

NAMI SANTA CLARA COUNTY NEWSLETTER

(National Alliance on Mental Illness)

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A Volunteer Grass Roots Organization

"Your Community's on Mental Illness"

Volume XXIX,

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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

MENTAL HEALTH CALL CENTER 1-800-704-0900,

On-Call Staff, 24 hr Service.

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

English, Spanish, Vietnamese spoken at all times.

OFFICE OF CLIENT EMPOWERMENT 408-254-5350

NAMI SANTA CLARA COUNTY

OFFICE INFORMATION & REFERRALS

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

EVENING HOURS INFORMATION & REFERRALS

Lee Garnand, 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), 408-997-6286

Jen Hong (Mandarin), 408-996-1016

NAMI SCC 2006 Nominations Committee Formed— Election at March General Meeting

The NAMI Santa Clara County Board of Directors formed a Nominations Committee to elect officers for the year 2006/2007. This is done every year in accordance with our organization's Bylaws. Committee members are: **Beth Campbell, Bob Williams, JoAnn Snider, Monica Nay, Jennie Vaughn, and Richard Alvarez.**

The committee is looking for candidates for the positions of: **President, Vice President (3 openings), Treasurer, and Secretary.** If you are interested in any of these positions please contact the **Nominations Committee** through the NAMI Office at **(408) 583-0001.**

Nominations will be accepted from the floor at the February and March general meetings. Voting will be taking place at the March general meeting, and installation of officers is scheduled for the April general meeting.

Registrations for the new **Mandarin Family-to-Family Education Program in Mountain View** starting **February 16-June 8** are being accepted **NOW!** Call **Jen Hong at 408/996-1016** to sign up.

Good Samaritan Hospital Auditorium

2425 Samaritan Drive, San Jose

Time: 7:00-9:00 PM



General Meeting, Tuesday, February 14, 2006

Therapy Dogs International with Sharyl Leggate

We are very happy to announce that we have been granted the use of the Good Samaritan Auditorium for most of our meetings for the rest of this year! (The 2 months when we will be at El Camino Hospital in Mtn. View are March & May).

Join us at Good Sam on **Feb. 14** (Valentine's Day) for a special "Valentine" speaker: **Sharyl Leggate** is a registered trainer for Therapy Dogs Intl. Most people are familiar with seeing-eye dogs used by blind & visually impaired people. Many are also aware of "hearing" dogs, trained to alert their deaf owners to sounds such as ringing telephones, babies' cries, & other sounds that a person who is deaf/hard of hearing may not be able to hear.

In the past few years, however, the special bond that can develop between a person and their dog has been recognized & implemented as a therapeutic strategy for people struggling with emotional challenges as well. Dogs have been found to be consistently loving and supportive friends to people struggling with the loneliness & isolation that often accompanies mental illness.

Sharyl will share her own experience of depression and the ways in which her dog **Arnie** helped her to deal. Based on her experience, **Sharyl** began taking **Arnie** to hospitals & nursing homes. She will share the strategies & procedures in acquiring a "therapy dog." For more information about therapy dogs, visit: [//www.tdi-dogs.org](http://www.tdi-dogs.org)

We will meet in the auditorium of GSH at 7PM, with everyone sharing information and welcoming newcomers. At 7:30 PM there is a half-hour information session on NAMI Santa Clara

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)

Come Have Your Say on Sat., March 4, 2006!

What's next for NAMI Santa Clara? Come and share your thoughts with us on **Saturday, March 4**, from 10:00 AM-2:00PM at the NAMI Office. Refreshments will be served!

Every couple of years we hold this meeting. We review what we have done well, what needs improvement, and what should be our goals for the next couple of years. This meeting is open to all NAMI members, and we hope that you can attend! Your input is crucial to helping us put together a strategic plan.

Medicare D Prescription Drug Plan Update**-For Those Not Yet Enrolled-** by Cole Buxbaum

Q: What is CMS (Centers for Medicare and Medicaid Services) doing to address the transition of dual eligible Medicare and Medi-Cal individuals who present at a pharmacy after January 1, 2006 without having been auto-enrolled into a plan offering Medicare prescription drug coverage (Prescription Drug Plan (Part D))?

