

NAMI SANTA CLARA COUNTY NEWSLETTER

Water Tower Plaza II, 307 Orchard City Drive, Suite 205 • Campbell, CA 95008

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A Volunteer Grass Roots Organization "The Family's Voice on Mental Illness" Volume XXVIII, No. 9 • September 2005

COUNTY MENTAL HEALTH EMERGENCY SERVICES AND REFERRALS

EMERGENCIES – Call 911 and Request a Crisis Intervention Team (CIT) Officer.

FOR SERIOUS MH HELP & COUNSELING
Call SUICIDE & CRISIS – 408/279-3312

CRISIS OUTREACH REFERRAL EDUCATION SERVICES or "CORE" (Formerly called ACCESS)

For all services – call 1-800/704-0900.
Mon. thru Fri. – 8 AM to 5 PM –Info. & Referrals.
All other times – on-call staff answers calls.
English, Spanish, Vietnamese competencies at all times.
24-Hour Emergency/Crisis Intervention.

OFFICE OF CLIENT EMPOWERMENT: 408/254-5350

NAMI SANTA CLARA COUNTY OFFICE INFORMATION/REFERRALS

Call **408.583.0001** between 10 AM and 2 PM weekdays or leave a message on the recorder.

NAMI SANTA CLARA COUNTY EVENING HOURS INFORMATION/REFERRALS

Lee Gernand 650/322-6878
Luisa Perez (Se habla español) 408/378-6988
Manuel Andrade (Se habla español) 408/255-7474
Billie Mechanic 408/238-6488
Kwei-Ying Lee (Cantonese/English) 408/997-6286

NAMI Survey Coming Soon!

If you came to our June meeting at Good Samaritan Hospital, you heard our first announcement of the 2005 NAMI survey we were developing for family members.

Last spring, when we moved to the new office in Campbell, we found a recap of a 1979 survey that had been sent to NAMI members. It asked about mental health services that were available, and the living conditions of loved ones with a mental illness. In general it assessed the state of mental health care at that time --1979.

We thought it might be useful to update that survey for our membership now and see what has changed in the nearly 30 years that have passed. And so, be on the lookout for the **NAMI Santa Clara Survey**. The first batch has been mailed, so everyone should have it by early September.

We hope to compile the data it presents and have it at our General Meeting in October. But we need your responses! All responses are anonymous, and a return-address envelope is included. **Please fill it OUT and send it IN!** If you are not yet a NAMI member and didn't receive your survey, we will have some additional copies at the September meeting.

Medications and Possible Drugs In The Future

General Meeting on Tuesday, September 13, 2005

Speaker: Dr. Anthony Cozzolino, MD
Director of Outpatient Psychiatry

Services, Santa Clara County

Where: Good Samaritan Hospital, San Jose

NAMI Santa Clara general meetings will resume Tuesday, September 13, 2005, at 7:30 PM with **Dr. Anthony Cozzolino** as our speaker. We are very fortunate to have Dr. Cozzolino, who is head outpatient psychiatrist for Santa Clara County. Dr. Cozzolino will review information regarding some of the newer medications and speak of possible ones in the pipeline. He will also take questions from the audience.

For this meeting we will once again meet in the auditorium of **Good Samaritan Hospital**. Those of you who missed the June meeting at Good Sam, check for directions in the box below.

Unfortunately, due to scheduling conflicts, we will not be able to use Good Sam Auditorium as our regular main meeting place. We will be at **Good Samaritan** only for the **Sept. 13, November 8, and June 13, 2006 meetings**, and we are negotiating with Santa Clara University for other meeting dates.

Driving Directions to Good Samaritan Hospital:

Take Hwy 17 South to Lark Blvd. Exit Lark to Los Gatos Blvd. Follow Los Gatos Blvd to Samaritan Drive, Right on Samaritan Drive to Hospital Main entrance. Auditorium is in main building located in the basement. Or find it online at [//www.Yahoo.com](http://www.Yahoo.com)–Maps –or- [//www.mapquest.com](http://www.mapquest.com)

Doors open at 6:45 PM, with everyone sharing information and welcoming newcomers. At 7:30 PM there is a half-hour information session on NAMI Santa Clara County activities. Featured program presentation is 8:00 to 9:00 PM. **Mark your calendar for 7:30 PM, the second Tuesday of each month.** We have a fantastic lineup of speakers scheduled so far for this year! They include:

* **The Providers Panel:** Representatives from the Conservator's office, a county case manager, and a private case manager, discussing what one should be able to expect from these professionals (please NOTE: This program was scheduled for last April and canceled due to scheduling problems).

