

NAMI SANTA CLARA COUNTY NEWSLETTER

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Your Community's Voice on Mental Illness

Volume XXVIII, No. 12 December 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 & closed on all Federal holidays.
Also closed for Thanksgiving, Th & F, Nov 24-25
& for Christmas, Dec. 25, & New Year's, Jan. 1.**

Volunteers Wanted!

**to help sort & wrap gifts at the Holiday Gift
Project wrapping parties, scheduled at NAMI SCC
Office on:**

**Sat 12/3, 2-5 PM and
Weds 12/7, 7-10 PM.**

**Final assembly of gift bags & deliveries will be on
Sat 12/10, Sun 12/11, and Mon 12/12, from 10
AM. Please call 408/583.0001 to volunteer for 2-4
hours, and let us know if you can help deliver.**

**No General Meeting for December – we will
resume on January 10, 2006 at
Good Samaritan Hospital in San Jose**

Laura Champion will be the guest speaker. Her topic will be the Wraparound Program at EMQ Children and Family Services; and how they have incorporated a service delivery model which is family centered, strengths-based, culturally competent, driven by the needs and outcomes. All of which are documented to support families as they transition from formal services.

Join Our Holiday Gift Project!



Help bring cheer to those who may be in board & care homes and alone during the holidays by joining our Holiday Gift Project and by providing donated gifts to prove that somebody cares! You can participate by:

* **giving us the names of any board & care homes** you may be aware of, whose residents seem especially alone during the holidays.

* **donating cash or checks to NAMI Santa Clara, Attn: “Holiday Gift Project,”** to purchase small presents such as toiletries, socks, underwear, T-shirts, pajamas, robes, slippers, and other items (see list below).

* **donating gift BOXES of all sizes and tissue paper** (please don't wrap donations ahead of time).

* **donating some NEW items** to include in our gift packages—**NOT** used items (give used items to Goodwill or other charities. NO glass containers, please—plastic OK). Examples of useful items to donate include:

Bathrobes, brushes, calculators, calendars, caps, candy, colognes, colored pens, cookies, cosmetics, gloves, headset radios, jigsaw puzzles, journaling notebooks, night-wear (large), notepads, playing cards, purses, scarves, shampoos, skin bracer, slippers, small address books, small alarm clocks, soaps, socks, stationery, stuffed animals, LARGE sweatshirts and T-shirts (not red or blue color), toothbrushes, toothpaste, travel-sized toiletries, wallets, watches—or anything else that you feel will bring them a smile & some holiday cheer!

Give a call to **Margene Chmyz** at the NAMI Office at **(408) 583-0001** for more information on the Holiday Gift Project, or to set up for a donation pickup.

"Have You Ever Wondered Just Exactly What Your Case Manager Does?" NAMI Santa Clara County General Meeting October 11, 2005 Panel Presentation

By Cole Buxbaum

Moderator: **Laura Champion**-Senior Clinical Director
 Panel Members: **Chris McKowen**, M.A., presently a private case manager; **Maria Renick**, LCSW, County case manager at Central MH; **Bill Griffiths**, Conservator for the Public Guardian Office. A panel of experts convened for the NAMI Santa Clara County general meeting to present key information and answer questions relating to the roles of case manager and conservators.

Laura Champion, Senior Clinical Director at Eastfield Ming Quong, was moderator. She is in charge of their Wrap Around Program, which provides integrated and coordinated services to specific clients and also heads the Matrix Program, which is a shelter alternative. Laura has a wide range of knowledge in all aspects of behavioral therapeutic care with over 24 years of experience in care management.

