

# NAMI SANTA CLARA COUNTY NEWSLETTER

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Your Community's Voice on Mental Illness

Volume XXVIII, No. 11 November 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

**The NAMI Santa Clara County office is open  
M thru F 10-2 and closed on all Federal  
holidays; it will also be closed for  
Thanksgiving, Th & F November 24-25.**

## **Join our Holiday Gift Project! (See flyer)**



The kick off meeting on Th 10/6 started with an inventory of current items and a plan for action over the coming month!

**During November**, donations will be

collected/dropped off at the NAMI Santa Clara County office, and there will be gift wrapping parties (volunteers wanted!) on **Sat 12/3, 2-5 pm** and **Weds 12/7, 7-10 pm**. Then on **Sat. 12/10, Sun 12/11, and Mon 12/12** (all from 10AM on until done!), gifts will be assembled in bags & deliveries will be made (we need volunteers for 2-4 hour shifts—**can you help?**)

## **General Meeting on Tuesday, Nov. 8, 2005**

### **Cognitive Behavioral Therapy with Bipolar Disorder**

**Dr. Robert Reiser**, our speaker, is the Kurt and Barbara Gronowski Clinic Director at the Pacific Graduate School of Psychology in Los Altos.

**Where: Good Samaritan Hospital Auditorium at  
2425 Samaritan Drive, San Jose**

**Time: 7:00 – 9:00 PM**

Dr. Reiser supervises and trains psychology students in providing psychotherapy, with a special interest in the treatment of persons with serious mental illness. In August of 2001 he received a \$500,000 grant from The Health Trust to study the impact of Cognitive Behavioral Therapy on persons with bipolar disorder. He recently published a book, **Bipolar Disorder: Advances in Psychotherapy Evidence-based Treatment** (Hogrefe, 2005). Dr. Reiser will discuss best practices in the psychotherapy of bipolar disorder based upon his studies and review of current research.

In addition, **Dr. Anthony Cozzolino**, Chief Psychiatrist with the CORE Division of the Santa Clara County Mental Health Department, will cover the medical and psychiatric aspects of bipolar disorder and will provide information regarding best practices in the use of psychotropic medication with this disorder. Both doctors will take questions from the floor.

We will meet at Good Sam Hospital Auditorium at **7 PM**, with everyone sharing information & welcoming newcomers. At 7:30 PM there is a half-hour information session on NAMI SCC activities. Featured program presentation is 8-9 PM.

### **Driving Directions to Good Samaritan Hospital:**

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)

There will be **NO General Meeting for December**, but we will **resume on January 10, 2006**. Speakers scheduled are: **Susan Hamilton**, of VTF Services, discussing her business, which reaches into the community to provide work for people in recovery from mental illness; **Sharyl Legate**, discussing “Therapy Dogs” as an important emotional connection; San Jose’s Crisis Intervention Team update; and nutritional/health/weight guidelines for people on psychiatric medication. **Mark your calendar for 7:30 PM, the second Tuesday of each month.** Stay tuned for the next newsletter!

**“Medication Now and in the Future for Mental Illness” by Anthony Cozzolino, M.D., speaker at the NAMI Santa Clara County General Meeting, September 13, 2005**

By Cole Buxbaum

**Dr. Cozzolino**, is the Director of Outpatient Psychiatry Services for Santa Clara County. **Margene Chmyz**, of NAMI Santa Clara, introduced him, saying “such people make all the difference.” She related the “monkey” story of olden times when only one or two monkeys ate bananas, until the word got out and eventually all did. If we start talking about mental illness, with the help of people with a great heart like Dr. Cozzolino, eventually there will be general acceptance.

Dr. Cozzolino began by saying that education of the community is critical. “There is a great deal of misinformation out there.” Medications and diagnosis go hand in hand. Many clients and families don’t know the purpose for which each drug is given; or what are the recommended dosages and risk/benefits. The DSM (Diagnostic and Statistical Manual), DSMIV, the latest version (1994), contains descriptions of diagnoses of various psychiatric illnesses, with strict criteria, according to a cluster of symptoms for each, with suitable therapy or treatment. Most major mental illness falls into two general classes: Mood Disorders and Schizophrenia, with some overlap in certain cases.

#### **Mood Disorders and Episodes:**

**Major depression** constitutes one type of mood disorder. It is not necessarily sadness, but must include a constellation of at least five of nine symptoms: SIGECAPS & Mood (Sleep, Interests, Guilt, Energy, Concentration, Appetite, Psychomotor Agitation, or Slowing Suicidal). The specific characteristics of an illness depend on the degree of each. “The goal of the therapist is not to eliminate them completely, since everything we do has a certain amount of risk vs. benefit,” he said.

