



National Alliance on Mental Illness

Volume XLIII No. 3

Santa Clara County Newsletter

March 2018

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General Meeting, Tuesday, March 13, 2018

Lara Gregorio, How Technology Can Revolutionize Mental Health Care

Lara Gregorio, LCSW and Director of Clinical Initiatives at 7 Cups of Tea, the largest global mental health delivery system, will explore gaps in our current behavioral healthcare system, how technology, peer support and innovation can serve to dramatically expand access to care.

Imagine if care was available on demand, for free, anonymously, in any language? Imagine if quality care was at your fingertips? Imagine a healthcare system built on learning how to best help people, while offering compassion and empowerment? Technology is available now to alter the way we've been delivering services, to serve as a complement to existing systems, and to truly bridge online/offline care, creating a comprehensive network of support.

Lara Gregorio received her master's degree from Smith College School for Social Work in 2005, and has since been a therapist in diverse settings including inpatient psychiatry, community clinics, college counseling centers & in private practice. She joined 7 Cups, 2 1/2 years ago to carry out her passion for finding solutions to help people access the services they deserve.

NOTE: TIME CHANGE — Please join us at 7 P.M. in the auditorium of Good Sam (main building basement); at 7:15 we will present an award to **Ky Le**, Director of Supportive Housing for the County, followed by our speaker from 7:30-8:30.

NOTE: Good Samaritan Hospital is located at 2425 Samaritan Dr., San Jose. You can find directions at www.maps.yahoo.com

NAMI SCC Slate of Board Officers for 2018-2019

We are so fortunate that all of our current NAMI SCC Board Officers have agreed to serve another term. Here is our 2018-2019 slate of officers:

Co-Presidents: **Victor Ojakian, Beverly Lozoff**
VPs: **Juan Perez, Harold Brown, Uday Kapoor**
Treasurer: **Steve Wade**
Secretary: **Peter Newman**

Please note that nominations can still be accepted from the floor at our March General Meeting.

Also note that we are looking to fill two Members at Large positions. Members at Large are voting members of the Board. If you are interested, contact NAMI Board Co-President **Beverly** at blozoff@namisantaclara.org

The slate of candidates will be voted on at the March general meeting and installation of officers will take place in April.

Calendar:

Community Events (p3)

Mar. 4 / Sun.

Nature Walk (p4)

Mar. 4, 11, 18, 25 / Sun.

Connections Group (p4)

Mar. 6 / Tues.

NAMI SCC Board Mtg (p3)

Mar. 13 / Tues.

NAMI SCC General Mtg (p1)

Mar. 27 / Tues.

Consumer Advisory Council (p3)

June 1-2 / Fri.-Sat.

NAMI Cal. Conference (p3)

Sept. 22 / Sat.

NAMIWalks SV 2018 (p1)

NAMIWalks Silicon Valley 2018 ~ Save the Date: Sept. 22

Planning for NAMIWalks Silicon Valley 2018 has already begun.

Sponsors: Our first task is thanking last year's sponsors and recruiting new sponsors. Now that participation in our Walk has grown to 1,400 participants, our sponsors will get more exposure than ever. And recruiting more businesses and corporations to purchase sponsorships is key to growing Walk revenue.

We ask for your assistance in this endeavor: Think about businesses where you may know an employee or where you make frequent purchases. Could you ask them to sponsor our Walk?

You are also the best advocates for asking your employer to sponsor our Walk. With mental illnesses so common, you may find coworkers to help you advocate. Most employers encourage community involvement and want to support you. Our office staff can provide pertinent forms and information; they can help you "make the sale." Examples of potential businesses to approach are pharmacies, car dealerships, dentists, doctors —

especially where you are a loyal customer. Please phone our office to discuss your ideas and we will help you.

NAMIWalks revenue continues to be a significant portion of the money necessary to

provide our programs at no cost to all members of the community. Our continued success is totally due to the support of members like you!

Steering Committee: We look forward to hearing your questions and suggestions, and next month we'll have more of ours from the NAMIWalks Steering Committee. Talking of the Steering Committee, we'd love to have you join us. We are just a phone call or email away.

Registration: Go to www.namiwalks.org/siliconvalley and register your team online now — have the distinction of being one of the first!

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.-2 P.M.

SAVE THE DATE!



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

Kathy Forward (x3025):
Executive Director

Alexia Worsham (x3120):
Deputy Director

Stacy Badgis (x3030):
Administrative Manager

Rita Girman (x3020):
Warmline/Help Desk Manager

Donna Mechanic (x3040):
Administrative Helper

Denecia Gressel (x3070):
Peer Mentor Coordinator

Nicole Rathjen (x3105):
Volunteer Coordinator

Gina Cecconi (x3130):
Volunteer Project Assistant

**Hope Holland & Barb
St. Claire (x3080):**
Connections Grp Coordinators

Programs

Barb St. Claire (x3080):
Family-to-Family / Basics /
Connections

Greg Osborn (x3050):
Provider Education

Laura Paulson (x3140):
Peer PALS Advisor

David DeTata (x3015):
Peer PALS Coordinator

Barbara Thompson (x3090):
Peer-to-Peer

Eugenio Vargas (x3065):
Spanish Programs

Marc Fowler (x3100):
Community Programs
(In Our Own Voice)