Chris McKowen worked in the crisis residential program of Santa Clara County Mental Health for over fifteen years, and is now a private case manager. He operates in two basic arenas: logistical housing and crisis assistance. This includes what he calls "psychic hand holding" for families that are under stress. McKowen noted that a key aspect of case management involves the development of a therapeutic relationship with the person who has been diagnosed. "In addition to experiencing symptoms they frequently find that everybody has left them behind," states McKowen. One must be able to see somebody for who they are, beyond the diagnoses, accept them and have them feel it. He sees it as his job to remind them that they still have these good qualities, beneath the symptoms. **"Where am I now where do I want to go, and what is in the way. These are life issue questions that must be addressed by the client."**

Case management developed, **Maria Renick** said, in a time when it was costly to hire clinical specialists, resulting in two types of case managers: one requiring a bachelor's or master's degree, and rehabilitation counselors who do not need degrees. This can lead to different approaches to handling cases, although both can do quality work. Her training and background make it appropriate to take a more clinical perspective in dealing with clients. When she started ten years ago her case load was around forty-five cases, but it now has been expanded to over seventy-five. She covers the whole range of problems from initial assessment, crisis resolution, and continuing support running the service team and meeting daily with them. Renick assesses the motivation level of each client and monitors those that just require maintenance in tasks like seeking a job or enrolling in school, to those who need extra frequent support.

About two years ago, HEPA promulgated a regulation stating that unless a client specifically gives permission she is not to discuss the case with the family. She can, however, listen to them but cannot volunteer information, remembering always that there is a therapeutic trust relationship between her and the client. Renick's goal, she says, is to strive to make the client more independent, although family support is important. She encourages them to come in and give history from their

perspective. A person on the staff at El Camino Hospital believes that most of the time there is no problem in getting family members to meet with her group and the client.

Navah Statman, president of the local NAMI SCC claims that some of the standards governing the rules of communication may be changing particularly as they relate to young adults who in this society are not always mature enough to make an independent decision.

Renick frequently uses hypothetical examples to communicate ideas in a client-patient therapist encounter.

The next speaker was **Bill Griffiths**, with the Santa Clara County Public Guardian's office. He began by explaining that his role is to do LPS conservatorships. He has been with the Public Guardian's office for eleven years, and prior to that, a psychiatric technician working as a case manager.

A conservatorship of a person almost always happens, Griffiths says, "when things are going poorly." It occurs when someone is not able to provide for his or her food, clothing and shelter due to grave disability and can only begin when the person is in an inpatient psychiatric setting, and has not responded particularly well to treatment.

The conservatorship can be for a period of one year (renewable) or shorter and is an instrument to help someone in a crisis situation, with the aim of terminating it as soon as possible. A person's autonomy and dignity are important, and all means should be taken to preserve them.

Q: How important is a patient's history since legislation was passed saying that this should be considered?

A: His office is the most likely one to bring up the history if they believe a conservatorship could be in the best interest of the patient. The client is represented by the Public Defender. A great deal more weight is given by the court to the ability of the client to articulate his situation and needs on the day of the hearing, than to the historical record. If the client does not have the capacity to consent to his own treatment, or care, it must be done for him, including medication, and support services. His office connects the person with various service entities, and usually pays the bills to outside facilities, and sees that he has personal needs money. The hands-on care is performed by the facility staff where the person will reside, under the aegis of Mental Health or the Board and Care Facility.

They see all of their clients at least quarterly, or more often in crisis. Regarding the question of who has the authority to determine if a person's psychiatric condition warrants conservatorship, the answer is that the request can only be generated by the in-patient psychiatrist.

The standards governing the existence of grave disability is harder than those of danger to oneself or danger to others, according to Griffiths.

Q: What happens when a person is not getting adequate care?

A: The individual must first agree to come into the office.

In closing Ms. Champion said that it is absolutely abysmal that Renick is required to serve as many as 75 people, but hopefully with the passage of the Mental Health Services Act there will be a transformation in the system.

Navah Statman agreed, and said that the county is making plans to better serve the clients in light of the new MHSA Act.

NAMI Walk 2006, on June 3, SF Golden Gate Park

Two more affiliates including Santa Clara County are participating this year, and the Walk committee is pleased to welcome them "on board" for community-to-community recovery walking. Monthly meetings of the seven Bay Area affiliates are planning a wonderful day for you!

