

NAMI SANTA CLARA COUNTY NEWSLETTER

(National Alliance on Mental Illness)

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A Volunteer Grass Roots Organization

"Your Community's Voice on Mental Illness"

Volume XXIX

No. 3, March 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

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

Billie Mechanic, 408-238-6488

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

Come Have Your Say on Saturday, March 4, 2006!



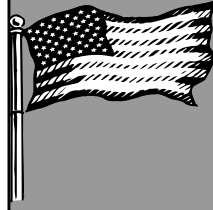
What's next for NAMI Santa Clara? Come and share your thoughts with us on **Saturday, March 4**, from 10 AM to 2 PM at the NAMI Office. Refreshments will be served!

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.

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

The NAMI Santa Clara County Nominations Committee has received the following nominations for Board Member positions for the year 2006/2007: **President: John Mitchem**; Past President: **Navah Statman**; VPs: **Bob Williams, Luisa Perez, and Margene Chmyz**; Treasurer: **Monica Nay**; and Secretary: **Michael Whitney**.

Additional nominations will be accepted from the floor at the MARCH general meeting at Good Sam Hospital, before voting will take place; and installation of officers is scheduled for the APRIL general meeting.



Veterans Who Want to Get Back in Society and Become Self-Sufficient Again with Susan Hamilton Director of VTF Services

Gen. Meeting, Tues., March 14, 2006 at Good Sam **2425 Samaritan Drive, San Jose, 7:00-9:00 PM**

We are very happy to announce that we have been granted the use of the Good Samaritan Hospital Auditorium for most of our meetings for the rest of this year! Join us at Good Sam on **March 14** to hear **Susan Hamilton**, a therapist for 27 years and for the past 15 years, director of VTF Services. Susan will share her insights into therapeutic and supported work environments and the ways in which employment and structure enhance self-respect and are vital factors in recovery. She'll also answer questions about returning to work, and some of the pitfalls and benefits she has observed over the years. This program is an outgrowth of one first started in 1968 as the Vets Task Force, designed to enable returning veterans with mental health issues to reintegrate back into society and to become self-sufficient.

VTF Services is a self-supporting and nonprofit company located in Mountain View. They employ a total of 35 people, 30 of whom have a mental health diagnosis or learning disability. VTF offers packaging and assembly, janitorial services, and landscape maintenance, with wages starting at \$7 to \$7.50/hour. Some hourly wages go up to \$8.50, depending on the job. Most employees work part-time to supplement, but not interfere with, whatever government help they may receive.

We will meet in the auditorium of GSH 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 presentation is 8:00-9:00 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 General Meeting Speakers:

April 11: Dr. Rona Hu, on Schizophrenia, Good Sam Hospital

May 9: CIT Officers Program Update at Good Sam Hospital

June 13: Film/refreshments/art show at Good Sam Hospital. If you have art you would be willing to display for this evening's program, please call the NAMI office at 408/583-0001. Last year we had a large standing-room-only turnout, with refreshments, and we hope to have an even LARGER turnout this year!

“The Experiential Therapy Program: Working with a Team Approach” by Laura Champion, Senior Clinical Director, EMQ, at NAMI Santa Clara, January 10, 2006

by Cole Buxbaum

We are recognizing more and more that mental illness hits children as well, and so we invited **Laura Champion** from Eastfield Ming Quong (EMQ) Children and Family services to discuss their Experiential Therapy Program.

To introduce the philosophy of her organization, **Ms. Champion** began with a narrative tracing the problems of one 8-year old boy. He was having difficulties in life, attacking his siblings and mother on a daily basis, out of control, requiring restraint, despite being given medication.

While dealing with his needs, certain strengths became apparent, particularly in his work with computers. His counselor set up a plan to interact with elders who needed development of very basic computer skills. The praise he received from them, and acknowledgement of what he does very well, told him and others like him that they can move beyond their suffering - “they are bigger than their illness.”

A key feature of EMQ is a 24-hour “Wraparound Program,” which allows stabilization in the home and in the community for a long time, with comprehensive services and supports, rather than resorting to residential care. It successfully eliminates the need for hands-on restraint of the child, in almost all cases, by reading early signs of escalation.

Over 100 hundred individuals graduated last year with a 1-1/2 year average stay. It serves children from age 4-18 yrs, in the home or in foster care.

Parents know their child best, have to remain the expert in decision making, and are key in treatment planning. Some are involved with the management staff and get additional training. “Pathologising a child is not a desirable thing,” emphasized Ms. Champion. All services are community-based so that families can interact with staff in many cases during off hours, away from the facility. In earlier days, when it was required that a mother commute to EMQ, the time and cost imposed an undue hardship.