A **manic episode** is characterized by three of seven major symptoms that persist for at least one week. Frequently a manic episode leads to a hyper-energized state, including involvement in high-risk, pleasurable activities. The rationale they give is, “if it makes you feel so good, why stop.” This can result in substance abuse, as well. (See below). **Depression** can be confused with **Bipolar disorder** and should be properly diagnosed. Early onset poses a higher risk factor

**Q:** Why do these symptoms show up only after puberty?

**A:** It is not clear. Regarding the question of psychologists prescribing medication, Dr. Cozzolino is not opposed, provided they get the proper training.

#### **Schizophrenia:**

This is a chronic illness in which psychotic symptoms are prominent, at least two of five, including delusions, hallucinations, disorganized speech, disorganized behavior (physical movements) and the negative symptoms of alogia

(confusion in logic), avolition (loss of drive), and flat affect for at least six months.

The antipsychotic medications attempt to restore a normal balance in the neurotransmitters within the brain. Some key neurotransmitters are norepinephrine, dopamine, serotonin, and acetylcholine. It takes time for the full action of many of the drugs to take hold; on the other hand, side effects usually occur quickly. Caution should be used in discontinuing a drug if side effects are not excessive, for the likelihood of relapse may be high. A person needs to recover and heal. Dr. Cozzolino reminded the audience that many physical illnesses have no permanent cure, and that drugs can only help the patient function better.

#### **General Ideas:**

Substance abuse is a common problem for individuals with mental illness. Some users never recover after taking illegal drugs. Using of prescribed drugs is not the same as illegal ones.

“When your relative is not improving it is always good to get a second opinion,” he said. Close monitoring of behavior is the key to detecting problems, particularly with antidepressants. Frequently anti-anxiety agents are given in addition to antipsychotics (e.g., Xanax, Ativan, Klonopin) but they may be addictive.

#### **New Drugs:**

**Symbyax** and **Effexor** are being used for depression. In July, 04, the FDA approved **Camprosate** for alcohol dependence and abuse. It affects the neurotransmitter GABA/Glutamate System. **Namenda** is now being prescribed for moderate to severe Alzheimer’s disease, showing some recovery in memory. **Risperdal Consta**, is an atypical antipsychotic now available in injectible form, bi-weekly. It is very costly and not Medi-Cal approved. **Symbyax**: (an olanzapine/prozac combination) is now approved for bipolar illness. **Lunesta**: FDA approved for insomnia. It is a non-addictive sleep medication different from benzodiazepines, such as valium, klonopin, and ativan.

#### **Who Should Get Medication:**

Psychiatric medication is not for everybody. It should be reserved, according to Dr. Cozzolino, for particular individuals and can cause structural impairment over extended periods of time. Proper medication should not change an individual’s personality and not eliminate emotions.

In answer to the question of widespread smoking and mental illness, it appears that people with negative symptoms appear to get an increase in dopamine from tobacco. Regarding the question of importance of the effect of drugs on GABA (a neurotransmitter), work is being done to come up with new ones that work in that one area.

He closed by saying that in some unusual circumstances, the older drugs like Haldol may be preferable to the new atypicals.

### New Study Comparing Older Antipsychotic Drugs to The Newer Atypicals Showed Little Advantage.

A landmark government-financed study that compared drugs used to treat schizophrenia showed little benefits of the newer atypical ones over the older drugs, according to a study to be published in the New England Journal of Medicine. The results, they say may have an effect on state Medicaid programs.

The new study represents an opportunity, but also a risk, according to John Goodman, president of the National Center for Policy Analysis, a policy research group based in Dallas, which estimates that Medicaid programs spend at least \$3 billion a year on antipsychotics, more than for any other drug class. "The risk is that state Medicaid programs will use this excuse to entirely deny some patients access to more effective and more expensive drugs," he said.

The study showed that almost three quarters of the patients who participated in the government study stopped taking all drugs because of discomfort or specific side effects.

Dr. Robert Baker, who directs the neuroscience group at Eli Lilly said, "I think that we can conclude from this study, that there is no size fits all treatment for schizophrenia."

A spokesman for Johnson & Johnson, and Aster Zeneca, Dr. Ramy Mahoud, supported their drugs and the importance of tailoring treatment to individual patients. The efficacy results for Risperdal did not demonstrate its full efficacy because many patients in the trial received doses that were too low.