* **Dr. Robert Reiser**, discussing results of his important study to identify best practices for bipolar disorder.

* **Dr. David Arredondo**, discussing child neuroscience and "first break."

* **Susan Hamilton of VTF Services**, discussing her business VTF, that reaches into the community to provide work for people in recovery from mental illness.

* **Sharyl Legate**, discussing "Therapy Dogs" as an important emotional connection.

Highlights from the Schizophrenia/Bipolar Education Day at Stanford University, July 30

On Saturday morning, July 30, **Dr. Ira Glick, Dr. Terence Ketter, and Dr. Po Wong** gave enlightening talks on schizophrenia and bipolar disorder to a packed Fairchild Auditorium audience on the Stanford U campus. **Dr. Glick** expressed surprise and gratitude that so many of the community had a clear interest in these disorders. He seemed pleased with the success of the First Annual Schizophrenia and Bipolar Education Day, which has been in the works for about a year.

The statistics on psychiatric disorders that he cited from a recent "National Comorbidity Survey" (published in the *Archives of General Psychiatry*) underscored why this day was so important:

- * Mental disorders begin early, and are lifelong
- * Mental disorders are severe: 25% are defined as serious, and 40% are defined as moderate (of all the diagnoses currently in the United States)
- * Mental disorders are not being treated: the Comorbidity Survey estimated that 60% of serious moderate psychiatric disorders are receiving no treatment at all.

Dr. Ketter lectured on the differential diagnosis of schizophrenia and bipolar disorder, speaking about the challenges of approaching severe psychiatric disorders as separate entities (categorically) or as overlapping syndromes (dimensionally). He presented both commonalities and the differences between schizophrenia and bipolar disorder, as well as some clues that can help distinguish between the two.

- * Axis I diagnoses are those with a biological basis. They become active when a genetic vulnerability is triggered. These are the psychotic/mood/anxiety disorders.
- * Axis II disorders are the personality trait type disorders left over from the old Freudian days. The positive and negative symptoms of schizophrenia can appear very similar to the mania and depression symptoms of bipolar disorders. It has been observed that with identical twins one can develop schizophrenia while the other develops bipolar disorder.

Dopamine is the neurotransmitter associated with psychosis. Serotonin is associated with mood. Now we have atypical antipsychotic medications that address both dopamine and serotonin. **Dr. Glick** talked about new treatments in schizophrenia, discussing what he believed are the benefits of the newer atypical antipsychotics over first-generation medications, and giving a nice summary of his own "schizophrenia treatment tips." He also presented an excellent etiologic flow chart showing a possible path to schizophrenia (from genetic vulnerability through the first-break and neurodegeneration), and different points for intervention.

Dr. Wong presented new treatments in bipolar disorder; he suggested that bipolar treatment is heading away from treating the acute symptoms of manic and depressive episodes, and

towards a more comprehensive mood stabilization strategy. He cited several ongoing research studies that are looking into new directions for bipolar treatment.

Bifeprunox is a new antipsychotic under research. They refer to it as atypical since it differs from the current group of "atypical" atypical antipsychotics. A number of non-medication therapies are beginning to be investigated in a formal research setting: Cognitive Behavior Therapy (CBT), and Stanford is looking at Dialectical Behavioral Therapy (DBT). **Dr. Ketter** described Dialectical Behavioral Therapy as "CBT meets Zen--it is halfway between psychotherapy and a classroom" (Dialectical Behavioral Therapy includes mindfulness, which is used at the close of each of the Peer-to-Peer classes). A recent study investigated group CBT versus individual CBT and found that group CBT was more effective (This is very encouraging for group education programs such as NAMI's Peer-to-Peer classes).

