

NAMI SANTA CLARA COUNTY NEWSLETTER

(National Alliance on Mental Illness)

307 Orchard City Drive, Suite 205, Campbell, CA 95008-2948

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A Volunteer Grass Roots Organization "Your Community's on Mental Illness" Volume XXIX, No. 1, January 2006

COUNTY MENTAL HEALTH EMERGENCY

SERVICES AND REFERRALS

EMERGENCIES: Dial 911 and Request a Crisis Intervention team (CIT) Officer

FOR SERIOUS MH HELP & COUNSELING

Suicide & Crisis @ 408-279-3312

CRISIS OUTREACH REFERRAL EDUCATION

(CORE) 1-800-704-0900, On-Call Staff, 24 hr Service.

Info. & Referrals, Mon.-Fri, 8AM-5PM

English, Spanish, Vietnamese spoken at all times.

OFFICE OF CLIENT EMPLOYMENT 408-254-5350

NAMI SANTA CLARA COUNTY

OFFICE INFORMATION & REFERRALS

408-583-0001, 10AM to 2PM weekdays or leave message

EVENING HOURS INFORMATION & REFERRALS

Lee Garnand, 650-322-6878

Luisa Perez (Se habla español 408-378-6988

Manuel Andrade (Se hable español) 408-255-7474

Billie Mechanic, 408-238-6488

Kwei-Ying Lee (Cantonese), 408-997-6286

Transition from Medi-Cal to Medicare

(Dec 2005 to Jan 2006)

As you know, for dual-eligibles (Medi-Cal and Medicare), Medi-Cal will only be responsible for medications starting January 2006. The following was provided by the CA Institute for Mental Health and the CA Mental Health Director's Office from Grace McAndrews, NAMI Executive Director, alerting us to a **procedure for interim additional supply**:

*Medi-Cal will pay for a 100-day supply of their Medi-Cal covered prescription drugs as long as the physician or psychiatrist writes the prescription for the 100-day supply and it is **filled by a pharmacist on or before December 31, 2005**. By writing a 100-day prescription for dually eligible consumers before the end of the year, physicians and psychiatrists may help ameliorate any unintended consequences that may result in the transition to Medicare Part D prescription drug coverage after the first of the year.*

The California Department of Health will be sending notices to dually eligible consumers informing them about the termination of Medi-Cal prescription drug coverage and the availability of the 100-day prescription drug supply under Medi-Cal through the end of the year. However, the notice won't be sent until **December 21, 2005**. We encourage you to share this information widely with consumers and county mental health staff as soon as possible!

General Meeting, Tuesday, January 10, 2006



-Working with a Team Approach- (Wraparound Program) at Eastfield Ming Quong (EMQ)

Eastfield Ming Quong, is a non-profit mental health agency serving children with mental health needs & their families.

The panel of presenters will include: **Laura Champion**, Sr. Clinical Director; **Marina Boliaris**, Associate Director; and **Deb Baucox**, Parent Involvement Coordinator, all of EMQ, who will discuss 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.

Good Samaritan Hospital Auditorium

2425 Samaritan Drive, San Jose

Time: 7:00-9:00 PM

We will meet in the auditorium of Good Samaritan Hospital at **7 PM**, with everyone sharing information and welcoming newcomers. At 7:30 PM there is a half-hour information session on NAMI Santa Clara Co. activities. **Featured program 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 in the basement. Or find it online at [//www.maps.Yahoo.com](http://www.maps.Yahoo.com) OR at [//www.mapquest.com](http://www.mapquest.com)

Upcoming Guest Speakers

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. Stay tuned!

MHSA Prop 63 Three-Year Plan approved unanimously by the Board of Supervisors! See details on p. 7.