A: In spite of all best efforts to identify and auto-enroll dual eligible individuals prior to the effective date of their Medicare Part D eligibility, it is possible that some individuals may show up at pharmacies before they have been auto-enrolled. For this reason CMS has developed a process for a point-of-sale solution to ensure full dual eligible individuals experience no coverage gap. They are establishing a process whereby beneficiaries who present at a pharmacy with evidence of both Medicaid (Medi-Cal) and Medicare eligibility, but without current enrollment in a Part D plan, can have the claim for their medication submitted to a single account for payment. The beneficiary can leave the pharmacy with a prescription, and a CMS contractor will immediately follow up to validate eligibility & facilitate on-rollment into a Part D plan. (Pharmacists not notified).

Ed. Note: As reported in the San Jose Mercury News, on 1/12/06, in an extraordinary move that underscores widespread concerns about Medicare's new prescription drug benefits, California State officials said they would temporarily pay for poor patients if they were not able to obtain them from Medicare. The action will cover the next 5 days, possibly affecting about 200,000 "dual eligibles" in CA.

Next week they are considering extending the program for an additional 10 days. Some patients were not enrolled at all, while others were not able to receive their benefits because of bureaucratic nafs or computer errors, with pharmacists claiming that they were unable to fill as many as 1 in 5 Medicare prescriptions.

The NAMI Santa Clara County Peer-to-Peer class participants offered the following comments during their last class meeting (paraphrased). They felt they could take these ideas, understandings and tools with them to practice in their daily lives.

- Achievement of an improved emotional state.
- Opportunity to participate in a structured activity on Sat.
- Gained more confidence.
- Being with fellow colleagues in a 'well' state was encouraging.
- Learned coping strategies.
- Learned about guides and tools for relapse prevention.
- Learned effective communication and relating skills.
- Learned time management using a wiser mind & reasoning.
- Learned how to set boundaries for one's self-respect.

New Protein Linked to Depression

(From Associated Press by Lauran Neergaard, 1/6/06)

Although problems with the mood-regulating brain chemical **serotonin** have long been linked to depression, scientists don't know what causes the disease that afflicts about 18 million Americans, or exactly what serotonin's role is.

A newly found **protein, named "p11,"** appears to regulate how brain cells respond to serotonin, researchers from Rockefeller University & Sweden's Karolinska Institute report today in the journal *Science*. According to Nobel laureate Paul Greengard, a Rockefeller neuroscientist who led the research, this is an exciting discovery: "People have been looking for modulators of serotonin for a long time." Oxford University pharmacologist Trevor Sharp, who reviewed the work, said: "This finding represents compelling evidence that p11 has a pivotal role in both the cause of depression and perhaps its successful treatment."

Most depression medications used today are members of the Prozac family that work by making more serotonin available to brain cells. They stem from a theory that depression patients might not have enough serotonin, a neurotransmitter, or chemical that carries signals between nerve cells.

Then scientists discovered the serotonin connection was more complicated, dependent on how well the neurotransmitter binds to receptors, or docking ports, on cell surfaces. Fourteen different serotonin receptors have been discovered. The new research focuses on one of those receptors, dubbed the "**1B**" receptor, that seems to play a particularly big role in major depression. Greengard and colleagues discovered that the p11 protein increases the numbers of these receptors on the surfaces of cells, mobilizing them so they're available for serotonin to do its job.

Depressed people have substantially lower levels of p11 in their brain tissue than the nondepressed. The researchers don't yet know whether a genetic defect or some other factor is responsible for altering p11 levels.

San Jose Man with Schizoaffective Disorder Helps Grieving Family (From SJ Mercury News, 12/24/05,

--Extracted by Cole Buxbaum

Ryan and Suman Smith lost their youngest child, Morgan, a six-month old girl, earlier in 2005, who died of complications of a rare genetic disorder that causes insulin resistance and inhibits physical development. After her death they resolved to make good things come from Morgan's life, and joined a local church.

Since Christmas is a time for families to celebrate blessings, the Smiths approached a young handyman from their church (Derek Gutierrez, who suffers from Schizoaffective/Bipolar disorder), and asked him to help create a display with lights at their house on Clayton Rd, where Morgan lived, big enough to share with the neighborhood -- so as to remind people to appreciate whatever is precious in their lives. While the parents said they are still in pain from their loss, but when they look at the lights, "we feel festive. We feel very blessed."