Questions and Answers – by Dr. Ketter

- Studies have shown that it can take up to a year to fully recover after a manic episode.
- Stanford's creativity study showed that mood stabilizers do not impair creativity (unless they are taken in too high a dosage).
- Be careful with drug interaction. Taking Advil can double the concentration of Lithium in the blood. The toxic concentration of Lithium is close to the therapeutic concentration.
- Bipolar II has an increased depression burden. Bipolar I is less tolerant to antidepressants. Rapid cycling has an increased depression burden and is also intolerant to antidepressants. The average ratio of time spent in depression to time spent in mania is 2:1 for Bipolar I, but 20:1 for Bipolar II.
- In discussing pregnancy and treatment for bipolar disorder, **Dr. Ketter** said that it is not mentioned in the books; but a post-partum episode is likely to be the worst episode in a patient's life.
- Some people try and surf their mania—trying to stay hypomanic (mild mania) without going over the top into mania. You have to pay for it—with interest.
- Life events are generally the triggers for episodes earlier in life rather than later in life. Stress is correlated with these episodes. "Kindling" theory suggests that after a few episodes, no further triggers are required. Episodes will occur at random without cause.
- Sleep deprivation works, but not very well at alleviating depression. One night without sleep will lift depression for the following day. But depression returns after sleep. Several nights without sleep can precipitate psychosis. **Dr. Ketter** has treated Stanford students who tried this.

To read a summary of the lectures go to:

<http://www.schizophrenia.com/sznews/archives/002199.html>

Special thanks to **Peter Newman** for sharing his notes from this conference with us.

Seven Research-Based Principles of Dual Recovery Anonymous – from Margene Chmyz

Our understanding of the role mental illness plays in addiction is expanding rapidly. Only a few years ago we began hearing of Dual Recovery Anonymous (DRA) groups, designed specifically for people who struggle with both mental illness and an addiction. People dealing with both a substance abuse problem and mental illness were referred to as having a dual diagnosis. According to SAMHSA, the national clearinghouse for information on alcohol and drug addictions, the correct designation should now be "Co-occurring Disorders" (COD). Their reasoning is that Dual Diagnosis can refer to *any* two disorders: i.e. diabetes and substance abuse. COD means *specifically* substance abuse and mental illness. Following is part of a much longer piece, reflecting the most recent findings and treatment directives distributed to workers in the field of substance abuse from "Research-Based Principles for an Integrated Model for Treatment of People with Co-Occurring Psychiatric and Substance Disorder," by **Kenneth Minkoff, MD**:

- * **First Principle** – Co-morbidity (addiction and mental illness) is an expectation, not an exception.
- * **Second Principle** – Successful treatment requires most importantly the creation of a welcoming, empathic, hopeful, continuous treatment relationship where integrated treatment & coordination of care are sustained through multiple episodes
- * **Third Principle** – Within the context of the continuous integrated treatment relationship, case management and care taking must be balanced with empathic detachment and confrontation in accordance with the individual's level of functioning, disability and capacity for treatment adherence.
- * **Fourth Principle** – When mental illness and substance disorder coexist, both disorders should be considered primary, and integrated dual primary treatment is required.
- * **Fifth Principle** – Both psychiatric illness & substance dependence are examples of chronic, biological mental illnesses, understood using a disease-and-recovery model.
- * **Sixth Principle** – There is no single correct intervention.
- * **Seventh Principle** – Within a managed care system, any of the individualized phase specific interventions can be applied at any level of care.

Peer-to-Peer Education Program, 18-30 Age Group, Starting in October, 2005

This class will help you find answers to certain problems such as relationships with self & others, living situations, employment, etc. Positive emphasis on self-empowerment such as:

Can -- "Take care of myself & relax, spend on self."

Might – "Eat more healthily; **Must** – keep on taking meds, monitor systems, and get regular sleep.

If you are interested and/or in a support group or seeking psychiatric treatment, this class is for you. Please call **Donna** at **408/583-0001**.

"I need to be with people I can talk with and who understand."

Recently, there have been inquiries about a NAMI support group for consumers. If you would like to attend a NAMI Support Group for Family/Friends with a Consumer, please call and leave your name and number with Barbara Saxon at 408/229-9808 or call the NAMI office at 408/583-0001.

Even throughout the summer, people attend the NAMI support groups. Some attendees are new and in crisis while others return to share or receive support for ongoing issues.

Consumer options for housing, legal resources, finding the right psychiatrist and medication, locating and keeping jobs, and socializing are always needed and ideas/tips are shared.

Caregivers' advocacy and support for their ill relatives or friends, while working and caring for families, challenges the group members to find diverse means to identify and make difficult decisions.

The support group process is a source of hope and encouragement as well as a means to share new information and resources. Attend a group as you can. Gain strength through what you give and receive!