Indra Carlos (x3000)
Education Community
Programs (Ending the Silence /
Family Support Groups)

Chris Cherry
Homefront

NAMI SCC Newsletter

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by the Newsletter Crew:

Cole Buxbaum (Editor)
Beverly Lozoff (Coordinator)
Karla Brown (Proofreader)
Donna-Jo (Typesetter)

January 9, 2018 General Meeting Write-Up

The Foundational Practices for a Healthy Mind, Dr. Michael Mantz

By Cole Buxbaum

Michael Mantz, M.D., is a psychiatrist who uses his expertise in holistic and western medicine to provide “a truly integrative approach to help his clients feel better and get stronger.” He incorporates exercise, coaching, appropriate nutritional supplements, as well as the judicious use of pharmaceuticals in his practice.

Dr. Mantz contends that American medicine focuses more on curing disease than on preventing it. He believes we need to “nourish positive brain growth and destroy unhealthy brain structures. Give your brain the right raw materials to rebuild itself (healthy fats and fat nutrients) and avoid unhealthy materials (sugar-oxidized fats).” Healthy fats include raw nuts, seeds, avocados and coconuts. Super fruits increase memory and decrease oxidation and inflammation, and are found in such fruits as cherries, berries and pomegranates.

Neuroplasticity—how the brain changes its own structure by creating new connections and neurons — gives new hope on how much positive change is possible. He talked about a number of strategies to achieve this.

High-quality sleep and regular exercise are essential for optimal brain health. Disturbed sleep is correlated with depression. Exercise can be preventative for anxiety, ADHD, chronic pain and can aid those with schizophrenia.

Mindfulness is important in achieving nonjudgmental attention (present moment), being okay with what is and having an attitude of openness and curiosity. It can lead to greater clarity and wisdom. Attention shapes neural circuits.

Meditation has been shown to improve activation of the left frontal regions of the brain and lift mood. It can also improve spiritual awareness. Play that is joyful improves social sensitivity. Developing friendships combats the lack of a social network.

For a more detailed discussion of these concepts, go to www.SBIntegrativePsychiatry.com

For the video of the presentation, go to www.namisantaclara.org and look for “General Meeting” in News and Events

Recovery Café San Jose

Recovery Café San Jose is a healing community for those traumatized by addiction, homelessness and mental health challenges. Other programs may maintain long waiting lists or only offer services for a limited time, but Recovery Café is always welcoming and available for the long term. Membership is free and open to all given these requirements: Be drug and alcohol free for 24 hours

before entering the café; attend one Recovery Circle — a small, peer support group — each week; and give back by participating in café chores.

There is a new member orientation every Tuesday at 1 P.M. Recovery Café is located at **80 E. 5th Street, San Jose** and can be reached at **408-294-2963**.



Passing of Mary Lou Filice

Our condolences to the family of **Mary Lou Filice** who passed at the end of January at the age of 93. An avid volunteer in the community, Mary Lou was a lifelong volunteer at NAMI SCC and served as president

and activity director for many years.

She spent much time at the office helping counsel families, marching in Sacramento and helping to coordinate housing. The family has asked that donations be made in her name to NAMI SCC.

Staff Spotlight: Laura Paulson

Laura Paulson recently joined NAMI SCC as the Peer PALS Advisor where she works alongside **David DeTata**, the Peer PALS Coordinator.

Although Laura was familiar with NAMI, she was thrilled to learn there was a local affiliate in Santa Clara County. After taking the Provider Education Course last year, she knew immediately that she wanted to be part of an organization that helps so many people in the community.

Laura is a Licensed Marriage and Family Therapist specializing in Body Dysmorphic Disorder (BDD) and other body image issues and has a small private

practice in Sunnyvale.

In her free time, Laura enjoys running, aerial yoga and going to movies. She is passionate about American Sign Language (ASL) and the deaf community and has volunteered at the California School for the Deaf in Fremont. She also has a lifelong love of traveling and has had the good fortune of living in Japan, Germany, France and Scotland.



NAMI Board Meetings are on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., Mar. 6, 7-9 P.M.** at the NAMI SCC office.

NAMI SCC Board Officers

Co-Presidents:
Vic Ojakian / Beverly Lozoff
 Past President:
Navah Statman
 Vice Presidents:
Juan Perez
Harold Brown
Uday Kapoor
 Treasurer:
Steve Wade
 Secretary:
Peter Newman

Open Positions at NAMI SCC

NAMI SCC is currently seeking candidates for three positions:

1. **Development Director**
2. **Peer Mentor Program Manager**
3. **Warmline Assistant**

Please go to our website, www.namisantaclara.org, for job descriptions and application procedures.