Teaching Illness Self-Management for Bipolar Disorder: November General Meeting Presentation by Dr. Robert Reiser by Peter Newman

Dr. Robert Reiser is the director and associate professor at the Kurt and Barbara Gronowski Psychology Clinic of the Pacific Graduate School of Psychology, located in Los Altos. This is a training clinic for Ph.D level psychologists, serving students and licensed medical health professionals on a sliding fee basis. At present there are 43 students & 8 supervisors, not all in the specialty of bipolar disorder

Dr. Reiser spoke on "Cognitive Behavioral Therapy for Bipolar Disorder," at our November general meeting. In his presentation he referred to a number of recent, high-quality scientific studies. These studies demonstrate that combining education with medication can significantly improve the treatment outcome for bipolar disorder. After learning illness self-management, three or four times more patients stayed well, and they spent much less time in the hospital, than those on medication alone. Here is a brief summary of the results from four of the research studies.

Early Symptom Detection

One study investigated the value of teaching bipolar patients to identify early symptoms of relapse and seek prompt treatment. There were also 69 bipolar patients (mostly bipolar type I) who had had a relapse during the previous year, they were randomly divided into two groups, one that received the education and one that did not. All other treatment was the same for both groups. The education consisted of 7–12 individual sessions given by a research psychologist with little previous clinical experience. Follow-up continued for 18 months.

The group that received the education avoided manic episodes nearly four times longer than the group that received treatment as usual (65 weeks against 17 weeks). The number of people that stayed free of mania was also better: only 9 got sick compared to 20 from the other group. There was no effect on episodes of depression, but overall social functioning and employment were significantly improved.

Family-Focused Therapy

Family-focused therapy is an education program administered in the months following an episode of bipolar disorder. In this study it consisted of 21 sessions given by a therapist to patients and their caregivers in their home. The first seven sessions covered illness self-management: medication compliance, early identification of warning signs, and strategies for relapse prevention. This was followed by communication enhancement training which teaches skills for active listening, giving feedback, and requesting changes in behavior. Finally came problem-solving training which helps to identify family problems and select solutions.

The study compared family-focused therapy to a less intensive crisis management strategy consisting of two sessions of family education plus crisis intervention sessions as needed. There are 101 bipolar patients (mostly bipolar I) who had recently had an episode were randomly assigned either to the group that received family-focused therapy or to the group that received crisis management. All other treatment was the same for both groups.

At the end of the 2 year study, 3x as many patients in the therapy group stayed well compared to the other group (52% compared to

17%). On average, for patients that did get sick, those in therapy groups stayed well compared to the other group (52% compared to 17%). On average, for patients who did get sick, those in the therapy group stayed well longer than the other group (74 weeks compared to 54 weeks). Also therapy group showed reduced mood symptoms, particularly depression, & better medication adherence.

Cognitive Therapy

Cognitive therapy focuses on patterns of thinking that lead to undesirable moods and on the beliefs behind these thought patterns. Patients are taught techniques to monitor, examine and change these thought patterns. It has been shown to be as effective as antidepressants in the treatment of depression and superior in preventing relapse. The following study examined an enhanced form of cognitive therapy for bipolar patients. The therapy was extended to add relapse prevention: to monitor mood, detect warning signs, and take action to avoid full-blown episodes from developing.

The study compared cognitive therapy to treatment as usual. They had 103 bipolar patients (bipolar I) who experienced frequent relapses despite being on mood stabilizers, were randomly divided into two groups. One group received 16 sessions of cognitive therapy. Both groups received medication and regular psychiatric follow-up (treatment as usual). The study lasted 12 months.

Those who received the therapy spent three times fewer days in bipolar episodes than the other group (an average of 27 days compared to 88 days). The therapy cut the hospital admission rate in half—15% of patients in the therapy group were admitted to hospital compared to 33% for treatment as usual. The cognitive therapy group also exhibited significantly higher social functioning, showed less mood symptoms, and significantly less fluctuation in manic symptoms than the treatment as usual group.

Group Education

The above studies investigated education administered in individual sessions. Individual therapy sessions are expensive which restricts their availability. What makes this study so exciting is that the therapy was administered in group sessions. Group sessions are much more cost effective. In addition, the study compared group education to unstructured group meetings rather than just treatment as usual. This demonstrated that the improvements observed were due to the education component and not simply due to the natural support that comes from regular group meetings.