The 2nd Wednesday of the month NAMI Support Group for Family & Friends meets at the NAMI Office in Campbell, 7:00-8:30 PM. (see also P. 4 listing)

The 4th Thursday of the month NAMI Support Group for Family & Friends meets at the Alliance for Community Care in San Jose, 7:00-8:30 PM. **Please call the NAMI office for directions. These Support Group meetings remain drop-ins; so no registration is required – just come!**

Anyone Want to RUN for the WALK?



At this year's NAMI WALK at Golden Gate Park in San Francisco, some NAMI Santa Clara members participated as part of the SF Bay Area NAMI effort, but we were not an official part of the Walk.

The next NAMI WALK will take place on **Saturday, June 3, 2006**. The NAMI Santa Clara Board is considering joining the Walk for 2006, but we need 2 committed volunteers as chairs to represent our affiliate. If we're part of the affiliate WALK, we share in the donation benefits – but if nobody speaks up as a willing volunteer, we won't be able to participate. How about YOU? The **Board will vote in September**, so call us soon!

For more information, please see [//www.nami.org](http://www.nami.org) and go to **SF Bay Area NAMI** for details. Then give **Erin Benford**, Vice President of Fundraising at NAMI Santa Clara, a call at **408/583-0001** to say you're willing to help chair this project.



SUPPORT GROUPS CALENDAR
NAMI Education Programs

Family to Family Classes

Are currently full – but you can put your name on the waiting list for September. Next classes will be in January 2006. Call **Kathy Forward** at **408/374-4461**

Ongoing Peer-to-Peer Classes

Starting in September and October! We will also have a class for 18-30 years old. If interested in learning to help yourself, contact **Donna** at **408/583-0001** (See Page 3)

New Familia a Familia Class

The Familia a Familia class will start on Friday, September 9, 2005 **at Centro de la Cominidad Dorsa**—1290 Bal Harbor Way, San Jose. Llame á **Luisa Perez** at **408/378-6988** for information about the September class and the **Spanish-speaking NAMI Support Group** for Family & Friends.

NAMI Santa Clara County Support Groups: Drop-Ins are encouraged!!

NAMI Support Group for Family & Friends North County **4th Monday of the Month @ 7 PM**
 St. Timothy's Episcopal Church, 2094 Grant Road, Guild Room (Cuesta), Mtn View. **Navah Statman** at **408/253-7623**.

NAMI Support Group for Family and Friends **2nd Wednesday of the Month @ 7-8:30 PM**
 NAMI Santa Clara County Office, 307 Orchard City Drive, Suite #205, Campbell; **Barbara Saxon** at **408/229-9808**.

Family and Sibling Support Group **4th Thursday of the Month @ 7-8:30 PM**
 Alliance for Community Care, 2001 The Alameda, San Jose. Contact **Barbara Saxon** at **408/229-9808**.

NAMI SCC Support Group at the Jewish Family and Children's Office **4th Tuesday of the Month @ 7-9 PM**
 Jewish Family & Children's Services Office; 913 Emerson Street, Palo Alto, 94301 – contact 650/688-3046.

Christian Support Group **1st Wed @ 1:30-3PM and Every Thursday of the Month @ 6:45 to 8:30 PM**
 For those coping with a mental illness and/or those in a supporting role. Meets at Presbyterian Church's Library
 950 Santa Cruz Avenue. Menlo Park - **Contact 650/968-5459**.

Se Habla Español: - NAMI Santa Clara County **th Wednesday of the Month @ 6:30-9: 00 PM**
 Alliance for Community Care, 2001 The Alameda, San Jose. Llame á **Luisa Perez** - **408/378-6988**.

Grail Community Center **Every Friday @ 10 AM-12:00 PM (noon)**
 2003 E San Antonio St, San Jose (at Sunset & San Antonio).
 Llame á **Erika Alvarez** 408/347-7892 & Llame á **Luisa Perez** - **408/378-6988**.

Zephyr Central County Self-Help—Spanish Speaking

Amigos Para Amigos en Espanol:

los martes de 1:30 -2:30 PM; Las clases comienzan el dia Martes 26 de Abril. Pora informacion, llamar a **Nancy Fruttero** al telefono **408/685-7245** o **408/978-2211**

687 N. King Rd (at Mabury) SJose **Alma Alicia** - **408/254-5350**

Spanish Speaking Support Group

Es para todo aquel que quiera saber mas sobre la salud mental no solo para el enfermo sino tambien para su familia. To esperamos para ayudarlos amigos.