### Resource Center on Borderline Personality Disorder

Last year, the **Borderline Personality Disorder Resource Center**, a non-profit organization in New York, was created to provide free information, education and referrals to borderline personality disorder patients, family members and professionals anywhere in the country. It is located at the Westchester Division of New York-Presbyterian Hospital in White Plains, New York, and led by **Dr. Otto Kernberg**, an expert on understanding and diagnosing borderline personality disorder.

Many people with borderline personality disorder are turned away by doctors who won't manage their care. The center has built up a database of professionals and facilities all around the country who do treat for bpd. The center can be reached at

**1-888-694-2273** or [//www.bpdresourcecenter.org](http://www.bpdresourcecenter.org)

### Private Practice Clinicians Available

**Dr. Anne MacRae**, of San Jose State University, informed us that the Psychiatric Occupational Therapy Action Coalition, a nonprofit organization of mental health occupational therapists, has Occupational Therapy clinicians available for individuals seeking private practice help. They can be reached at [//www.potac.org](http://www.potac.org)

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

-- More families are seeking assistance for children of parents with serious mental illnesses.

-- Friends are trying to keep informed about the illness that affects the daily functions of their long time friends.

-- Consumers are seeking ongoing support groups.



NAMI members are receiving calls for help from people from other counties where a local NAMI is not available. Internet access has placed each local affiliate in every state on call! No matter who is listed at the websites, consumers, families, and friends anxiously call, seeking education, resources, and support.

Locally, NAMI Support Groups offer a non-threatening environment for accessing the resources of the group and the local affiliate. It surprises many who attend the support groups how new options appear when all hope seems lost.

**Now that a new NAMI Support Group is available in Morgan Hill, please consider helping the group facilitator by attending as a resource for others. Please call 408/229-9808 if you have time for this timely commitment on 3<sup>rd</sup> Wednesdays, 7-9 PM.**

The **2<sup>nd</sup> Wednesday** of the month NAMI Support Group meets at the NAMI office in Campbell, **7-8:30 PM**. The **4<sup>th</sup> Thursday** of the month NAMI Support Group remains at the Alliance for Community Care in San Jose, **7-8:30 PM**. These are drop-in groups for support, resource information, and sharing for friends and family of the mentally ill. (see pp 4-5).

### New NAMI Support Group starting in Morgan Hill!

A long-awaited NAMI Support Group is opening on **Weds., November 16** at Nueva Vista, Activity Room, 18225 Hale Avenue, Morgan Hill. The meeting will be held **every 3<sup>rd</sup> Wednesday** of the month from **7-9 PM**. Friends & Family are welcome! Contact **Navah Statman** at **(408) 253-7623**.

### NAMI Acronym Change Reflects Grassroots Resolution

The NAMI National Board of Directors, at their August 27, 2005 board meeting, formalized the recent resolution regarding the revised explanation of the NAMI name. The resolution, put forth by NAMI San Fernando Valley (CA), was passed by 65% of the vote at the NAMI Convention in June and reflects the "person-first" language embraced by NAMI's grassroots:

*RESOLVED that the letters in "NAMI" the organization's name, shall stand for "National Alliance on Mental Illness" instead of "National Alliance for the Mentally Ill."*

SUPPORT GROUPS CALENDAR

*NAMI Education Programs*

**NAMI Santa Clara County Family-to-Family**

12-Week Education Program: Enrollment open now for next classes in January, 2006! Call **Kathy Forward** at **408/374-4461**; or (Spanish) Llame á **Luisa Perez** at **408/378-6988**.



**NAMI Santa Clara County Peer-to-Peer Classes**

9-week-2 hours per week experiential education course are on a regular basis. For signup call **Donna** at **408/583-0001**.

*NAMI Santa Clara County Support Groups:*

Drop-Ins are encouraged!!