Also, 100 bipolar I patients and 20 bipolar II patients, who had been in remission for at least six months, were randomly divided into the two groups. One group received education consisting of 21 sessions in groups of 8–12. Each session consisted of a speech on the topic followed by a relevant exercise. The major topics were: illness awareness, treatment compliance, early detection of warning signs, and lifestyle regularity. The other group met for the same number of sessions in the same size groups with the same therapists but the meetings were not structured.

After 2 years, 4 times as many patients in the therapy group stayed well compared to the unstructured group (33% compared to 8%). The therapy group spent 3x fewer days in hospital (an average of 5 days compared to 15 days). Also, the therapy group showed a significant improvement in the length of time they stayed well.

Bay Area Legal Aid

Free Legal Advice Line for intake and referral to an attorney for services, free, if qualifying is **1-800-551-5554**.

Cognitive Behavioral Therapy for Bipolar Disorder (cont. from P. 2, Reiser talk)

by Cole Buxbaum

These efforts are supported by the Health Trust Grant, a non-profit foundation giving a 2 year \$576,000 grant. Alliance for Community Care is a subcontractor and partner and serves as a clinical site. There is no psychiatrist at the clinic itself and outside doctors perform this function. The goal of the grant is to develop a science based model that would also be cost-effective in a group situation and improve the quality of mental health care provided to uninsured and Medi-cal clients with Bipolar illness in Santa Clara County.

Typically the onset of bipolar disorder is in the 18-20 age group, However there are late incidents as well, even in the 50s. It is a genetically loaded condition with heredity a key role in the illness.

There is a great need for better treatment for clients with bipolar disorder, with an estimated 1% to 1.6% of the overall population suffering. Mental Health costs exceeded \$45 billion overall, in the U.S. in 1990, with 95% of those diagnosed with bipolar illness experience chronic episodes and **suffering high rates of mortality (10 to 15 percent lifetime rate of suicide)**

Bipolar I Disorder is the most severe, with a spectrum of intensity down to a mild form called cyclothymia. The existence of a manic phase shows that it is an organic illness, not just depression. Family support is important, as well as a stable environment with regular sleep-wake cycles.

Q: Vulnerability of patients who use drugs such as marijuana was raised. He believes that it is **not** advisable for them to be exposed, since they may be more vulnerable than the general population.

There has been a big shift in the last few years in thinking at the National Institute of Mental Health showing the effectiveness of psychological techniques, such as cognitive behavioral therapy and psycho-education in reducing relapses and increasing medication compliance. Learning what each person's vulnerabilities and triggers are, and making efforts to address them, can result in a measure of protection (all are considered psycho-social therapy).

When asked why these techniques are not being more widely used, Reiser noted that we have come to a very biological approach to mental illness which has had great benefits, although the downside, however, is that frequently we become too medically oriented, and don't do a good enough job educating clients and families. Psychology can help identify triggers & vulnerabilities and begin to teach coping skills, similar to those learned in peer-to-peer groups at NAMI (see p. 6)

Q: Do all these considerations apply to individuals suffering from Schizophrenia?

A: The methods are just as useful, except that the mood variations are not pronounced as in bipolar disorders.

Dr. Reiser can be reached at **415/456-5256** at the Pacific Graduate School of Psychiatry.

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 who fold & prepare for bulk mailing!

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

JESUS LOZANO became a NAMI Support Group Facilitator October 30, 2005! Jesus will be leading Spanish-speaking groups primarily. Jesus provided add insight and humor to the group. Congratulations, Jesus!



Eighteen other NAMI volunteers spent the weekend at the Penny Farm near Petaluma, as did Jesus, with teachers **Inge Greenwood**, of San Mateo County, and **Barbara Saxon**, of Santa Clara County. Our newly trained Facilitator, **Barbara Dantone**, led the 4th Thursday NAMI Support Group at Alliance.

But MORE facilitators are needed to match NAMI's goal of **CONTINUED SUPPORT FOR ALL IN NEED!!** E-mail to **Jim Johnston** at **Jjdecbaby@aol.com** (Director of the NAMI Education Programs) if any of you have referrals for NAMI Support Group Facilitator training.