Now is the time of year to contact prospective corporate sponsors, as many are finalizing their philanthropic budgets for 2005-2006. If you or someone you know has a position of influence inside your corporation or business, please provide the contact person's name who will support SF NAMIWALK for 2006. Got ideas and/or questions about the walk or how to reach out to your corporate contacts? Please call or email NAMI Walk Director **Dede Ranahan** - 916/774-6363 dranahan@surewest.net Or email members of the Santa Clara Steering Committee Team: **Gini Mitchem**: vmitchem@hotmail.com -OR- **Nicole Rathjen**: s-n.Rathjen@pacbell.net

Remember: Please, don't ever hesitate when asking for a sponsorship. Our cause is the most noble and your voice will reflect that! Through dignity and love, we will move forward in this difficult world, bringing with us light and hope and a better future for those who we hold most dear.

Seasonal Affective Disorder

If you notice patterns of depression and nondepression that seem to be triggered by the seasons of the year, you may be suffering from Seasonal Affective Disorder (SAD). Usually those affected by SAD become depressed in the fall and winter, and feel better during the spring and summer.

The most common characteristic of patients with SAD is their reaction to changes in environmental light. The usual characteristics of recurrent winter depression include insomnia, carbohydrate craving, and weight gain. Other symptoms include the usual features of depression, especially decreased sexual appetite, lethargy, hopelessness, suicidal thoughts, and social withdrawal. Depressions are usually mild to moderate but can be severe.

Bright, fluorescent (not ordinary) light has been shown to reverse the winter depressive symptoms of SAD. Scientists believe that light therapy works by reducing the level of a certain brain chemical (the neurotransmitter melatonin, normally present at night).

Yearly Holiday Event Presenting Night Club Zephyr!

Come celebrate the holidays with dancing and music on **Saturday, Dec. 17th from 6-9 PM** at the Zephyr Self-Help Center, 687 N King Road at Mabury in San Jose. Food will be served! Let's Rock and Roll -- **see you all there!** Zephyr Center will be closed for Thanksgiving Weekend on Th-Fri 11/24-25 and will re-open on Tues 11/29.

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

Locally, NAMI Support Groups offer a non-threatening environment for accessing the resources of the group and the local affiliate. It surprises many who 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 can help with this timely commitment on 3rd Wednesdays, 7-9 PM.

The **2nd Wednesday** of the month NAMI Support Group meets at the NAMI office in Campbell, 7-8:30 PM. The **4th 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).

The long-awaited Morgan Hill NAMI Support Group will meet on **Weds. December 15** at Nueva Vista, Activity Room, 18225 Hale Avenue, Morgan Hill. The meeting will be held **every 3rd Wednesday** of the month from **7-9 PM**. Friends & Family are welcome! **Navah Statman** at **(408) 253-7623**.

Parent Outreach California Resources for Families

The Parent Outreach Project is designed to help parents access local parenting resources through a toll-free number **800-901-4565** or [//www.parentoutreach.org](http://www.parentoutreach.org) with a searchable database of over 10,000 parenting resources.

The Parent Outreach Project wants parents to know that it's okay to ask for help and that parenting resources can help parents understand and support the ages and stages of their child's growth.

CIT Academy XVII Luncheon

Thanks to the wonderful panel members and luncheon guests who participated in the San Jose CIT Academy this Nov. 1, 2005 -- you did a great job! We had 30 participants in CIT Academy XVII. The attendees were mainly from San Jose Police Department, where we had 2 sergeants, and a lieutenant plus 2 officers from Fremont P.D. and 2 officers from Campbell Police. It was one of the best academies we held -- thank you all so much for your time and your help.

The evaluations of the day were excellent! Many of the officers stated that their view of persons with mental illness and their family members has really changed. So has their way of reacting to the people they encounter on the job.

--**Sharon Roth**, NAMI Santa Clara County

NARSAD Artworks are created by artists who have or have had a mental illness. **Holiday Cards Catalog:** P.O. Box 941, La Habra, CA 90633. **800/607-2599**.