**NAMI Support Group for Family & Friends North County**

**4<sup>th</sup> 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**

**2<sup>nd</sup> 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**

**4<sup>th</sup> 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**

**4<sup>th</sup> 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**

**1<sup>st</sup> 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**.

**NEW NAMI Support Group for Family & Friends South County**

**3<sup>rd</sup> Wednesday of the Month @ 7-9 PM**

Nueva Vista, Activity Room, 188225 Hale Avenue, Morgan Hill, CA 9503. **Navah Statman** at **408/253-7623**

**NEW Spanish Group began 9/28: Se Habla Español:**

**4<sup>th</sup> Wednesday of the Month @ 7-9:30 PM**

Centro de la Cominidado Dorsa, 1290 Bal Harbor Way, 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 Support Group**

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

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

**Marra or Sergio**  
**650/463-5600**

E-mail: [Sergio\\_19682004@yahoo.com](mailto:Sergio_19682004@yahoo.com)

**Crossroads Village on White Road in East San Jose:**

**408/254-6848**

**Chinese-Speaking: NAMI SCC Support Group -- 1<sup>st</sup> Thurs of the Month @ 7-8:30PM**

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

**Chinese Christian Support Group: 3<sup>rd</sup> Thursday of the Month @7-9 PM**

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

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

**Veterans' Day**

Nov.

11,



*Schizophrenia and/or Schizoaffective Disorder Support Groups:*

**chizophrenia Support Group for Family and Friends**

**1<sup>st</sup> & 3<sup>rd</sup> 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. (1<sup>st</sup> Floor). Rm. 1211 Stanford.

**Schizophrenia and/or Schizoaffective Disorder for Clients**

**1<sup>st</sup> & 3<sup>rd</sup> 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. (2<sup>nd</sup> Floor), Room 2210. Stanford University - Contact **Wendy Duggal** at **650/723-6678**.

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

**Childhood Bipolar Disorder**

**3<sup>rd</sup> 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Friday in Los Gatos, contact **Michelle Nelson** at **408/294-4991**.

**Mood Disorder Group for Clients, Friends & Families with Bipolar, Depression, or**

**Anxiety Disorders - 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Thursday of the Month, 6:30-8:30 PM**

Phoenix North County Self-Help Center, 116 Hamilton Ave., between Alma & High, Palo Alto.

For info contact Katherine Lerer at [//www.phoenix.lucidinterval.org](http://www.phoenix.lucidinterval.org) or call **650/463-5600**.



Nov 24, Turkey Day!

**Obsessive Compulsive Disorder Support Groups:**

**Support Group**

**1<sup>st</sup> 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**

Computer Lab: Begin. MS Windows, <b>Tu &amp; W @ 12-1 PM</b>	Mood Disorders Support Group, <b>Every Tues 1-3 PM</b>	Mental Health Support Group: <b>Every Th @ 1-2</b>	Depression Support <b>Every Friday at 2-3 PM</b>
Inside Outside—Peer Support Group: <b>Every Tues at 11-Noon</b>	Men's Group: <b>Every Weds at 11-Noon</b>	Beading Craft Group: <b>Every Th at 10:30-noon</b>	Circle of Trust (Women's Group): <b>Every Fri at 11-12 PM</b>
Spirituality & Wellness: <b>Every T 12 :15-1:15PM</b>		Schizophrenic Support <b>Every Fri at 1-2 PM</b>	Dual Recovery Anonymous (DRA): <b>Every Fri at 12 noon - 1 PM.</b>

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](mailto://www.sccselfhelp@yahoo.com)

<b>Journaling: Every tues at 1:00-2:00 PM</b>	<b>Bipolar/and Depression Support Group:</b> Every Wed @ 11AM-1PM. 408/294-4991	<b>Movies: Enjoy Chips/Popcorn &amp; BBQ</b> Every Th at 1:00-3:00 PM
<b>Art Expression &amp; Schizophrenics Anonymous-Tues 2-3 PM</b>	<b>Dual Recovery Anonymous:</b> Every Tues at 1:215-2:15 PM	<b>Consejeria con un consumidor</b>
<b>Men's Group:</b> Every Tues at 3-4PM	<b>New Group Coming Soon:</b> Lifeskills—Every Weds at 2-3 PM	<b>Mutual Support Peer Counseling 1:1</b> Every Th at 4-6 PM
<b>Thinking Person's Depression Support Group –</b> Every Tues Eve at 7-9 PM	<b>PTSD Support Group</b> Every Th at 3-4 PM	<b>Bipolar/and Depression Support Grp:</b> 1 <sup>st</sup> , 2 <sup>nd</sup> , & 3 <sup>rd</sup> Th at 6-8 PM
<b>Thanksgiving Party, TBD</b>	<b>Mutual Support Peer Counseling 1:1</b> Every Weds @ 4:00-6:00	<b>Also, Se Habla Español aqui!</b>
<b>Mutual Support Peer Counseling 1:1</b> Every Tu evening 4-6 PM		