If enough of you are interested in Support Group Facilitator Training, we could hold a training session at the NAMI office rather than having to travel to be trained -- very convenient and saves NAMI money.

If you are looking for a way to make a small but significant contribution (1 1/2 hour per month), please e-mail **bsaxon@megapathdsl.net** Family to Family graduates are particularly needed because of their class training and varied experiences.

NOTE: Change of Day: The Campbell (NAMI Office) Caregivers & Friends support group is moving to 3rd Tuesday in February

Please see pp 4-5 for a list of all NAMI Santa Clara County Support Groups. These remain drop-in groups for support, resource information, and sharing for friends and family of the mentally ill.

The Impact of The Family-to-Family Class

by Julie Leigh Domeny

For me, taking NAMI's F-to-F class was one of those life-confirming miracles that one could not possibly count on stumbling upon. In this class I found relevant information that I could apply to my personal experience. As the oldest child of a intellectually gifted mother who could not parent her six children, and with a brother who, while simultaneously bestowing the world with extraordinary wit, charm, character and insight, was capable of horrendous insults, diatribe, delusion, and dangerous behavior, I had often felt so alone. I now had others who understood, I did not have to try to explain it to them. They "got it."

Ultimately, what I discovered was that we are all heroes of our own stories and, perhaps most importantly, that we are not alone. That by sharing the experience of having a family member with a brain disorder, we are fortunate enough to have found our "tribe."

NAMI's Peer-to-Peer Recovery/ Education Course

The same scientific method that brought us modern medications has shown us that education, combined with medication, can be extremely effective. After learning illness self-management, 3-4X more patients stayed well, and they spent much less time in hospital, than those on medication alone. There is no longer any question regarding the value of education. The biggest question that remains is when will education become widely available through the health system. Until it does, NAMI offers the P to-P Recovery Education Course.

This 9-week program is taught by trained peer mentors who are successfully managing their own mental illness. It teaches the same topics

ALL Classes Forming in January 2006

NAMI EDUCATION PROGRAMS

NAMI Santa Clara County Family-to-Family:

12-Week Education Program

Contact Kathy Forward @ 408-374-4461

Spanish speaking, Contact Luisa Perez @ 408-378-6988

NAMI Santa Clara County On-Going Peer-to-Peer:

9-Week –2 hours per week experiential education course.

18 and Over; Contact Donna at 408/583-0001 for info packet.

NAMI SUPPORT GROUPS CALENDAR

**DROP-IN SUPPORT GROUPS FOR
CAREGIVERS & FRIENDS**

MOUNTAIN VIEW—4th Monday of the Month @ 7-9:30PM

St. Timothy’s Episcopal Church, 2094 Grant Rd, Guild Room (Cuesta), Navah Statman at 408/253-7623.

CAMPBELL—2nd Wednesday of the Month @7-9:00 PM

NAMI Santa Clara County Office, 307 Orchard City Drive, Suite #205, Barbara Saxon at 408/229-9808.

NOTE: 3rd Tuesday starting in February

SAN JOSE —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.

PALO ALTO— 4th Tuesday of the Month @ 7-9 PM

Jewish Family & Children’s Services Office; 913 Emerson Street, Palo Alto. Contact: 650/688-3046.

MORGAN HILL—3rd Wed of the Month @ 7-9 PM

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

Office of Client Empowerment 408/254-5350.

Se Habla Español:

SAN JOSE—Familia a Familia, en español, begins Friday 1/6/2006 @ 7-9:30 PM @ Centro de la Cominidadado Dorsa, 1290 Bal Harbor Wy (near Story & King Rd) Llame á Luisa Perez - 408/378-6988.

SAN JOSE—4th W of the Month @ 7-9:30 PM Centro de la Cominidadado Dorsa, 1290 Bal Harbor Wy. Llame á Luisa Perez - 408/378-6988.

