Information

Advocacy Support Education



1150 S Bascom Ave. Suite 24 NAMI Santa Clara County anta a a

Dedicated to improving the quality of life for people living with mental illness and their families through support, education and advocacy.

National Alliance on Mental Illness Santa Clara County

For information please call:

408.453.0400, Option #1 or Email:

info@namisantaclara.org

1150 S Bascom Av, Suite 24 San Jose, CA 95128

Affiliated with NAMI California and NAMI National

You Are Not Alone

- Is someone in your family suffering from a mental illness?
- Do you feel alone and isolated with this problem?
- Have you wondered how other families cope?
- Would you like to talk with someone who understands and can give emotional support?
- Do you want information about services for individuals in Santa Clara County who are living with a mental illness?

NAMI Santa Clara County **Community Resource Center**

Our Office is located at 1150 S Bascom Ave., Suite 24, San Jose, CA 95128

Office Hours: Monday-Friday, 10 A.M.-6 P.M., Walk-in Hours: 10 A.M.-2 P.M., except on federal holidays.

Helpline Desk: Our Helpline Desk offers nonjudgmental support to individuals and families during times of need as well as guidance on how to begin a path of recovery. Help is also available in Spanish and Mandarin.

After-hours messages can be left on our voicemail and will be answered the next working day.

You will find knowledgeable volunteers, a mental health resource library and free printed materials at our office.

Our NAMIWalks Silicon Valley is held annually. Please visit www.namiwalks.org/siliconvalley to register, create or join a team, donate, sponsor, fundraise, and connect with your NAMI-SCC family. Please continue to check our website and social media for updates.

We Are Here To Help

NAMI Santa Clara County (NAMI SCC) is one of the largest Bay Area affiliates of NAMI (National Alliance on Mental Illness) and NAMI California. Organized in 1975, NAMI Santa Clara County is a countywide nonprofit volunteer organization that offers a community resource and support center with over 500 members, including families and friends of persons living with a mental illness, mental health professionals and consumers of mental health services.

NAMI SCC is building better lives for individuals and families in Santa Clara County:

- We ADVOCATE for access to services, treatment, support services and research
- We EDUCATE through stigma-reducing classes to consumers, family members, teachers, mental health providers, faith leaders and police officers
- We PROVIDE support groups for consumers and family members
- We CONNECT people to local and national

We are committed to raising awareness, reducing stigma and building a stronger community.

Our Mission

The mission and values of NAMI Santa Clara County are to help people with a lived experience of mental illness and families by providing support, education and advocacy; to promote research; to reduce stigma and discrimination in the community; and to improve services by working with health professionals and families.

Education & Support Programs

EDUCATION

Family-to-Family — 9-week course for family members who have an adult loved one (age 18 and over) with a mental health condition (English, Spanish, Mandarin and Korean).

BASICS — 6-week course for parents & caregivers of minors who have a mental illness.

Peer-to-Peer — 9-week experiential education course focusing on recovery for individuals 18 and over (English and Spanish).

Provider — 5-week course for professionals who work with clients with mental health illness.

Homefront — 6-week program specifically for loved ones of military service members and veterans who experience symptoms of a mental health condition.

SUPPORT

Community Peer Mentor Program — Peer Connectors and Peer Mentors work with Participants on health and wellness.

Connection Recovery Support Group — Adults living with mental health conditions to share with others.

Family Jail Support Group — for those loved ones who are currently or were formerly incarcerated.

Family Support Groups — NAMI-format groups in 5 languages (English, Spanish, Mandarin, Chinese & Korean); a safe place to share concerns about loved ones living with mental illness.

PRESENTATIONS

In Our Own Voice: Living with Mental Illness (IOOV) — Presentations throughout the community by trained consumer-presenters.

Ending the Silence — Presentations for high school students, teachers and parents about mental illness.

Outreach

Legislative Initiatives — Legislative Initiatives —

The NAMI SCC Legislative Committee monitors and advocates for favorable mental health legislation as well as the quality of treatment in all sections of government . Media Liaison — NAMI-SCC works with local media to provide impartial, objective reporting on issues affecting individuals living with mental illness, their families and the community. As consumers of private/public mental health services, our members are familiar with what is/is not working as well as needed services.

Crisis Intervention Team (CIT) — Police officers & dispatchers of the Crisis Intervention Team are trained to interact with individuals living with mental illness in the community. Goals are to minimize use of force, increase officer/public safety and explain available resources. NAMI SCC assists in the training of the police officers.

VA Kiosks — A collaboration between NAMI-SCC and the Veterans Administration that provides kiosks in hospitals and on college campuses that contain video and printed materials about mental illness.

Speakers Bureau — Experienced volunteers speak about mental health issues in the community.

Other Services

General Meetings — Informative monthly meetings with speakers. Video recordings of the meetings are available on our website under Programs and Services. General meetings are open to the public and are held on the 2nd Tues. of the month except July, Aug. & Dec. **Newsletters** — We publish 10 newsletters per year that provide information about NAMI SCC activities, educational programs and community services. **Resource Guide** — We publish a resource guide with

emergency/referral information and ongoing county services, as well as our support groups.

Information about Mental Illnesses

Mental illnesses are biologically based disorders of the brain that can affect persons of any age, race, religion or income and are not the result of personal weakness or poor upbringing. Untreated, they can cause severe disturbances in thinking, feeling, relating that can result in diminished capacity for coping with demands of life. Stigma and discrimination can be a challenge.

Schizophrenia is a disorder that affects how a person thinks, feels and acts. It affects about 1.2% of the population. The person may have difficulty distinguishing between what is real and what is imaginary; may be withdrawn or unresponsive; and may have difficulty expressing normal emotions in social situations.

Clinical Depression affects more than 6.7% of Americans each year. This includes major depressive disorders and dysthymia, a milder, longer-lasting type of depression. Depression causes people to lose pleasure in daily life, can complicate other medical conditions and can even be serious enough to lead to suicide.

Bipolar Disorder, also known as manic depression, involves one or more episodes of serious mania and depression. The illness causes a person's mood to swing from excessively "high" and/or irritable to sad and hopeless, with periods of a normal mood in between. About 2.9% of Americans suffer from bipolar disorder.

Anxiety Disorders are the most common mental health conditions in America affecting 19.1% of the population at any given time. In Generalized Anxiety Disorder (GAD), Social Anxiety Disorder, Obsessive Compulsive Disorder (OCD), Panic Disorder, and Phobias, internal body sensations and everyday happenings are interpreted as dire events.

Post-traumatic Stress Disorder (PTSD) is an anxiety disorder that can be caused by the trauma of combat or by any of a number of traumatic events.

Eating Disorders refer to a group of conditions defined by abnormal eating habits that may involve either insufficient or excessive food intake to the detriment of an individual's physical and mental health. Personality Disorders are variants of other diagnoses, often with a deeply ingrained, inflexible pattern of relating, perceiving and thinking serious enough to cause distress or impaired functioning.

MEMBERSHIP/DONATION FORM

You can make a donation, renew or join NAMI SCC at namisantaclara.org Primary Name: __

Address:
City:State: Zip:
Phone: Email:
(You will receive your newsletter by email.)
Membership: □ New □ Renewal □ \$60 Household □ \$40 Individual □ \$ 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!

NAMI Santa Clara County 1150 S Bascom Ave. Suite 24 San Jose CA 95128 (408) 453-0400

Memberships are valid for one year. Visit us

Your contributions to NAMI SCC are tax-

deductible. Federal tax ID #9402430956

online or donate at www.namisantaclara.org.