*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**.

Season of Giving*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**.

NEW NAMI Support Group for Family & Friends South County**3rd Wednesday of the Month @ 7-9 PM**

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

Se Habla Español:**4th Wednesday of the Month @ 7-9:30 PM**

Centro de la Comunidad 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, SJose (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**Crossroads Village on White Road in East San Jose:****408/254-6848****Chinese-Speaking: NAMI SCC Support Group -- 1st Thurs 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**



Merry Christmas!
December 25, 2005

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

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 & Families with Bipolar, Depression, or Anxiety Disorders - 1st, 2nd, & 3rd 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**.

Also Depression Group in Palo Alto (Phoenix) Every T @ 7-9 PM



Season of Cheer!

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) SJose CA 95133

Computer Lab: Begin. MS Windows, Tu & W @ 12-1 PM	Mood Disorders Support Group, Every Tues 1-3 PM	Mental Health Support Group: Every Th @ 1-2	Depression Support Every Friday at 2-3 PM
Inside Outside—Peer Support Group: Every Tues at 11-Noon	Men's Group: Every Weds at 11-Noon	Beading Craft Group: Every Th at 10:30-noon	Circle of Trust (Women's Group): Every Fri at 11-12 PM
Spirituality & Wellness: Every T 12:15-1:15PM	Holiday Party! Sat. Dec 17 @6-9 PM	Schizophrenic Support Every Fri at 1-2 PM	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	Bipolar/and Depression Support Group: Every Wed @ 11AM-1PM. 408/294-4991	Movies: Enjoy Chips/Popcorn & BBQ Every Th at 2:00-4:00 PM
Art Expression & Schizophrenics Anonymous-Tues 2-3 PM	Dual Recovery Anonymous: 12-step Every Tues at 1:15-2:15 PM	Consejeria con un consumidor
Men's Group: Every Tues at 3-4PM	New Group Coming Soon: Lifeskills— include visits from a doctor, an attorney & a financial expert) Every W @ 1-3 PM	Mutual Support Peer Counseling 1:1 Every Th at 4-6 PM
Thinking Person's Depression Support Group – Every Tues Eve at 7-9 PM	PTSD Support Group Every Th at 3-4 PM	Bipolar/and Depression Support Grp: 1 st , 2 nd , & 3 rd Th @ 6:30 PM
Mutual Support Peer Counseling 1:1 Every Tu evening 4-6 PM	Mutual Support Peer Counseling 1:1 Every Weds @ 4:00-6:00	New Group Coming Soon: Women's Meeting Every Th @ 5-6 PM
Drop in or Call 650/463-5600	Veteran's Support Anger Management Every W @ 4-6 PM	Also, Se Habla Español aquí!

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

1215 1st Street, Gilroy, CA 95020. Mon – open 1– 4:30 PM Relaxation Group Topics Vary 1:30-2:30; Tues open 1-4:30 PM
 DRA Group Dual Diagnosis 1:30-2:30 PM; Charades 2:30-3 PM; Wed and Thurs. Closed all day; Fri – 1-4:30 PM
 (gamemovies, Life Skills Group starting soon). Call Center for more information.
 Regular Self-Help Client/Center Planning Meetings. Call for Days and Times. Also, other events: BBQ's, Music, Movies, Arts & Crafts, etc.



Happy Hanukkah,
 December 25, 2005

Office of Client Empowerment

408/254-5350

Other Workshop & Groups

Behavioral Health Outpatient Service and Older Adult Group Therapy (over 65 years) Every W @ 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 ondays @ 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, December 2005

All meetings are open to the public. You are welcomed and encouraged to attend!

All of the other Associated Meeting are Canceled, due to Holiday Recess.