Fall 2005 NAMI SCC Survey Results for Hospital-Related & Legal Issues & Hospitalizations
 by Margene Chmyz

Last Fall, NAMI SCC members were asked to participate in a survey that attempted to compare responses with those received nearly twenty-five years ago when NAMI conducted a similar survey in 1979. **Some results are:**

- A. 37 % of survey respondents said that their loved ones had been hospitalized once (19%) or 'never' (18%)
- B. 37% stated 'more than once' and 26% said their loved one had been hospitalized more than 5 times.
- C. Of those who received hospitalization:
 - 11% said their loved one had been hospitalized for more than one year; 53 % were hospitalized for less than one week; 76% stated that their loved one had received treatment at more than one hospital.
 - Slightly less than 10% received no treatment other than medication during their hospitalization.
 - 10% received education regarding their illness
 - 26% received individual counseling
 - 39% received group counseling
 - 14% received medication education
 - 27.6% were visited in hospital by a mental health worker they had seen prior to hospitalization..
 - 72.8% had no visits from people with whom they were 'working': i.e., case manager, group leader, psychiatrist, counselor.

Respondents were asked to rate their loved one's experience at both public and private hospitals on a scale of 1 (low) to 10 (high). Perhaps expectedly, private hospitals rated somewhat higher than public ones. But none measured above 7 on any of the questions.

Public Hospitals: When asked about the hospital staff and 'compassionate understanding of mental illness', families gave an overall rating of 5.9 to public hospitals. All other questions dealt with educating families and patients and the hospitals' willingness to communicate. These ratings went from a low of 3.7 (educating patients about the physical nature of their illness) to a high of 4.9 (willingness to communicate with family).

Private Hospitals: While private hospitals fared somewhat better, the highest rating was 7.01 given for compassionate understanding'. Here too, the lowest rating of 5.1 was given to their ability or willingness to educate the patient about their illness.

Legal System: The bad news is that close to one out of two people struggling with a mental illness, have found themselves in trouble with the law. The good news is that most respondents felt that the people they dealt with were knowledgeable concerning mental illness. Nearly half (48%) of our respondents said their loved one had been involved with the legal system, with an average of 2.74 arrests per person.

People were primarily arrested on DUI and alcohol-related charges, as well as nuisance, loitering and shoplifting. While in custody, 34% received medication.. 54% said that the system was responsive to information the family gave concerning the person's mental health, and 74% said they felt the people they dealt with were knowledgeable and informed regarding mental health issues and treatment.

Many responders indicated that things are somewhat better regarding the nature of care and the understanding of mental illness in Santa Clara County, than was the case in 1979 when NAMI Santa Clara first polled its membership. Some things have changed very little, but others reflect a new understanding regarding the nature of these illnesses: More mental health providers are communicating and working with parents. More police are being trained to understand mental illness and to react in ways that can calm the person and de-escalate the potential for harm. Medications are definitely better. And every year more information is added to our understanding about these illnesses.

But we still have a long way to go to translate what we are learning into what is being practiced. When parents can be assured that the information they can give is taken seriously and valued; when we can know without a doubt that our loved one will be respected as the individual they are, with dignity and promise; when they and we are respected listened to, and included in planning for their future and its best possible outcome, then and only then will we have a system of care worthy of the name. We must continue to work hard to educate providers, hospitals, law enforcement, judges so that 100% of the ignorance surrounding mental illness is no longer accepted, let alone practiced! And we have still got a lot of work to do.

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



NEW EMPHASIS! NAMI Support & Empowerment Group for Family & Friends

The NAMI Support Group, which meets on the 4th Thursday of each month, will NOW be for family, friends and for those who have a mental illness.

Support & Empowerment mean:

- *exchanging experiences* that help
- *learning how to get along* with others
- *coming and sharing* to feel better
- *giving and receiving options* to better cope

The NAMI Support and Empowerment Group meets at the **Alliance for Community Care, 2001 The Alameda, San Jose** (near the intersection of highway 17 & The Alameda), **from 7:00 to 8:30 PM, every 4th Thursday** of the month. Park and enter in the back of the building. Please see the center pages for a list of all NAMI Santa Clara County Support Groups. These remain drop-in groups for family, friends, and consumers of mental health services.