Champion was trained as a family and children’s therapist over 10 years ago, whose thrust was towards individual care and therapy. She began to realize that these families need help in other areas, such as legal, food and shelter, and support. “They were just trying to survive.” Paying attention to other needs, in addition to mental health, results in a more effective program. A brochure was distributed to the NAMI audience that describes the Experiential Therapy Program including “wraparound care.”

Wraparound Care (also known as Program UPLIFT) provides individualized, comprehensive, community-based services and supports to children and adolescents with serious emotional and/or behavioral disturbances so they can be reunited and/or remain with their families and communities.

Wraparound is based on a model of service that develops plans focusing on the individual strengths and needs of

members of the family. Active crisis and safety planning minimize uncertainty and fear.

Through Wraparound, families develop an effective support network, increase their sense of competence, acquire new skills for managing the special needs of their child, and have access to the supportive resources they need to build brighter futures for themselves. The Wraparound process helps families rediscover hope.

The staff at EMQ provides individual therapy, family therapy, group therapy, psycho-education, skill development, case management, crisis intervention, risk assessment, and other community supports such as coaches, spiritual advisors (not just religion), and directions to recreational centers. Police officers and probation officers come on board, in addition to staff and family.

In order for a program to succeed for each client, it must be designed with his or her collaboration, as well as that of the parents. The staff wants to know all about the journey the person has been on, and the supporting person he or she looked to when troubled. It’s important to address the needs of the parents as well, searching for areas that they enjoyed before facing these problems, including spirituality, and creativity, giving them the energy to continue effectively.

The motto of the organization is **“no eject, no reject,”** even in cases of violence or law-breaking. **These are kids that have as many as 15 or 20 failures elsewhere, and they end up going back to the shelter over and over again.**

The program permitted a reduction in the size of the in-house staff, drawing on outside activities.

Q: Does EMQ have resources to help clients who experienced heavy restraint over a long period?

A: They have an 89% success rate in keeping clients from going back into such treatment, including well-tried methods of reassurance.

Q: Does the organization take private insurance payments?

A: They prefer other means of support, since plans to work with Kaiser, etc., won’t prove practical because of lack of funding.

Q: How negative are the schools?

A: It is important to get perspective of school staff for a case.

Q: How important is the absence of a father?

A: Very important. The court will frequently appoint an advocate, or another adult male family member.

Q: Who developed the wrap-around technology?

A: Some states recognized what benefits could be obtained, at a much lower cost for special needs children, compared to putting them in residential care. (Its costs were \$6,000 to \$8,000 per month per client under the residential care system usually with poor results.)

For more information, call EMQ client services at 408/379-3796 or visit //www.emq.org.

NAMI CA's Mental Health, Criminal Justice & Community Collaboration Project, January 26, 2006, Mercy Center, Burlingame CA 94010
 Reported by **Cole Buxbaum**



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

Consumers/clients now have a NAMI Support Group to attend! Please call **408 229/0428** (**Barbara Saxon**, Facilitator) for more info.

This support & empowerment group of caregivers and consumers share perspectives on similar issues and needs plus offer one another support and options. Consumer and Family Resource Assistants attend regularly to provide support and information for all who attend.

This will continue to be a drop-in group meeting **every 4th Thursday at the Alliance for Community Care**, 7-8:30PM at 2001 The Alameda, San Jose. Park and enter in the back. Come and bring a friend!

** REMINDER **

The 3rd Tuesday of each month will be the NAMI Family & Friends Support Group meeting at the **NAMI office in Campbell** (formerly the 2nd Wednesday). (see Pp. 4-5 following)

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 local churches, company health fairs; to help with fund raising; to fold newsletters and help prepare mailings; to write letters to community agencies, etc. 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 March 21, 2 PM at NAMI Office

Specific in-service topic is being confirmed. Please come early to help fold newsletters (between 10 AM to 2 PM). For more info, call **Darrell Erb** (Coordinator of Volunteers) at the NAMI office at **408/583-0001**.



Former NAMI President Navah Statman to be Honored at Junior League of San Jose on April 28!

Navah Statman, president of NAMI Santa Clara for 5 years, will be honoree at the Junior League of San Jose Crystal Bowl Volunteer Recognition Luncheon on **Friday, April 28, 2006**, at Hyatt Regency, Santa Clara at 11 AM. She will be receiving the Crystal Bowl, awarded each year to 15 people with outstanding volunteer service to the community.