1 st Thursday	12/1/2005	SYSTEM PLANNING & FISCAL COMMITTEE	3:00 PM
		2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	
MHB Special Mtg	12/5/2005	MENTAL HEALTH BOARD, E Valley Clinic , 1993 McKee Rd, SJose	12:00 noon

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 **December 6 at 7:00 pm**. Please include this date in your calendar and **plan to attend at the NAMI Santa Clara Co. Office, 307 Orchard City Drive #205, Campbell. Everyone welcome!**

SCC Mental Health Board Mental Health Board MHSA Public Hearings --The Plan is Ready!

The Mental Health Services Act plan for Santa Clara County has been approved by the Leadership Committee. The plan includes many proposed improvements to mental health services such as early intervention services for children and young adults, appointment of a family relations director in the adult services, enhanced education programs about mental illness to families, consumers and staff, establishment of a housing trust fund, and follow-up services and supports for consumers who are released from jail. This is a three-year plan. Many thanks to NAMI members **Carol Irwin, Margene Chmyz, Gini Mitchum, Luisa Perez, Bob Williams, Richard Alvarez and Jen Hong**, who served on teams that reviewed and provided input to the plan. Upcoming input meetings include:

Monday, November 28, 2005 1:00-4:00 PM

Isaac Newton Senter, 70 West Hedding, San Jose

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

St. Francis Center, 7950 Church Street Gilroy, CA

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

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

For further information on 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! The Santa Clara County MHSA Act (Prop. 63) Plan can be reviewed at: [//www.sccmhd.org](http://www.sccmhd.org) Comments forms are online.

Hope and Harmony for People with Bipolar

If you or someone you love lives with bipolar disorder, try **BP Magazine** for first-person success stories; tips to achieve harmony & peace; chasing stress away; how to get your family to "get it"; the latest in research, news & therapy; healthy & fun food; tips on easier living; features, columns, and real stories on relationships, parenting bipolar children, issues in your workplace, support for families, playing well, staying healthy and much, much more. Published by Schizophrenia Digest, P.O. Box 59 Buffalo NY 14205, **1-888-834-5537**, [//www.bphope.com](http://www.bphope.com)

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 Tuesday newsletter volunteers!

December NAMI Volunteer Meeting Change



In place of our regular December Volunteer Meeting we are hoping that you will join the **holiday gift wrapping party**. The party will be held in our NAMI SCC office on **Saturday, December 3 from 3-5 PM** and **Wednesday, December 7, 7-10 PM**. Final assembly of gift bags and deliveries will be on **Saturday, December 10, Sunday, December 11, and Monday, December 12, from 10 AM to completion**. Please sign up in the office: **408/583-0001**. Come join us in the gift of giving. And we always need monthly newsletter folding volunteers – come on **Tuesday, December 20, 9:30 AM–2:30 PM**.

Tuesday Evening Book Discussion Group

There will be **NO December Book Group Meeting**, due to NAMI holiday project activities. The Book Discussion Group will resume on **Tuesday, January 17, 2006**. Please call or e-mail **Mary Girodo** at: mgirodo@hotmail.com or phone **(408) 257-7784 (H)** or **408/975-5394 (work)** for time & place.

NAMI SCC 2005 Survey Results

The Fall NAMI SCC Survey indicated that in a time span of nearly twenty five years, some of the data was very similar to a survey conducted by NAMI in 1979: 72% of respondents were concerned about a son, 22%, a daughter. In 2005, 66% were answering with a son in mind, 21.9% a daughter. Average age at diagnosis was 24.03, with an average of 5.46 years between first observing symptoms and getting a diagnosis. These numbers do not add up to 100% because people also responded with a spouse, parent, other relative or friend in mind. 61% of current respondents are aware of a family history of mental illness.

In answer to "Where is your loved one currently living?" nearly 40% (38.5%) said 'family,' 3.8% said their loved one was homeless, another 2.5% did not know where their loved one was living, and 6.4% said their loved one was living in a locked facility. When asked if they were happy with their loved one's living arrangement, 69.2% said "yes," and slightly less felt their loved one was happy with their living situation.

Copies of survey results are available in the NAMI SCC office. Call **408/583.0001**.