SAN JOSE—Every Friday @10-12 (Noon)

Grail Community Center 2003 E. San Antonio St. (at Sunset & San Antonio). Llame á Erika Alvarez-408/347-7892, Llame á Luisa Perez - 408/378-6988.

SAN JOSE—Zephyr Central Co Self-Help Spanish Speaking 687 N. King Rd (at Mabury), San Jose. Contact 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.

PALO ALTO--The Phoenix North County Self Help—

Spanish speaking and monolingual Spanish support groups; also Peer Counseling: Consejeria con un consumidor 116 Hamilton Ave, Palo Alto (Alma). Call Marra or Sergio at 650/463-5600 E-mail: Sergio_19682004@yahoo.com

Chinese Speaking Support Groups:

SAN JOSE-- 1st Thurs of the Month @ 7-8:30 PM

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

MT. VIEW--Christian Group: 3rd Thurs each Month, 7-9 PM

Mountain View Chinese Christian Church, 175 E. Dana St. Contact - Jen Hong @ 408/996-1016

Mountain View NEW NAMI Family to-Family Education Program in Chinese will start Feb. 16, 2006-June 8. Chinese Christian Church, 175 E. Dana St., Call Jen Hong @ 408/996-1016 to Sign-up.

***Self-Help Centers Support Groups:
Drop-ins welcome!***

SAN JOSE Support Groups at Zephyr Central Self-Help Center: 408/254-5350 687 N. King Rd (at Mabury)

<u>Computer Lab: Begin. MS Windows, Tu & W @ 12-1 PM</u>	<u>Mood Disorders Support Group.</u> Every Tues 1:30-3 PM	<u>Mental Health Support Group:</u> Every Th @ 1-2	<u>Depression Support</u> Every Friday at 2-3 PM
<u>Inside Outside—Peer Support Group:</u> Every Tues at 11-Noon	<u>Men’s Group:</u> Every Weds at 11-Noon	<u>Beading Craft Group:</u> Every Th at 10:30-noon	<u>Circle of Trust (Women’s group):</u> Every Fri at 11 AM to noon
<u>Spirituality & Wellness:</u> Every T 12 :15-1:15PM	<u>Holiday Party! Wednesday Dec. 28 @12:30-3:30 PM</u> <u>Wednesday: Free Pizza for Lunch</u>	<u>Schizophrenic Support</u> Every Fri at 1-2 PM	<u>Dual Recovery Anonymous (DRA):</u> Every Fri at 12 noon - 1 PM.

GILROY--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 Men’s/Women’s Group 2-3 PM Call Center for more info. 2:30-3 PM Games, Cards; Tues open 1-4:30 PM DRA Group Dual Diagnosis 2-3:30 PM; Charades 2:30-3 PM; Wed and Thurs. Closed all day; Fri – 1-4:30 PM (game movies, 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.

ADDITIONAL SANTA CLARA COUNTY

Support Groups:

Schizophrenia and/or Schizoaffective Disorder:

PALO ALTO, STANFORD—1st & 3rd Mon. of the month,

@7-9 PM, Family & Friends, Drop-in

401 Quarry Rd, corner Arboretum, Psych Bldg, 1st floor, Rm 1211. Contact **Wendy Duggal** at **650-723-6678**

PALO ALTO, STANFORD-1st & 3rd Mon. of the month,
from 1-2PM, Clients, Drop-in

401 Quarry Rd., corner of Arboretum, Psych. Bldg, 2nd floor, Rm 2210, Contact: **Wendy Duggal, 650-723-6678**

Depression/Bipolar, Mood Disorders, and/or

Anxiety Disorder Support Groups:

SANTA CLARA, 3rd Weds. of the month, 7-9PM

PARENTS HELPING PARENTS, registration required. 3041 Olcott Street, Call: **408-727-5775** for more info or to register.

PALO ALTO every Wednesday 11 AM-1 PM in Palo Alto;

LOS GATOS 1st, 2nd, and 3rd Friday,

Michelle Nelson 408/294-4991.