The Phoenix North County Self Help—Spanish speaking and monolingual Spanish support groups; also Peer Counseling: Consejeria con un consumidor

116 Hamilton Ave (Alma) Palo Alto
Sergio

Marra or

650-463-5600

E-mail: Sergio_19682004@yahoo.com

Crossroads Village on White Road in East San Jose: **408/254-6848**

Chinese-Speaking: NAMI SCC Support Group -- 1st Thursday of the Month @7-8:30PM

Alliance for Community Care—Contact **Jill Chen** at **408/938-6773 x222**

Chinese Christian Support Group: 3rd Thursday of the Month @7-9 PM

Mountain View Chinese Christian Church, 175 E. Dana St., Mtn. View

Contact **Jen Hong** @ **408/996-1016**



Happy Labor Day!

Schizophrenia and/or Schizoaffective Disorder Support Groups:

Schizophrenia Support Group for Family and Friends **1st & 3rd Monday of the Month @ 7-9 PM**

Drop-in group; no registration required. Contact **Wendy Duggal** at **650/723-6678**

Dept. of Psychiatry & Behavioral Sciences, 401 Quarry Rd. corner Arboretum, Psych Bldg. (1st Floor). Rm. 1211 Stanford.

Schizophrenia and/or Schizoaffective Disorder for Clients **1st & 3rd Monday of the Month @ 1-2 PM**

Drop-in group; no registration required. Dept. of Psychiatry & Behavioral Sciences, 401 Quarry Rd., corner of Arboretum, Psych Bldg. (2nd Fl), Room 2210. Stanford University. Contact **Wendy Duggal** at **650/723-6678**.

Depression/Bipolar, Mood Disorders, and/or Anxiety Disorder Support Groups:

Childhood Bipolar Disorder **3rd Wednesday of each Month, 7-9 PM**

Parents Helping Parents, 3041 Olcott Street, Santa Clara 95054. Please call **PHP at 408/727-5775** for more info or to register.

Depression & Manic Depression for Clients, Family & Friends, Every Wednesday 11 AM-1 PM
In Palo Alto; and 1st, 2nd, and 3rd Friday in Los Gatos, **contact Michelle Nelson at 408/294-4991.**

Mood Disorder Group for Clients, Friends, and Families with Bipolar, Depression, or Anxiety Disorders
1st, 2nd, & 3rd Thursday of the Month, 6:30-8:30PM

Phoenix North County Self-Help Center, 116 Hamilton Ave., between Alma and High Streets. Palo Alto. For information, contact **Katherine Lerer at //www.phoenix.lucidinterval.org** or call **650/463.5600.**

Obsessive Compulsive Disorder Support Groups:

Support Group **1st Saturday of the Month @ 10-12:00 PM**

Kaiser Permanente, 900 Kiely Blvd, Bldg. B, Conference Room.

The building faces Kaiser Drive in Santa Clara. Contact **Judy at 650/254-1298**

Bay Affiliate of OCD Foundation **Every other Monday of the Month at 3:30 PM & Every Wednesday at 7 PM**

Contact **Scott Granite** at Palo Alto Medical Clinic, 795 El Camino Real @ **650/853-2904.** \$42/session

Self-Help Centers Support Groups:

Drop-ins welcome!

Support Groups at Zephyr Central Self-Help Center: 408/254-5350

687 N. King Road (at Mabury) San Jose CA 95133; ask for **Jennifer Jones** and **Llame a Alma Alicia.**

Psychology Class 10:00-11:00AM Tuesdays	Spirituality & Wellness: Every T 12 :15-1:15PM	Music Group: Every Th 12 – 1 PM	Schizophrenic Support Every Fri at 1-2 PM
Grupos en Espanol!Te esperamos! Tues 1:30-2:30PM	Mood Disorders Support Group, Every Tues 1-3PM	Latin Dance Every Th 12:30-1 PM	Depression Support Every Friday at 2-3 PM
Computer Lab: Begin. MS Windows, Tu & W @ 12-1 PM	Men's Group: Every Weds at 11-Noon	Exercise Class: Every Th at 1-2PM	Circle of Trust (Women's Group): Every Fri at 11-12 PM
Inside Outside—Peer Support Group: Every Tues at 11-Noon	Mental Health Support Group: Weds at 1-2PM	Beading Craft Group: Every Th at 10:30-noon	Dual Recovery Anonymous (DRA): Every Fri at 12 noon - 1 PM.

