpline — **408-510-7600** — can connect within 24 hours a homeless person and someone from an outreach team who then visits and can develop an ongoing relationship. If there are mental health issues, meds., etc., that make it difficult for a person to stay connected with resources, it is helpful to write up the background that affects their ability to stay in touch to remain in housing.

Getting documented proof that a person is working to make progress can be useful for the individual's record. A landlord can use this

as evidence that the person is a lower risk. There are rental housing websites (such as www.scchousingsearch.org) that offer resources to help in locating places to stay, such as Mid-Peninsula Housing, charities, housing, Eden Housing and First County Housing.

Because most clients are on limited income, there is an emergency assistance network of about eight organizations that offer help (see listing under United Way of Silicon Valley). They give money to people, one time only, for emergency assistance. Another organization, Seasons of Sharing (SOS), gives financial assistance, also one time, when proper documentation is furnished.

There are 18 individuals working throughout SCC to assist people looking for housing. They use a Vulnerability Index Survey that calls out people who have long-term homelessness and need particular help. A case manager finds the individual and convinces him/her to get help. To be considered for housing in the emergency assistance network, a person has to be receiving services from a mental health provider in the County, e.g., Momentum for Mental Health. The rent is approximately \$250/month. All of the individuals are either homeless or at risk of homelessness.

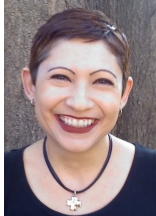
Frequently funds are available for short-term motels and others, while a room-and-board is being located. Other rooms are available for a higher rent that are not for the homeless. People with social security and/or SSI benefits may afford housing at a higher rent.

There is a shorter list for people over age 62, which at this time has a small waiting list. Unfortunately Section 8 housing is presently closed.

Audio Recordings of General Meeting Presentations

Audio recordings of our general meeting presentations can be found on our website at

www.namisantaclara.org/meetings.htm. Both current and archived recordings are included.

Staff Spotlight: Karen Fifer

Karen Fifer has been involved with NAMI since 2009. She has worked with the Peer PALS program and has been a volunteer mentor for the Peer-to-Peer Recovery Course. Karen has been the Volunteer Coordinator at NAMI since 2012, working mainly with the volunteers who come and help out in the NAMI office, giving them projects

to work on and overseeing their work.

Outside of NAMI, Karen daily volunteers as the Executive Administrator for the largest bipolar support group on Facebook, Bipolar(s) Supporting Bipolars; she works along with the administrative team to ensure a safe and supportive place for online support of those who live with bipolar disorder. If you'd like to learn about this group, you can contact Karen at kfifer@namisantaclara.org.

NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, April 1, 7–9 P.M.**, at the **NAMI SCC office**. All are welcome!

Officers of the NAMI SCC Board

President:

Navah Statman

Past President:

Jen Hong

Vice Presidents:

Victor Ojakian (1st VP)

Beverly Lozoff (2nd VP)

Juan Perez

Gerry Larvey

Treasurer:

Steven Wade

Secretary:

Peter Newman

Members-at-Large:

Alan Cade

Lowanda Pierson



10th Anniversary

NAMIWalk 2014 Updates

NAMIWalk Team Captain Brunch: Our first-ever Team Captain Brunch is taking place on Sat., **March 29**. We look forward to seeing many Santa Clara Team Captains there. We'll tell you how it went next month.

Team Building: Our Team, Walker and Donor numbers are growing beautifully. Many thanks to all. Of the 17 SCC teams registered already, 4 are brand new this year! And welcome to last year's teams and walkers.

Registration: www.namiwalksfbay.org; select NAMI SCC as your affiliate. Let us know if you have registration questions and we'll make sure to "walk" you through the process.

Chili's Give Back Day, Wed., April 2: Grab

a flier for this event (you must have one with you) and plan your day! A flier comes along with this newsletter. Fliers are also available on our website and at our office.

Kick-Off Luncheon: This year's luncheon takes place at the Crow Canyon Country Club in Danville on **Wed., April 16** — details to come.

Sponsors: We are delighted to see our sponsors for this year. The **Women's Health Group** and **Phil Boyce**, our NAMI SCC office landlord, are joining us for the first time. **Hitachi, Navah & Meir Statman, EMQ, Flagship Services,** and **Momentum** have joined us again, and **El Camino** will be a Gold Sponsor this year.

NAMIWalk Committee: Thanks as always to our wonderful local Committee that continues to meet regularly and provide ongoing support, enthusiasm, new ideas and hard work bringing our 10th anniversary Walk to fruition. You can contact us through the office or email **Gini** at vmitchem@hotmail.com or call **408-259-2256**.