**Centro del Valle South County Self-Help Center 408/848-5037 (Miguel) or 408/848-0638 (Monia)**

1215 1<sup>st</sup> Street, Gilroy, CA 95020. Mon – open 8:30-11:30 AM (men's & ladies' groups, various topics); Weds – 8:30-3:30 PM (computer class, games & wants); Fri – 8:30-3 PM (movies, walking & games)

**Office of Client Empowerment**

**408/254-5350**

**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 @ 1:30-2:30 PM /or Thursdays @ 9:30-11 AM**

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) 10 AM-2 PM**

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, October/November 2005**  
**All meetings are open to the public. You are welcomed and encouraged to attend!**

1 <sup>st</sup> Thursday	11/3/2005	SYSTEM PLANNING & FISCAL COMMITTEE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose	3:00 pm
2 <sup>nd</sup> Thursday	11/10/2005	FAMILY, ADOLESCENT & CHILDREN'S COMMITTEE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose	3:00 pm
2 <sup>nd</sup> Monday	11/14/2005	MENTAL HEALTH BOARD, East Valley Clinic 1993 McKee Road, San Jose	12:00 noon
3 <sup>rd</sup> Thursday	11/17/2005	ADULT/OLDER ADULT SYSTEM OF CARE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose	9:00 am
3 <sup>rd</sup> Tuesday	11/15/2005	MINORITY ADVISORY COMMITTEE Second Floor Conference Room, 828 S. Bascom Avenue, San Jose	12:00 noon
4 <sup>th</sup> Tuesday	11/22/2005	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 **November 1** 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!**

**Santa Clara County Mental Health Board Mental Health Services Act Public Hearings**

The Santa Clara County Mental Health Board will be conducting three hearings to obtain public comments and input on the Santa Clara County Mental Health Department's Mental Health Services Act (MHSA) Program and Expenditure Plan for Community Services and Supports. Attend any one these hearings if you wish to comment on or provide input to the draft plan.

The MHSA provides for a comprehensive approach to the development of community based mental health services and supports for the residents of California. Counties are required to develop a three-year plan to receive funding under the MHSA. Hearing Dates, Times and Locations include:

**Monday, November 28, 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

**Tuesday, November 29, 2005 4:00-7:00 PM**

Location to be determined, Gilroy, CA

**Wednesday, November 30, 2005 7:00-10:00 PM**

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

For further information on any one of these three hearings, please contact Kathy Peters at the Mental Health Board Office, at **408/885-5779**. Meetings are open to the public—please come!

**MHSA (Prop. 63) Website Draft**

The Community Services and Support Plan portion of the MHSA Act (Prop. 63) is posted on the Santa Clara County Mental Health District website for review:

[//www.sccmhd.org](http://www.sccmhd.org)

**Volunteer Training Meeting Nov. 15,**  
**"Ask Navah!"**



The third monthly NAMI Volunteer meeting will be held on **Tuesday, Nov. 15, at 2:00 PM**, at the NAMI office.

**Navah Statman**, NAMI SCC President will tell us about navigating the County Health System, beginning with the initial intake interview. Come early and, please help us fold newsletters. Looking forward to seeing All you wonderful volunteers! Call **JoAnn** or **Rose** at **408/583-0001** and let us know how you can help!

**Tuesday Evening Book Discussion Group**

We will be discussing "**Motivational Interviewing/Preparing People for Change**," by William R. Miller et al. Our book discussion group will be meeting on T Nov 15 (3<sup>rd</sup>, 7:30 pm, evening each month). Please call or e-mail Mary Girodo at: [mgirodo@hotmail.com](mailto:mgirodo@hotmail.com) or phone (408) 257-7784 (H) or 408/975-5394 (work).

**Updated Resource Handbooks Are Ready!**

**For Consumers, their Families, and Professionals in Santa Clara County:**

- "Readable" scientific information on the serious mental illness (Schizophrenia, Major Mood Disorder, OCD, etc.) including characteristics, causes, symptoms, and treatment
- Helpful guidelines and coping strategies for the mentally ill
- Treatment and the law
- Financial assistance programs
- A complete guide to Santa Clara County services, including important information on how to access them.

Plus a loose-leaf format for easy insertion of future updates.

**Resource Handbooks** are available from NAMI SCC for a donation of \$20 and a mailing fee of \$6.

### Medicare D Prescription Drug Coverage Program Begins

by Rhonda Lakatos

NAMI California provided a workshop about the new Prescription Drug Coverage on September 23, 2005. These are key ideas that were presented. More information and several sets of “**Questions and Answers**” are in the NAMI SCC office as well as a list of resources you may call upon for assistance during the enrollment period.