The cost is \$30. Those wishing to attend, contact **Julie Domeny at 408/374-8480**. She will collect checks from the NAMI group together. Otherwise, mail check to JLSL, c/o VRL, 1615 Dry Creek Rd, San Jose 95125-4621. Please respond before April 14, 2006.

NAMI California, through nine of its local affiliates, brought together community leaders from business, criminal justice, law enforcement, the judiciary, health and mental health, as well as local policy makers and elected officials in collaboration to look at new ways to resolve some of the issues surrounding the criminalization of individuals with mental illness. The event was supported in part by grants from Eli Lilly and Company and Glaxo Smith Kline & arranged by Martha Larkey, Director of Development, NAMI California.

The program was chaired by **Sharon Roth**, BSN, MA, Vice President, NAMI California and chairperson, NAMI California Criminal Justice Committee, starting with the following contributors: History of CA's Mental Health Treatment & Law: **Joe Tupin, MD**, Medical Director Emeritus, UC, Davis, Medical Center Professor of Psychiatry, Emeritus, UC, Davis, School of Medicine; Crisis Intervention Training: Officer **Greg Sancier, Ph.D.**, Crisis Management Unit, SJP Santa Clara County; and Detective **Will Pickens**, Crisis Management Unit, San Mateo Sheriff's Dept, San Mateo County (**The remainder of the speakers will be in next month's newsletter.**)

The deinstitutionalization movement of the 1950's began with the advent of the major tranquilizers like Thorazine, making it possible to put patients in a less restrictive setting, began **Joe Tupin, MD**. He joined the UC Department at Davis in 1969. In 1963, President Kennedy had signed the Community Mental Health Services Act making a commitment of funds to state hospitals. In 1968 an attempt was made to introduce the legal process to mental health care with the LPS act in CA, giving more self-determination to patients. However, without sufficient funding for community-based services, a revolving door process of short-term hospitalization ensued. Halfway houses were established but not enough.

In urban areas many persons with mental illness were living on the streets. The vast majority of costs were covered by the States in 1990, with little Federal support. The bias of the system was toward getting people out of the hospital, and giving them more control over their treatment. **"We still need to strike a balance between a patient's right to treatment in the least restrictive environment, and society's need for safety."** About 30% of patients have dual diagnosis (mental illness and substance abuse). There has been progress in studying brain function, using different unique techniques, as well as cognitive behavioral therapy to improve function and attitude. We also need ways to avoid the criminal detention of the mentally ill. Dr. Tupin's email is **tupin95616@yahoo.com**.

The next speaker, **Officer Greg Sancier**, Ph.D, thanked Sharon Roth for all the work she has done to make the Crisis Intervention Team (CIT) program a success. "Our jails have become holding facilities for mentally ill people," according to Sancier. His department is the first responder when a call comes, concerning mentally ill people. The concept started in 1985 in Tennessee, at first primarily hostage negotiation. **(Cont., P. 6)**

NAMI EDUCATION PROGRAMS

NAMI Santa Clara County Family-to-Family:
12-Week Education Program

Contact **Kathy Forward @ 408-374-4461**

Spanish speaking: Call **Luisa Perez @ 408-378-6988**

NAMI Santa Clara County Ongoing Peer-to-Peer:

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

For age 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

Office of Client Empowerment 408/254-5350.

Se Habla Español:

SAN JOSE—Familia a Familia, en español, 12-week started in Jan. on Fridays@ 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 AM-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 Feb. 16-June 8. Chinese Christian Church, 175 E. Dana Street. Call **Jen Hong @ 408/996-1016**

**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>NEW! Art & Drawing</u> on Fridays Starts March 3, 10:30 AM-12:30 PM	<u>Mood Disorders Support Group.</u> Every Tues 1:30-3 PM	<u>Mental Health Support Group:</u> Every Th @ 1-2 PM Read book “Unquiet Mind”	<u>Depression Support</u> Every Fri 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 11-1 PM	<u>St. Patrick’s Day PARTY!</u> Fri Mar 17, 4:30-7 PM
<u>Spirituality & Wellness:</u> Every Tues 12 :15-1:15PM	<u>Anger Management:</u> Weekly text excerpt topics for discussion. Wed @1-2 PM Every day: Free Pizza for Lunch	<u>Schizophrenic Support</u> Every Th at 2-3 PM	<u>Dual Recovery Anonymous (DRA):</u> Every Fri at 12 1 PM.

GILROY--Centro del Valle South County Self-Help Center 408/848-5037. Located at 1215 1st Street, Gilroy, CA 95020.