Brave Hearts — The "Unofficial" NAMI SCC Office Team

The Brave Hearts team has started its campaign for NAMIWalks SF Bay Area 2014 (the 10th anniversary). Please consider joining our effort. We have experience; we have help for team members to fulfill and exceed their fundraising goals; we have the glorious Brave Hearts T-shirt (for accumulating at least \$10 in donations); and we want you! Fight stigma, enjoy the camaraderie of other team members, raise a gazillion dollars to

support ourselves and loved ones in all that NAMI does. Exult in a walk in the unique Golden Gate Park on **Saturday, May 31**. Contact one of the Co-Captains:

- ◆ **Barbara Thompson, 650-576-3279** or bthompson@namisantaclara.org
- ◆ **Rick Vierhus, 408 209 3031** or rvierhus@gmail.com

NAMI Santa Clara County Needs a Bus on Walk Day

For a number of years the Mental Health Department has provided free of charge a bus for consumers and family members to go from our office to NAMIWalk in San Francisco — and we are very grateful. This year the County is not able to provide a bus. Might you or

someone you know have access to a bus (for 50 people) so that we can continue to provide transportation?

If we have to rent a bus, the cost will be approximately \$650.00. Donations would be a big help. If you can do so, please call our office.

Fun Time at Casino Night for Peer PALS

By David DeTata



Our Peer PALS program recently hosted a Casino Night event with almost 30 attendees. It was great fun for all! The participants reenacted live casino action with realistic casino equipment including a craps table with surrounding bumpers, a wooden roulette wheel with a betting playing

field, a blackjack card table, and a horseracing track with horse and rider players and betting odds log sheets. Dealers and floor people, outfitted appropriately in vests, visors and garter arm-bands on their sleeves, controlled the action. Winners cashed in their chips for authentic-looking fake money that they used to get prizes at the prize table.

This is just one aspect of NAMI SCC's Peer PALS program when participants experience a monthly group outing or event. To find out more about this free program, contact our office.



Consumer Art Show at Zephyr

Zephyr Self-Help Center

invites consumers to submit up to 3 samples of artwork for Zephyr's 2014 Annual Art Show.

Important Dates:

— **April 11/Fri.**

Artwork due at Zephyr

— **April 18/Fri.**

Art Show at Zephyr,
10 A.M.–3 P.M.

Zephyr is located at
1075 E. Santa Clara St.,
San Jose.

**NAMI SCC
Connection
Recovery Support
Group**

This group meets every **Sunday 3–4:30 P.M.** at the NAMI SCC office. To reduce group interruptions, please arrive between **2:45–3:10 P.M.** when building doors are open. Note: that this group is for people over 18 with a mental illness.

Nature Walks

The Nature Walk takes place at **9–11 A.M.** on the **1st Sunday of the month** at Campbell Park in Campbell and is now being coordinated by the **Davé** family. For more info, contact them at **408-946-4379**.

**Santa Clara County Mental Health
Emergency & Referral Information**

NAMI Santa Clara County

Info/Referrals M–F, 10 A.M.–2 P.M. 408-453-0400

Evening Hrs: Bernie Genetti (English) 408-268-2615
Isabel Romero (se habla español) 408-916-6193
Juan Perez (se habla español) 408-528-5353
Athen Hong (Mandarin) 408-996-1016
Aileen Lau (Cantonese) 408-838-8106

Emergencies

Dial 911 and request a Crisis Intervention Team (CIT) officer. **NOTE:** For nonemergency 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 or by appointment
NOTE: For those with no medical insurance only

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 nonemergency, confidential 3-digit phone number/service for access to critical services (multilingual); www.211sc.org

EMQ Child/Adolescent Mobile Crisis Prg 408-379-9085

After-hours/weekend emergencies 877-412-7474

Bill Wilson Center Teen Crisis Line 408-850-6140

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 and engage in conversations on Mental Health on **Twitter@NAMISantaClara**



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

**NAMI Santa Clara County, Community Resource & Support Center
1150 S. Bascom Ave, 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.

Please accept my annual membership at the following level: Please check one: New Renewal

\$ 35 Membership Type: Standard Membership How did you hear about us? _____

\$ 3 Membership Type: Open Door

Please accept my additional donation(s): General Fund _____ Education Program _____ Other _____

In Memory of _____ In Honor of _____

Resource Handbook (Donation of \$25, w/postage add \$10) _____ Resource Guide Available online

Total Amount Enclosed: \$ _____ (Make checks payable to NAMI Santa Clara County.)

To pay online, go to [//www.namisantaclara.org](http://www.namisantaclara.org) and click on "Join NAMI."

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.) 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**