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

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 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.

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NAMI SUPPORT GROUPS CALENDAR

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

MOUNTAIN VIEW—4th Monday of the Month @ 7-9:30 PM
St. Timothy's Episcopal Church, 2094 Grant Rd, Guild Room
(Cuesta), Navah Statman at 408/253-7623.

New Time:

CAMPBELL-3rd Tuesday of the Month @ 7-9:00 PM
NAMI Santa Clara County Office, 307 Orchard City Drive,
Suite #205, **Barbara Saxon at 408/229-0428.**

SAN JOSE —4TH Thursday of the Month @ 7-8:30 PM
Alliance for Community Care, 2001 The Alameda, San Jose
Contact **Barbara Saxon at 408/229-0428.**

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 Weds. of the Month @ 7-9:30 PM Centro de la Cominidadado Dorsa, 1290 Bal Harbor Wy. Llame á **Luisa Perez at 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 Mandarin 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 11 AM to noon
<u>Spirituality & Wellness:</u> Every T 12 :15-1:15PM Wednesday: Free Pizza for Lunch	<u>New Wednesday Group!</u> <u>Anger Management:</u> Weekly text excerpt topics for discussion. Every Wednesday @ 1-2 PM	<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; Located at 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; Weds. 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 1-2 PM, 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, 7-9 PM

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 Th 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 or call **650/463.5600**. Also Depression Group (Phoenix) every T at 7-9 PM.

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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, - 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 & Thursdays @10:30-12:00 (Noon) PM at Grace Community Center, 484 E. San Fernando St., **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, (upstairs). Call at **408/287-2640** for more information.

SAN JOSE-- AACI (Asian Americans for Community Involvement), Mental health counseling services for Asian-Pacific children, adults, and seniors. Call at **408/975-2730**.

Support Groups at The Phoenix North County Self-Help Center: 650/463-5600-116 Hamilton Ave (Alma), Palo Alto, <http://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, February/March 2006
All meetings are open to the public. You are welcomed and encouraged to attend!

1st Thursday	2/02/2006	SYSTEM PLANNING & FISCAL COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	3:00 PM
2nd Monday	2/13/2006	MENTAL HEALTH BOARD, EastValley Clinic, 1993 McKee Road, SJose	12:00 Noon
3rd Tuesday	2/21/2006	MINORITY ADVISORY COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	12:00 Noon
2nd Thursday	3/9/2006	FAMILY, ADOLESCENT & CHILDREN'S COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	3:00 PM
3rd Thursday	3/16/2006	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 **February 7, 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 STILL 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 fold newsletters and 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!

**Next Volunteers Meeting is on
 Tuesday Feb. 21, 2 PM at NAMI Office**



At the February 21 Volunteers Meeting, **David DeTatta**, of the Zephyr Central Self-Help Center, will tell us about his organization. Learn more about how NAMI works -- please come early to help fold newsletters (between 10 AM-2 PM). For more info, call **Darryl Erb** (Coordinator of Volunteers) at the NAMI office at **408/583-0001**.

Upcoming General Meeting Speakers:

March 14: Susan Hamilton, VTF Work Program at El Camino Hospital

April 11: Dr. Rona Hu, Schizophrenia at Good Samaritan Hospital

May 9: CIT Officers Program Update at El Camino Hospital

June 13: Film/refreshments/art show at Good Samaritan Hospital

Holiday Gift Project a Huge Success!

Since 2002 NAMI SCC has organized donations and taken Christmas gifts to people in board & care homes and some large institutions. This year, thanks to the generosity of our members & friends, we were able to take very nice Christmas packages to over 500 individuals living in 10 board & care homes and at Crestwood, East Valley Pavilion, Barbara Arons Pavilion, and Crossroads.

A large donation from NBN Sports and the overwhelming generosity and good will of so many of you enabled us to provide wrapped gifts, toiletries, playing cards, journals or calendars, small electronics and sweets. Although at Crestwood, 172 people were too large a group to provide a wrapped gift for everyone, we were able to present the facility with a new karaoke machine and each person with socks, sweets, toiletries, and playing cards.