Mondays open 1-4:30 PM. Men’s/Women’s Group 2-3 PM. Games, Cards 2:30-3 PM ; 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 info. Regular Self-Help Client/Center Planning Mtgs. Call Center 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**

SAN JOSE-Every Monday of the month from 2-4 PM Learning About Schizophrenia, with Bill Adamski at 146 S. 10th St, 408/293-0422.

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 @ www.phoenix.lucidinterval.org** or call **650/463.5600**. Also De-

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-Safe Circle Group Every Monday 3-6 PM with Gloria Teerman and Michelle Reyna @ 146 S 10th St. Anger Management Group for Adults /Mental Disabilities Mon &Thurs @10:30-12:00 (Noon) PM, weekly with **Matt Zito** at Grace Community Ctr, 484 E. San Fernando St., **408/293-0422.**

SAN JOSE--Every Weds of the Month (Monthly Fee) from 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	Consejeria con un consumidor
<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, March 2006
All meetings are open to the public. You are welcomed and encouraged to attend!

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

Community Collaboration Project from Page 3

The SJPD (Lt. Herbert) and the San Diego police then became involved and training began of the officers for Crisis Intervention Team in San Jose with Sharon Roth, of NAMI, a key contributor, and 320 trained to date, the largest group in the state. "We don't try to make officers clinicians," he emphasized. A key feature of CIT is imparting dignity to the suffering person. Most incidents are protracted, lasting many hours.

Many issues relating to mental illness are still not being addressed, but Proposition 63 may help, as discussed by **Stephen Mayberg, MD** later in the session.

Detective **Will Pickens**, next, said that Crisis Management starts at the top and works down, building bridges with Mental Health, NAMI, Kaiser and others. They take a multidisciplinary approach and build on the work done in Santa Clara County. The police have the responsibility to protect the disabled; they are social workers and "street corner psychiatrists." They bring in specialists for grief and mourning. Law enforcement people are becoming like clinicians, and the reverse.

Q: (officer) Is there a way to get statistics, time, call out, etc?

A: Most counties keep track of CIT calls and results.

Q: Is it standard to have Mental Health join with CIT?

A: Santa Clara has it, said Sharon Roth, NAMI. CIT is half and Mental Health is the other.

Q: How did CIT training change outcomes?

A: Change in Officer Attitude. "Thank you for arresting my son" is not the answer.

They have a monthly meeting where all cases are discussed, even if they are not seen frequently. **(continued in next month's issue)**

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.

Medicare Drug Benefit Update

Transition Protections Extended Thru March 31

(from article on 2/3/06)



The Centers for Medicare and Medicaid Services (CMS) announced that it is extending, for an additional 60 days, a requirement for drug plans to automatically cover medications prescribed to dual eligibles as of January 1. The requirement mandates that all Medicare drug plans and pharmacies provide refills of any medication prescribed to a low-income beneficiary eligible for both Medicare and Medicaid, so long as the medication was prescribed prior to Jan. 1.

This transition plan requirement is compulsory regardless of whether or not a medication is on the drug plan's formulary or subject to an access restriction such as prior authorization or step therapy (a new medication prescribed after January 1 is not part of this requirement). The additional 60 days will provide more time for dual eligibles to apply for exceptions from plan restrictions or switch to a different plan that covers their medications on a more comprehensive basis. It will also help ensure that vulnerable beneficiaries face no break in their continuity of care and are not forced to pay more than \$3 for a brand name medication or \$1 for a generic.

9th Shining Stars Annual Alliance Benefit
Friday, April 21, 2006, Santa Clara Marriott Hotel

Keynote Speaker ~ Bebe Moore Campbell
 Author of the emotionally-charged novel **72 Hour Hold** and the award-winning children's book, **Sometimes My Mommy Gets Angry**. Plus:



Three-Time New York Times Bestseller

Leadership Awards--Presented to community members working to reduce stigma and promote mental health. Order your tickets now: \$40 each or Tables (10) \$400. [//www.alliance4care.org](http://www.alliance4care.org) or 408/254-6820 Ext. 217.

The books **72-Hour Hold** and **Sometimes My Mommy Gets Angry** are available for checkout from the NAMI SCC Library.



NAMIWALK SF Bay Area Update!