Support Groups at The Phoenix North County Self-Help Center: **650/463-5600**

116 Hamilton Ave (Alma) Palo Alto CA 94301 [//www.sccselfhelp@yahoo.com](http://www.sccselfhelp@yahoo.com)

Journaling: Every Tues at 1:00-2:00 PM	Thinking Person's Depression Support Group - Every Tues eve at 7-9 PM	Movies: Enjoy Chips/Popcorn & BBQ Every Th at 1:00-3:00 PM
1:1 Art Instruction – Tues 1-3 PM	Bipolar/and Depression Support Group: Every Wed @ 11 AM –1 PM. 408/294-4991	PTSD Support Group Every Th at 3-4 PM
Dual Recovery Anonymous: Every Tues at 1:15-2:15 PM	Wellness Recovery Action Plan Group Every Weds at 2-3 PM	Mutual Support Peer Counseling 1:1 Every Th at 4-6 PM
Men's Group: Every Tues at 3-4 PM	Mutual Support Peer Counseling 1:1 Every Weds @ 4:00-6:00 PM	Bipolar/and Depression Support Grp: 1 st , 2 nd , & 3 rd Th at 6-8 PM
Schizophrenics Anonymous Every Tues at 2-3 PM	Ask for Doug Murphy! 650/463-5600	Also, Se Habla Espanol aqui!
Mutual Support Peer Counseling 1:1 Every Tuesday evening at 4-6 PM	Come to the BBQ/Picnic & Consumer Input Forum with Mental Health Director, Nancy Peña, on Saturday, Sept 24 -- RSVP & more info. at 650/463-5600	

Centro del Valle South County Self-Help Center **408/848-5037**

1215 1st Street, Gilroy, CA 95020. Themes of support group vary. Current: sleep relaxation/meditation.

Office of Client Empowerment **408/254-5350**

Alma Alicia C. Garza—408/885-6285 & 408/885-6259—**Spanish-speaking**



Back to School!

Other Workshop & Groups

Behavioral Health Outpatient Service and Older Adult Group Therapy (over 65 years)Every Wednesday @ 1-2:30 PM

Good Samaritan Hospital@ Mission Oaks - For more information, contact Clara Adams, LCSW, at 408/358-5653.

Grief Support: Center for Living and Dying—**408/980-9801**

Anger Management Group for Adults /Mental Disabilities **Mondays @ 1:30-2:30PM /or Thursdays @ 9:30-11AM**

Grace Community Center, 484 E. San Fernando St., San Jose. Contact **Matthew Zito** at: 408/293-0422

Fireside Friendship Club **Every Wednesday of the Month (Monthly Fee) 10AM-2PM**

ACT for Mental Health, Inc., a Life Skills Social Club for people with mental disabilities and physical limitations.

441 Park Ave, San Jose (upstairs). Call **408/287-2640** for more information.

What's Happening in the Mental Health Community?
Santa Clara County Mental Health Board Calendar, September 2005
All meetings are open to the public. You are welcomed and encouraged to attend!

1 st Thursday	9/1/2005	SYSTEM PLANNING & FISCAL COMMITTEE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose	3:00 pm
2 nd Thursday	9/08/2005	FAMILY, ADOLESCENT & CHILDREN'S COMMITTEE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose	3:00 pm
2 nd Monday	9/12/2005	MENTAL HEALTH BOARD, East Valley Clinic 1993 McKee Road, San Jose	12:00 noon
3 rd Thursday	9/15/2005	ADULT/OLDER ADULT SYSTEM OF CARE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose	9:00 am
3 rd Tuesday	9/20/2005	MINORITY ADVISORY COMMITTEE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose	12:00 noon
4 th Tuesday	9/27/2005	EXECUTIVE COMMITTEE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose	3:00 pm

NAMI OF SANTA CLARA COUNTY OPEN BOARD MEETING -- The NAMI Santa Clara County Board Meeting will be held on the first Tuesday evening of the month. The next meeting is scheduled for **September 6** at 7:00 pm. Please include this date in your calendar and **plan to attend at the NEW NAMI Santa Clara Co. Office, 307 Orchard City Drive #205, Campbell. Everyone welcome!**

MHSA (Prop. 63) Update – from Carol Irwin, D.C.