Medicare D is a drug coverage that helps eligible people pay for the prescriptions they need. The Medicare prescription drug coverage is available to all people with Medicare. There is additional financial help for those who need it most. Medicare prescription drug coverage pays for brand name & generic drugs. Consumers can choose between at least two Medicare prescription drug plans & pick a plan right for them.

People who are eligible for MediCal and Medicare will get some special help. They will be automatically assigned to a plan. They can change plans as often as once a month. There are some drugs excluded from Medicare D but MediCal will continue to cover these. They will automatically be enrolled in the Assistance Program so the only charges should be a low co-pay of \$5 or less. Key Dates and Resources follow:

**September 2005** – *Medicare & You 2006 Handbook* is mailed to people with Medicare. Medicare website ([//www.medicare.gov](http://www.medicare.gov)) lists plans that will be offering coverage, so does [//www.nami.org](http://www.nami.org) - click “what’s new” link.

**October 13, 2005** – or soon after - Comparison information about the plans is available at [//www.medicare.gov](http://www.medicare.gov), [//www.maprx.info](http://www.maprx.info) (an independent website), [//www.mentalhealthpartd.org](http://www.mentalhealthpartd.org)

**October 15, 2005** – Medicare sends notices to people with Medicare & MediCal that their Medical drug coverage will end Jan 1, 2006. They will be notified of the Medicare Prescription Drug Plan where they were automatically enrolled.

**November 15, 2005** – Enrollment begins

**January 1, 2006** - Medicare Prescription Drug Benefit begins for those enrolled

**May 15, 2006** – Open enrollment ends. People who have not enrolled for applied for Extra Help must do so by this date of pay a penalty for late enrollment.

**Any time** – Call to make an appointment with a free local counselor through the Health Insurance Counseling and Advocacy Program (HICAP) **408-296-8290**. Read information about the plans on the websites listed above. Call or visit the NAMI office to see the Medicare D notebook of Q&A.

The NAMI Santa Clara County Newsletter is published monthly by the Newsletter Crew, including Cole Buxbaum, Editor, and Donna-Jo, Typesetter. Many thanks to our great newsletter volunteers!

### Latino Behavioral Institute Conference

The Latino Behavioral Institute was held in Universal, CA on Sept. 2. The 40 workshops included access to behavioral health services for persons with limited English proficiency/linguistic competence (mandated by Title VI of the civil rights act), narrated by **Juan Ramos, Ph.D. & Robert Quiroz, MSW**.

The annual LBHI conference explored critical issues in “Transformation: Toward Access & Quality in Latino Behavioral Health.” Experts from throughout the U.S. offered workshops about children, adult seniors, research, training, interagency collaboration, and successful program models. The Latino conference is a wonderful opportunity to learn about successful programs providing services to the Latino community and is an excellent place for networking with people who share our same values, issues, problems, and successes—it is empowerment!

Thank you to SCC Mental Health Director **Nancy Peña** for sending three of our Familia a Familia teachers and our support group facilitator to attend this very exciting and rewarding conference.

### “Remembrance Day”

In September 2005 mental health advocates across California gathered to honor 45,000 state hospital patients who died and were buried in mass with unmarked graves. Thousands of mental patients have died without the dignity of a proper burial, and placed in unmarked graves. Mental health champions have seen to it that the dead have been honored and not forgotten. Graves have been marked and histories of the patients have been written. The event took place at 8 different state hospitals. (This article, by Connie Skipitares, ran in the 9/17/05 SJ Mercury News)

Anyone interested in contributing to this effort, please contact the California Network of Mental Health Clients, 1722 J St. #324, Sacramento, California, 95814, or (916)-443-3232.

### NAMI SCC 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.**

### NAMI Santa Clara 2005-2006 Board

<b>President:</b>	<b>Navah Statman</b>
<b>Vice Presidents:</b>	<b>Bob Williams, Luisa Perez, Erin Benford</b>
<b>Treasurer:</b>	<b>Monica Nay</b>
<b>Secretary:</b>	<b>Michael Whitney</b>

**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: \_\_\_\_\_
- Peer-to-Peer Education Program  Other \_\_\_\_\_
- Resource Handbook (Donation of \$20) w/postage (add \$6)

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 on Mental Illness  
307 Orchard City Drive, Suite #205  
Campbell, CA 95008-2948**

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