Latino Behavioral Institute Conference

By Luisa Perez

The National Alliance of Multi-Ethnic Behavioral Health Association NAMBHA Consensus Meeting on evidence based practices (EVP) and the impact on families and consumers met on September 23-25 in Chicago, IL. The mission of NAMBHA is to promote the behavioral health, well being, and full potential of people and to eliminate racial/ethnic disparities in behavioral health services and treatment. Strategies to achieve this mission include policy reform, culturally appropriate research and evaluation, system change/distribution of resources consumer and family involvement. Group sessions were comprised of members of the Latino, African American, Native American, Asian, and American/Pacific Islander communities, as well as Federal Staff and other participants.

1. What is our view on EBP movement that is currently underway in Mental Health and substance abuse services? What do we like about it? What makes us concerned?
2. What are the values and cultural strengths that need to be included in efforts to address evidence-based practices for our groups and communities?
3. Can you identify any current EVP or cultural practices that currently exist in our communities, for adults and/or for children and families that we consider effective Behavioral Health interventions? What makes them effective?
4. In addition to the criteria of research and science as measures of "evidence" (i.e., NNREP Database), what other criteria would you suggest?

In all discussions I strongly voiced my support for all the NAMI programs. In Familia a Familia we are gaining strong leadership from our own and educating the community, families & consumers -- gaining leadership from within is certainly evidence-based practice.

Genetic Research Study

The Northern California Institute for Research and Education at the San Francisco VA Medical Center is recruiting participants for two separate research studies. Participants will be compensated \$100 for being interviewed, completing a questionnaire and donating a small blood sample. The visit will take 3-4 hours. People with a diagnosis of Schizophrenia, Schizoaffective Disorder, and Bipolar I may call to apply at: **1-800-730-4022** or **1-866-585-5409**.

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.

A Prayer for Overcoming Indifference

I watch the news, God.
 I observe it all from a comfortable distance.
 I see people suffering, and I don't lift a finger to help them.
 I condemn injustice, but I do nothing to fight against it.
 I am pained by the faces of starving innocent children, but I am not moved enough to try to save them.
 I step over homeless people in the street;
 I walk past outstretched hands,
 I avert my eyes,
 I close my heart.
 Forgive me, God, for remaining aloof when others are in need of my assistance.
 Wake me up, God; ignite my passion, fill me with outrage.
 Remind me that I am responsible for Your world.
 Don't allow me to stand idly by.
 Inspire me to act.
 Teach me to believe that I can repair some corner of this world.
 When I despair, fill me with hope.
 When I doubt my strength, fill me with faith.
 When I am weary, renew my spirit.
 When I lose direction, show me the way back to meaning, back to compassion, back to You.
 Amen. © 2002 Naomi Levy

Grandparent Caregiver Resource Center Opens

Catholic Charities has opened a Grandparent Caregiver Resource Center in North San Jose to support grandparents and other relative-headed families. The Center offers support, education, respite, and other services so relatives can provide safe and secure homes for the children in their care. It offers services in several languages. The Center operates a "Caregiver Warmline" at **408/325.5165** to provide information, referral and emotional support.

Often grandparents and relative caregivers are overwhelmed by the complex financial, emotional, and legal concerns associated with being substitute parents. Child welfare workers have found that kinship placements are much more likely to be successful if the caregivers receive support services. At the Center, many of the services are for free. There is a minimal fee for educational seminars and recreation activities, but scholarships are available.

The Center is located at 2625 Zanker Road, Suite 200, in San Jose. It is open Monday thru Thursday from 9 AM to 5 PM. Call **408/325.5164** for more information or visit [//www.ccsj.org/users/gcrdc](http://www.ccsj.org/users/gcrdc)

NAMI Santa Clara 2005-2006 Board

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

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**

**NONPROFIT ORG.
US POSTAGE PAID
CAMPBELL CA
PERMIT NO. #20**

RETURN SERVICE REQUESTED

DATED MATERIAL

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