PALO ALTO -- 1st, 2nd, & 3rd Thursday of the Month, 6:30-

8:30 PM Phoenix North County Self-Help Center, 116 Hamilton Ave., between Alma & High. For info contact **Katherine Lerer** at [//www.phoenix.lucidinterval.org](http://www.phoenix.lucidinterval.org) or call **650/463.5600**. Also Depression Group (Phoenix) every T at 7-9 PM.

OBSESSIVE COMPULSIVE DISORDER

Support Groups:

SANTA CLARA--1st Sat of the Month @ 10 AM-12:00 PM

Kaiser Permanente, 900 Kiely Blvd, Bldg. B, Conference Room. The building faces Kaiser Drive. Contact **Judy** at **650/254-1298**

PALO ALTO--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 at **650/853-2904**. \$42/session.

Other Workshop & Groups

SAN JOSE--Every Wednesday @ 1-2:30 PM

Behavioral Health Outpatient Service and Older Adult Group Therapy (over 65 years). 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**

SAN JOSE--Anger Management Group for Adults /Mental Disabilities Mondays at 1:30-2:30 PM /or Thursdays from 9:30 to 11 AM

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

SAN JOSE--Every W of the Month (Monthly Fee) 10 AM-2 PM

Fireside Friendship Club ACT for Mental Health, Inc., a Life Skills Social Club for people with mental disabilities and physical limitations. Go to 441 Park Ave, San Jose (upstairs). Call at **408/287-2640** for more information.

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Support Groups at The Phoenix North County

Self-Help Center: 650/463-5600-116 Hamilton Ave (Alma), Palo Alto, //www.sccselfhelp@yahoo.com Drop Ins welcome!

<u>Journaling:</u> Every Tues at 1:00-2:00 PM	<u>Bipolar/and Depression Support Group:</u> Every Wed @ 11 AM –1 PM. 408/294-4991	<u>Movies: Enjoy Chips/Popcorn & BBQ</u> Every Th at 2:00-4:00 PM
<u>Art Expression & Schizophrenics Anonymous</u> – Tues 2-3 PM	<u>Dual Recovery Anonymous:</u> 12-step Every Tues at 1:15-2:15 PM	<u>Consejeria con un consumidor</u>
<u>Men's Group:</u> Every Tues at 3-4 PM	<u>New Group: Lifeskills</u> –(will include visits from a doctor, an attorney & a financial expert) Every W at 1-3 PM	<u>Mutual Support Peer Counseling 1:1</u> Every Th at 4-6 PM
<u>Thinking Person's Depression Support Group</u> - Every Tues eve at 7-9 PM	<u>PTSD Support Group</u> Every Th at 3-4 PM	<u>Bipolar/and Depression Support Grp:</u> 1 st , 2 nd , & 3 rd Thurs at 6:30 PM
<u>Mutual Support Peer Counseling 1:1</u> _Every Tuesday evening at 4-6 PM	<u>Mutual Support Peer Counseling 1:1</u> Every Weds @ 4:00-6:00 PM	<u>New Group Coming Soon:</u> Women's Meeting Every Th at 5-6 PM
<u>Depression Support Group</u> Every T at 7-9 PM	<u>Veteran's Support Anger Management</u> Every W at 4-6 PM	Also, Se Habla Espanol aqui!

What's Happening in the Mental Health Community?
Santa Clara County Mental Health Board Calendar, January 2006
 All meetings are open to the public. You are welcomed and encouraged to attend!

1st Thursday	1/5/2006	SYSTEM PLANNING & FISCAL COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	3:00 PM
2nd Monday	1/9/2006	MENTAL HEALTH BOARD, EastValley Clinic, 1993 McKee Road, SJose	12:00 Noon
2nd Thursday	1/12/2006	FAMILY, ADOLESCENT & CHILDREN'S COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	3:00 PM
3rd Tuesday	1/12/2006	MINORITY ADVISORY COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	12:00 Noon
3rd Thursday	1/19/2006	ADULT/OLDER ADULT SYSTEM OF CARE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	9:00 AM

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 **January 3, 2006 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 Dr. #205, Campbell. Everyone welcome!