The Mental Health Services Act Strategic Planning Committees/Teams met on August 5, 2005, at the San Jose City College Tech Center, for the second of four scheduled meetings. The teams are divided into age related categories. The members of the teams include mental health workers, family members, justice system attorneys and judges, NAMI members, consumers, drug and alcohol officials, public guardian department, psychiatrists and psychologists, to name a few. Discussions are centered on criteria developed in the Stakeholder Meetings and development of key issues of need, and unmet need, for the populations. Guidelines include focal population statistics and best practices, and transformation of the existing programs as well as adaptation of new programs.

Following the fourth meeting of these planning discussions, recommendations will be provided to the Leadership Committees in late September, before a final plan is completed. After the final plan is written and disseminated for the public to view, the Mental Health Board will hold public hearings as follows:

* **Monday, November 14, 2005 --1:00-4:00 PM**

Isaac Newton Senter Auditorium, 70 West Hedding St., San Jose
Note: This hearing is being held in lieu of the regularly scheduled MHB meeting

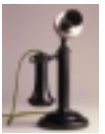
* **Thursday, November 17, 2005 -- 7:00-10:00 PM**

Mtn. View City Council Chambers, 555 Castro St., Mtn. View

Meetings are open to the public—you are welcomed!

The NAMI Santa Clara County Newsletter is published monthly by **Cole Buxbaum**, Editor, and **Donna-Jo**, Typesetter & the Production Crew. **Many thanks to our wonderful Tuesday newsletter folding volunteers!**

Volunteer Training Meeting



Our first monthly volunteer meeting was held on July 25. We had a GREAT turnout and always welcome new volunteers! Please come and join us for our next meeting on **Tuesday, September 20, at 2 PM** at the NAMI office.

At each meeting we will have an in-service session, presented by volunteers on various subjects. The next meeting will have an **orientation about helping others use the NAMI library**. Hope to see you there! **P.S. Come a little early and help us fold newsletters.** Please contact **Rose** or **Monica** at the NAMI office at **408/583-0001** and let us know how you're interested in helping out. Even a couple hours of your time each month can make a big difference—how 'bout it?

Tuesday Evening Book Discussion Group

If you have a book you'd like to read and discuss with others, or are interested in joining us on the **3rd Tuesday evening each month**, call or write **Mary Girodo** at: **atmgirodo@hotmail.com** or phone **(408) 257-7784 (H)** or **408/957-5394 (cell)**.

Mission Statement

NAMI Santa Clara County helps mentally ill persons, families, and the community by providing support, education, and advocacy for those suffering from mental illness; promoting research, reducing stigma and guilt; and improving services by working with health professionals and families.

Those Who Care by Tom Jurgensen

You've reminded me that I care.
 And, I see that you are.
 And, those of us who care.
 Are bound together by a common purpose ...



I realize that we are
 Part of a larger project,
 A great network of caring souls.

Sometimes we forget, as I had forgotten,
 That I matter to this network of caring.

To be reminded is sweet.
 And the people here are special.
 Special as only those can be
 Who wander the fringes &
 Those who bring us back.

So, I am grateful
 To my fellow sojourners.
 I am grateful for your
 Caring hearts and
 Your vulnerable souls.

And, as I journey on,
 I shall remember
 What you have meant
 To me here; &
 Shall remember how You welcomed me back
 To the warm world
 Of caring souls & to
 Larger purpose.

Caring hearts and
 Your vulnerable souls.

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 To me here; &
 Shall remember how You welcomed me back
 To the warm world
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 Larger purpose.

NuEVA Vista Board and Care Opens!

The NuEVA Vista board and care facility in Morgan Hill is accepting clients. Please contact them to set up an appointment to tour the facility or to receive an application. Their website provides information on the facility as well as applications that can be downloaded. Call **Michael Weinstein** at 408/776-0422 or email to: [mweinstein @psynergy.org](mailto:mweinstein@psynergy.org).

NAMI Santa Clara 2005-2006 Board

President: **Navah Statman**
 Vice Presidents: **Bob Williams, Luisa Perez, Erin Benford**
 Treasurer: **Monica Nay**
 Secretary: **Michael Whitney**

NAMI Annual Picnic a Great Success!

The Picnic at the Santa Clara Elks' Lodge on Sunday, July 17, was a wonderful event, attended by over a hundred NAMI members and guests. There were hamburgers, hot dogs, veggie burgers, soft drinks, and an array of delicious side dishes such as salads, fresh fruit, and an assortment of desserts! The door prize drawing yielded 6 winners of large gift baskets filled with prizes, donations, and food items beautifully gift wrapped. Many thanks to **Nicole Rathjen** and her volunteers for their efforts in securing donations and gift wrapping the prizes!