The Santa Clara County NAMIWALK Steering Committee would like to recognize the following Sponsors, Endorsers, and Walk Teams for the NAMIWALK, Saturday, June 3, 2006, in SF:

<u>Sponsors:</u>	<u>Endorsers:</u>
Micronic Laser Systems	Dr. Nancy Pena, Director, SCC Mental Health
Toppan Photomask, Inc.	Robert Reiser, PhD, Dir., Kurt & Barbara Gronowsky Psychology Clinic
Knights of Columbus	Ihande Weber, Clinical Dir., Riviera
Loring Ward Advisor Service	

We are delighted that a number of our local elected officials have also agreed to endorse the NAMIWALK!

Walk Teams to date:

Adam’s return of the jedi-ewokers--Nicole Rathjen (Captain), **Steve Rathjen, Melissa Nafke** (Walkers)

The Weekend Walkers—John Mitchem (Captain), **Gini Mitchem** (Walker)

We invite each of you to save the date, **Saturday, June 3**, on your calendar and REGISTER! To do this, select whichever of the following methods is easiest for you: Call **Gini Mitchem** at 408/259-2256 or **Nicole Rathjen** at 408/376-0325, or **Bernie Genetti** at 408/268-2615 and we will provide a Registration Package.

Or go to our NAMIWALK SF Bay Area site, select your preference (Captain, Team Member, or Individual), and register. The full site name is //www.namiwalksfbayarea.org. At this site, you can also see a list of the teams and walkers from our Affiliate.

And don’t forget the NAMIWALK KICKOFF LUNCHEON on **Weds, March 29, 2006, 11:30 a.m.- 1:30 p.m.** Location is the South San Francisco Conference Center, 255 South Airport Blvd, South San Francisco, CA 94080. You are invited to hear more about how to participate as a Walker, Walk Team Captain, or Volunteer for our wonderful celebration in the park. If you would like to attend this free event, **please RSVP by March 22, 2006, to Gini Mitchem at 408/259-2256, -or- vmitchem@hotmail.com.**

Many thanks for your support from the NAMIWALK Santa Clara Steering Committee: **Bernie, Nicole and Steve, Gini, Richard, Jen, and Jesus.** Join us?

The NAMI Santa Clara County Newsletter is published monthly by the Newsletter Crew, with Cole Buxbaum, Editor, and Donna-Jo, Typesetter. Many thanks to our GREAT Tuesday newsletter volunteers who fold & prepare newsletters for bulk mailing -- come help us?

Shadow Voices: Finding Hope in Mental Illness



is a new documentary by Mennonite Media, aired in December on ABC TV. Now you can borrow the DVD for 1 week from the NAMI Library & view it at home.

Shadow Voices: Finding Hope in Mental Illness is an hour-long documentary dealing with stigma, recovery and hope regarding mental illness. The program offers an intimate, inside look at what it is like to live with a mental illness and how individuals and their families find their way through a morass of medical, governmental, societal and spiritual issues. Ten persons from across the U.S. and many sectors of the population with mental illness tell their stories, plus experts and advocates in the field add perspectives and insights. Interviewees include: former U.S. Surgeon General Dr. David Satcher, Dr. William Anthony of Boston University and Dr. Joyce Burland, director of educational programs for NAMI, and many individuals telling their personal stories.

The documentary’s website has facts about the stigma, insurance parity, treatment and recovery, criminal justice and the role of church and faith. There are additional interesting links and a Tell Your Story chat board. Go to URL: <http://www.shadowvoices.com/default.asp>

A Daughter’s Photographic Tribute

There is a beautiful new framed photograph at the NAMI office. The talented photographer, **Trudi Clifton-Vizvary, MSW**, tells about its meaning:

“My mother’s name was Dorothy. For most of our time together I was angry with her and she with me. When I was gravely impaired by mental illness I could not see the love she lavished on me, or the anguish, helplessness, deep despair and suffering I caused her. My mother took me to the doctor. She transported me to the hospital(s). She sat in on my support group. She lent me money. She followed behind me cleaning up my messes. She called the police more than once. When I was destitute and homeless, she drove up and down the streets of San Jose looking for me. Finally, when she found me in a women’s shelter, she wrote to me. I returned her letter unopened. When I was conserved she visited me and bought me toothpaste. Finally, finally, she moved far away. I imagine she could no longer tolerate the pain my illness caused her. Not long after, my mother, Dorothy, died. Still angry, I refused to join my family in mourning her. Now, remarried and deep into recovery, I regret it all so.

This photograph, “A Mother’s Path,” is dedicated to my mother, Dorothy, and to all mothers who suffer when their child is mentally ill.”

NAMI Santa Clara 2005-2006 Board Members	
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Secretary:	Michael Whitney

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 on Mentally Ill
307 Orchard City Drive, Suite #205
Campbell, CA 95008-2948

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RETURN SERVICE REQUESTED

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