Can You Volunteer with Us & Come to A Meeting?

For NAMI to be able to expand our commitment to provide support, education & advocacy for those suffering from mental illness and their family and friends, **WE NEED MORE VOLUNTEERS** to work in the office; to give presentations at your local church or participate in your company health faire; to help with fund raising; to help prepare mailings, to write letters to community agencies, etc., when services for the mentally ill are inadequate, inappropriate, or of poor quality as well as many other needs.

If you are interested in promoting and improving NAMI services in our community, we would love to have you for 2-4 hours/ week, but would appreciate any amount of time you can give! Give a call to **JoAnn Snider** at the NAMI office, 408/583-0001.

**Next Volunteer Meeting,
Tues, Jan 17, 2 PM at NAMI office**



Did you know that ALLIANCE for Community Care is the largest non-profit provider of mental health services in Santa Clara County? Did you know that they deliver a very broad array of effective services that helps the consumer achieve mental and emotional health? At the **January 17 Volunteer Meeting**, a representative from ALLIANCE for Community Care will be giving us an overview of the services they provide for the consumer. Come and learn more!

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 Members

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

Tuesday Evening Book Discussion Group

The Tuesday Evening Book Discussion Group will be on hiatus for the winter months. We will continue reading A Million Little Pieces by James Frey, and Motivational Interviewing/Preparing People for Change by William R. Miller et al. For more info, please call or e-mail **Mary Girodo** at: mgirodo@hotmail.com or phone (408) 257-7784 (H) or 408/975-5394 (work).



On the Shelf at the NAMI Library

Pamela Spiro Wagner, an award winning poet and her twin sister, Carolyn Spiro have written a disturbingly powerful memoir in alternating voices that graphically describes the pain Pamela has experienced as a person with schizophrenia. In Divided Minds: Twin Sisters and Their Journey Through Schizophrenia, Carolyn's voice adds the dimension of family members trying unsuccessfully to understand the disease of their loved one. This 2005 book and others are available for three week checkout in the NAMI Office Library during office hours.

Free & Simple Bus Fare Promotion

Senior citizens (65+) and persons with disabilities will be able to ride VTA buses and light rail free all day on weekends and from 9 am to 3 pm or anytime after 6 pm on weekdays from January 1 - March 31, 2006. To get a free ride you must have one of these: **CA Driver's License or ID Card, RTC Card, or Medicare Card**. If you have any questions about the program, call 408/321-7067 or email celeste.oda@vta.org



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You Are Invited to

**Night Club In The Daytime
@ Zephyr Self-Help Center!**

687 North King Road (at Mabury) San Jose

Wednesday, December 28 --12:30- 3:30 PM





NAMI 2006 Walk Update

Approximately 50,000 people participated in NAMI Walks in 2005 and raised over \$4 million dollars for NAMI affiliates across the country. NAMI Walks even went global. NAMI India sponsored a NAMI Walk in Mumbai in conjunction with World Mental Health Week. Sixty-five to seventy-five Walks are anticipated for 2006. Looking forward, the San Francisco NAMI Walk Steering Committee has crafted a mission statement for the regional Bay Area affiliate joint venture:

Working together through NAMI Walk San Francisco Bay Area, NAMI affiliates fund NAMI programs that support individuals and families living with mental illness; that bring about improved opportunities for housing, rehabilitation and jobs; that provide education about serious mental illnesses; and that increase mental health advocacy and awareness. In all our volunteer activities, we strive to reduce the stigma of mental illness and to promote understanding, acceptance, and hope for recovery.

In addition to raising funds, NAMI Walks are bringing education about mental health issues to lots of folks who've never reflected on them previously. **Dede Ranahan** is sending out a monthly NAMIWalk San Francisco Bay Area 2006 email newsletter that can be forwarded to family and friends. If you'd like your email address added to the Walk newsletter mailing list, email **Dede at dranahan@surewest.net**

David DeTata is Coordinator at Central Self-Help Center

David DeTata has been appointed as the new coordinator for the Central Consumers Self-Help Center (Zephyr). He has been trained as a peer counselor with the Alliance for Community Care and is also a mentor/facilitator for the NAMI Peer-to-Peer education program, where he put in many hours training and coaching consumers. David has been advocating on behalf of mental health consumers for many years.