For helping to make this event such a success, MANY thanks to: **Santa Clara Elks Lodge #2347**, for hosting the picnic; **Pat Poujade**, for putting us in touch with The Elks; **Ben James & Caravan**, for the music; **Roberta Ahuna**, for donating the BBQ food and selling raffle tickets; **Beth Campbell & Margene Chmyz**, for the lovely raffle prize baskets; **Jim Campbell & Steve Rathjen**, for cooking; **Mary Alexander**, for the great game & prize; **Luisa Perez & Cheryl Weeks**, for handling the door prizes & names; **Beth Campbell & Kathy Forward**, for being the true organizers behind our picnic; and to **ALL the precious volunteers** who helped set up and clean!

Support for NAMI from store owners and managers was overwhelming – they were kind, wanted to listen, and wanted to help our families and loved ones. Please do drop by and say a personal thank you to our **wonderful donors**, including: CostCo, SJ; Expressions from the Ruby Dheri Heart, Campbell; Garofalo's (Cyndi L. Garofalo), Campbell; Los Gatos Co. (Marnie & Andy Bivetto), Los Gatos; C.J. Olson (Deborah Olson), Sunnyvale; Pasta Pomodoro (Mark Newton), Sunnyvale; Peets Tea & Coffee (Shannon Griffith), Los Gatos; Peets Tea & Coffee (Carrie Sinn), SJ; Safeway #1293 (Lisa), Campbell; Shanel's Spring (Melany Moore/Mick Dudas), Campbell; Saratoga Lavender Farm (Roxanne Sweeney), Saratoga; SaveMart (Joe Messina), SJ; Summer Winds Nursery (Theresa Shulz), Campbell; Target Stores (Andrew Starr), Cupertino; Wild Bird Center (Freddy & John Howell), Los Gatos; and Wild Birds Unlimited (Patrice O'Connell), SJ.

A fun time was had by ALL! Please join us next year.

Take Me Out to the Ball Game?

The **Office of Client Empowerment** is sponsoring the first 25 tickets for the Third Annual **San Jose Giants BBQ/Baseball Game on Monday, September 5, 2005**, but you must provide your own transportation. The **BBQ begins/Gates open 12:30 PM, Game begins 2:00 PM.**



If you want to attend, you must sign up ASAP! Call **Phil** at 408/823-8091 or 408/254-5350. Leave a message with your name and phone number and **Phil** will return your call as soon as possible. He can also give you information about bus lines and where to pick-up your tickets. **You MUST arrive promptly when the gates open at 12:30 PM.** If you are not there on time, your ticket will be given away to the next person on the list.

MEMBERSHIP APPLICATION/RENEWAL
NAMI Santa Clara County
National Alliance for the Mentally Ill
307 Orchard City Drive, Suite #205, Campbell, CA 95008-2948

Name: _____

Please specify: Dr. Mr. Mrs. Ms. Miss Other _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-Mail Address: _____

Please accept my membership/renewal at the following level:

- Sign up a friend or colleague (\$50) Consumer/Student (\$10) Single/Family (\$50)
 Mental Health Professional (\$50) Mental Health Agency (\$100) Corporate Sponsor (\$1000)

Please accept my additional donation(s):

- General Fund: _____ In Memory: _____ In Honor: _____
 Other _____ Peer-to-Peer Education Program
 Resource Handbook (Donation of \$20) w/postage (add \$5.30)

Total Amount Enclosed: _____ (Checks to: **NAMI Santa Clara County**)

NAMI Santa Clara County welcomes your annual membership. Memberships are valid one calendar year from the month you begin/renew your membership. Part of your membership dues goes to NAMI state, (\$10.00) and national (\$10.00), which, in turn, automatically registers you as a member on those levels. **Your additional donations help ensure that the organization can maintain the office and programs, as well as purchase the necessary supplies needed for our ongoing support groups. Your donations (including memberships) are tax deductible.**

National Alliance for the Mentally Ill
307 Orchard City Drive, Suite #205
Campbell, CA 95008-2948

PROFIT ORG.
US POSTAGE PAID
CAMPBELL CA
PERMIT NO. #20

RETURN SERVICE REQUESTED

DATED MATERIAL

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