NAMI SCC Library

Our library is growing and we'd like suggestions for books you have read and feel would make a good addition to our shelves. Our latest book title is **My Lovely Wife in the Psych Ward** by Mark Lukach, one of the books chosen for Silicon Valley Reads 2018.

Feel free to visit our office and check out books that we currently have and / or call our Warmline Help Desk and share your suggested titles with a volunteer.

Research Studies

Please note that we often receive information about research studies. They are posted in a binder in our office as well as on our website.

Community Events — March/April 2018

1. ASIST (Applied Suicide Intervention Skills Training)

Free interactive, practice-oriented workshop for individuals who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

WHEN: Mon. & Tues., March 5-6 ~ 8:30 A.M.-5 P.M.
WHERE: Community Solutions, 9015 Murray Ave #100, Gilroy
INFO: Training is open to those who live/work in SCC.
REGISTRATION: Go to <https://goo.gl/forms/GIHg82ALLTZnx1as1>

2. Youth Mental Health First Aid

A workshop for adults who work with youth ages 12-18; teaches a 5-step action plan as initial help to young people showing signs of a mental illness or are in crisis.

WHEN: Thurs., March 15 ~ 8:30 A.M.-5 P.M.
WHERE: Community Solutions, 9015 Murray Ave #100, Gilroy
INFO: Training is open to those who live/work in SCC.
REGISTRATION: Go to <https://goo.gl/forms/z5SRSwyTiNfgk78p1>

3. South Bay Project Resource

“Families FIRST”— Cognitive Behavioral Therapy for psychosis skills for families (CBTpf) Peers, Family members, Caregivers, Mental Health workers or anyone who has been affected by a psychosis crisis; presented by **Kate Hardy, PsyD**

WHEN: Sat., Apr. 7 ~ 10 A.M.-5 P.M. (Registration starts at 9:30 A.M.)
WHERE: Cypress Community Center, Rm. 6; 403 Cypress Ave., San Jose
REGISTRATION: Required; email southbayprojectresource@gmail.com
INFO: www.southbayprojectresource.org

4. Adolescent Mental Wellness Conference: Overcoming Cultural Barriers to Access

WHEN: April 27-28, 2018
WHERE: Santa Clara Convention Center, 5001 Great America Pkwy, Santa Clara
REGISTRATION: www.stanfordchildrens.org/en/landing/adolescent-conference
 (Go to this website for registration as well as details about the conference topics.)

Consumer Advisory Council Conversation — March 27, 2018

March's conversation will be with the Silicon Valley Independent Living Center (SVILC). They will present a discussion about starting your housing search in Santa Clara County, types of housing to look for and tips on how to find housing effectively. Come with your questions.

WHEN: Tues., March 27 ~ 4-5:30 P.M.
WHERE: NAMI SCC Classroom
RSVP: 408-453-0400, Option #1

NAMI National Convention and California Conference

**NAMI National Convention
June 27-30, 2018**

The 2018 NAMI National Convention will convene at the Sheraton New Orleans on Canal Street in the heart of New Orleans! The theme is **Live. Learn. Share Hope**. Our collective voice spreads hope that recovery is possible and families can be whole again.

For complete registration information, go to www.nami.org/registration

**NAMI California Conference
June 1-2, 2018**

This year's conference will take place at the Hyatt Regency Monterey Hotel & Spa on Del Monte Golf Course. The theme is **United Voices: A Stronger California**. Contact **Eugenia Cervantes** at Eugenia@namica.org or call **916-567-0167** for details. To register, go to www.namicalifornia.org or send a check to NAMI California, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.

**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 and Korean. For more info, please call the NAMI Warmline at **408-453-0400, Opt #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 P.M.** 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.**

**Magazine & Sticker
Donations**

The Volunteer Project needs magazines & stickers for making **NAMI bookmarks**—that are used at outreach events and are very popular. Drop off items at the NAMI SCC office. Questions: Email nrathjen@namisantaclara.org

NAMI SCC Warmline / Help Desk

[Offers nonjudgmental support to individuals & families during times of need as well as guidance on how to begin a recovery]

Hours — M–F, 10 A.M.–2 P.M. / 408-453-0400, option #1

For Information in Other Languages:

Eugenio Vargas (se habla español) **408-453-0400x3065**
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.**

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**

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

New Lifestyles—The Source for Senior Living Magazine

www.NewLifeStyles.com **800-869-9549**



We're on Twitter!

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

MEMBERSHIP/DONATION FORM

You can make a donation, renew or join NAMI SCC at namisantaclara.org

Primary Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Membership: New Renewal

\$60 Household Membership \$40 Individual Membership \$5 Open Door (low income)

Names of Household Members _____

I would like to donate: \$50 \$75 100 \$250 Other: _____

In Honor of Memory of _____

Payment Information: Check (payable to NAMI SCC) Cash Credit Card

Name on Card: _____

Account Number: _____ Expiration Date: _____ Security Code: _____

Thank you for being a part of the NAMI Family! Memberships are valid for one year. Visit us online or donate at www.namisantaclara.org. Your contributions to NAMI SCC are tax deductible. Federal tax ID # 94-2430956