David is married and has 2 children. He has advanced degrees and had a successful career in accounting previously. He hopes to inspire, encourage, and support his fellow consumers and to help them cope and fight the stigma of mental illness. David has a sense of humor and a sunny outlook on life that he will readily share with all -- he hopes to see the center grow and thrive. We wish David great success in his new endeavor!

Holiday Project A Huge Success!

Thanks to the coordination by **Margene Chmyz** of volunteers, donations, gift-wrapping parties, & deliveries, we were able to add cheer to 459 individuals at 14 board & care homes in Santa Clara Co! Congratulations to Margene for her extra-ordinary efforts, and special thanks also to all the volunteers who participated!

We Now Have Everything--Including a New Kitchen Sink!

At the end of November a brand new kitchen sink was installed at the NAMI SCC office! **Ray Lyons**, of Lyons Brothers Plumbing in San Jose, donated all material & installation, with **Robert Nay** overseeing the project.



MHSA Prop 63 Funding Approved!

(Including extracts from San Jose Mercury News Dec. 11, 05)

On December 13, Santa Clara County Board of Supervisors unanimously approved a 3-year plan for the use of revenue generated by the Mental Health Services Act (MHSA, Prop. 63) to address the severe mental health needs of underserved populations in Santa Clara County. Prop. 63, which passed in Nov 04 with 53.4% majority vote, provides for a 1% tax on taxable personal incomes over \$1 million and that revenue generated by the tax be used for mental health services. Funding would begin in January 2006.

The MHSA calls for a system of accessible, effective community-based services designed to reach the target population and reduce stigma associated with mental illness. MHSA will fund prevention, early intervention, innovative programs, human resource development and capital facilities and technology improvements. It is estimated that Prop 63 will generate \$700 million in revenue statewide during its first year. Santa Clara County, whose plan must still be approved by the State Department of Mental Health, will be one of the counties that benefits. Approximately \$13.4 million annually for the next 3 years is designated for Santa Clara County to implement a specific element of the new program, Community Services and Support (CSS) and Program Planning.

The County's plan identifies mental health needs and unmet mental health needs, and will seek to address disparities in unmet needs among various focal populations, including the underserved Latino, Asian and American Indians among all ages; Latino, Gay, Bisexual, Transgender (LGBT) community; and the developmentally disabled. All of the groups have greater needs and are less served in the current system. The plan was developed after a study that looked at critical needs and neglected areas.

Santa Clara County's plan to spend its share of money from a new state proposition to boost mental health care could dramatically change the way services are delivered to all who need treatment, from small children to juvenile offenders to elderly shut-ins. A variety of teams contributed to the planning phase including justice system attorneys and judges, NAMI members, consumers, drug and alcohol officials, public guardian department, psychiatrists and psychologists, to name a few.

In recent years, the County's \$190 million mental health services annual budget has taken hits, and the money reaped from Prop 63 is not intended to fill in the gaps, but to transform the system, which serves 20,000 people a year, according to Mental Health Director **Nancy Peña**. "The quality of life is very limited," she said. "Our goal is to really bring a new sense of hope to people who are suffering from mental illness." Using a "whatever it takes" approach, treatment of the mentally ill with these new funds can be tailor-made for the individual, by involving families and social networks, **Peña** said. It would go beyond such traditional treatment as psychotherapy and medication.

NAMI thanks Dr. Nancy Peña and the Mental Health Department team for all their hard work and for continuing to listen to us!

NAMI SCC Board Members **Navah Statman** (Pres.) and **Bob Williams** (VP) are participating in a special Mental Health Dept. group project on how to make changes in the Adult System of care and include consumers and family members in the service teams.

MEMBERSHIP APPLICATION OR RENEWAL

NAMI Santa Clara County

National Alliance on Mental Illness

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**

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

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