A total of close to 40 volunteers came to the NAMI office to wrap, assemble, and deliver gifts this year! We had 12 wonderful volunteers at the first & second wrapping "parties," which allowed us to get over 300 gifts wrapped for delivery. On Sat/Sun Dec. 10-11, volunteers assembled all of the packages & organized them for delivery. Still more volunteers delivered the gifts the following week!

The NAMI Board and the Holiday Project Committee send a heartfelt THANK YOU to ALL of you who gave so generously of your time, money, and energy to help make this a masterful & successful event!

JoAnn Snider and **Mary Harris** are sharing the office manager position responsibilities at NAMI starting in January 2006.

What makes our NAMI WALK 2006 request stand out from all the other requests that people/prospective corporate sponsors receive? SEVEN POINTS:

1. **The Issue & Stigma.** This Walk is for an issue – **Mental Illness** – that many think is the “last thing to come out of the closet.” The **Fear of Stigma** is so great and the Walks are giving people the opportunity to come together and make public discourse about mental illness and admission of mental illness OK.

2. **Inclusivity.** The San Francisco Walk is “inclusive.” **We invite other mental health constituencies to join us at the Walk with booths and materials about their programs.**

(Note: We are not sharing revenue.)

3. **Validation and Good Will.** The San Francisco Walk & its participants are part of a movement much bigger than themselves – people will be walking in NAMIWALKS in 65 cities across the country in 2006. The number of Walk sites keeps growing. People are hungry for this validation! **Corporate sponsors of the Walk will be in a very visible & positive position with great good will to be gained from the community.**


4. **Benefit to Employers.** NAMI programs are grassroots, volunteer driven programs that provide education and support to family members and individuals living with mental illness. These programs are not provided anywhere else in the mental health system and help employees without any cost to employers. **Twenty to 25 percent of employees are touched by mental illness in some meaningful way and can benefit from NAMI programs without charge.**

5. **Evaluation.** **NAMI affiliates evaluate the efficacy of their programs and strive to maximize measurable results;** i.e., The San Francisco affiliate is using its 2005 Walk funding to acquire office space and a part-time staff person with the goal of reaching more folks in S.F. Contra Costa and San Mateo affiliates are using their 2005 Walk funding to expand their Family to Family and Peer to Peer programs in response to heavy public demand.

6. **Gratitude.** We receive emails and phone calls every single day from people who say **“Thank you so much for doing this!”** and then they proceed to tell their stories – often for the first time.

7. **Competence and Commitment.** **We have a very committed and capable Walk Steering Committee.** They will make sure the entire San Francisco Bay Area Walk effort is exemplary.

From **Dede Ranahan**, Walk Director NAMI Walk San Francisco Bay Area 916/708-0525, P.O. Box 5125 Novato, CA 94948 Tax Exempt I.D. #68-0005567



In Memory of David Barclay
 We regret to announce that **David Barclay** passed away on January 6, 2006. He and his wife **Ann** have been founders and pioneers in our NAMI organization, working to help others, and their daughter, **Kathy Forward**, another daughter, has been very active in our Caring and Sharing Groups and a Facilitator in both

NAMI SCC Is Recipient of a Rotary Grant


NAMI Santa Clara County received a \$4,900 grant from the Rotary Club of San Jose in Dec. 2005. This grant covered the purchase of our computers, laser printer, & network equipment.

Rotary is a worldwide organization of business and professional leaders that provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world. Approx. 1.2 million Rotarians belong to more than 31,000 Rotary clubs located in 167 countries.

The Rotary Club of San Jose in 2005 celebrated its 100th year anniversary, supports more than 30 different community service and educational organizations. We thank the Rotary club of San Jose for helping us maintain a first class office for our members and the community.

Kitchen Sink Update!

At the end of November a brand new kitchen sink was installed at the NAMI SCC office! **Jeff Kositch**, of Mission Electric Company in Fremont, did the electrical installing of the sink, and **Ray Lyons**, of Lyons Brothers in San Jose, did the plumbing. With greatest appreciation, thank you all for the brand new sink!



NAMI Santa Clara 2005-2006 Board Members

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

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!

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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