

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. 4 April 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 - 2 PM

weekdays or leave message

EVENING HOURS INFORMATION & REFERRALS

Lee Gernand, 650-322-6878

Luisa Perez (Se habla español), 408-378-6988

Billie Mechanic, 408-238-6488

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

Jen Hong (Mandarin), 408-996-1016

NAMI SCC 2006 Board Member Vote

At the March general meeting, the following NAMI SCC Board Members were voted in for 2006/2007:

President: John Mitchem

Past President: Navah Statman

VPs: Bob Williams, Luisa Perez, Margene Chmyz

Treasurer: Monica Nay

Secretary: Michael Whitney

**This Board will be installed at the April General Meeting --
-- Congratulations!**

-- GOT SOCKS??



Many parents who have had loved ones at Crestwood and other residential facilities have shared with us the fact that many residents have a great and continuing need for socks. Your generosity at

Christmas helped remedy that --- for a while. But we understand the need continues.

Because of this we are asking you to consider bringing a pair of new socks to the General Meeting. Men's socks, women's socks, sport socks, dress socks, 'fun' socks, short socks, long socks -- "sock it to us!" Please consider picking up a pair or a package to donate on April 11. We will distribute what we get to places we know that have expressed a need. Thanks in advance for your generosity!



Recent Research Findings on Schizophrenia

Dr. Rona Hu, Stanford University School of Medicine

Gen. Meeting, Tues., April 11, 2006, Good Sam

2425 Samaritan Drive, San Jose, 7:00-9:00 PM

We are very pleased to announce that our April speaker will be **Dr. Rona Hu**, Assistant Professor of Psychiatry and Behavioral Sciences at Stanford University School of Medicine. She is also Medical Director for the Acute Psychiatric Inpatient Unit at Stanford Hospital, where she conducts studies and does research on schizophrenia. Dr. Hu also teaches a community class helping parents and family members to better understand and cope with a loved one's mental illness.

We will meet at Good Samaritan Hospital Auditorium 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 County activities. Featured program presentation is 8-9 PM.

Driving Directions to Good Samaritan Hospital:

Hwy 17 South to Lark Blvd. Exit Lark to Los Gatos Blvd. Follow Los Gatos Blvd to Samaritan Drive, Right on Samaritan Drive to Hospital Main Entrance. Auditorium is in main building 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

(usually the second Tuesday of the month)

May 9: CIT Officers Program Update at Good Sam Hospital

June 13: Film/refreshments/art show at Good Sam Hospital.

Calling All Artists! If you are an artist and would like to show your work at our June meeting, we would love to hear from you. We hope to have a showing of our NAMI Santa Clara talent. This will be our last meeting until we resume in September, and we hope to surpass the fantastic meeting last June. If you have art to share, please phone us with your name & phone number. Someone will call you back with details. If you are willing and able to be part of



the committee organizing the show, 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 films

being considered for this meeting are: **Hope on the Streets**, a film about a San Francisco program that has helped many homeless people with mental illness find housing and hope. It was produced for, and shown on KQED. The other film we are considering is **Out of the Shadows**, a moving piece about a mother living with schizophrenia and raising two daughters. One daughter is the film maker and made this biographical film of her family and its struggles. This film has received an award and recognition from NAMI National.

**"Therapy Dogs International" and "NAMI Walks"--
NAMI SSC General Meeting - February 14, 2006**

by Cole Buxbaum

Two speakers came to the meeting: **1) Sharyl Leggate**, of "Therapy Dogs International" (TDI), a volunteer group organized to provide qualified handlers and their Therapy Dogs for visitations to institutions, facilities and any other place where therapy dogs are needed; and **2) Dede Ranahan** organizer of NAMI Walks in the Bay Area, a function planned for June 3, 2006 at Speedway Meadow, Golden Gate Park. It is a NAMI Signature Event for eight counties near San Francisco to raise funds and awareness of the needs of the mentally ill. It's a national program with 70 walks scheduled throughout the country. (A brochure containing all details was distributed).

Featured speaker **Sharyl Leggate** said that "limbic resonance" is a term referring to the interaction between mammals, through a part of the brain, called the limbic system. It is through this mechanism that we are able to communicate, without the need for words.

Ms. Leggate recognized this and found strong connections with her dog, Arnie, who came with her to the meeting. About 7 years ago, after many months of high stress, she woke up one morning without knowing her identity. Her physician diagnosed her condition as Major Depression with panic attacks. Within a few months, she was able to function better, and decided she needed a dog companion. They got a schnauzer, a breed well known for dealing with people in need of help. **"He was her life saver."** He would sense her condition, and give additional support when she needed it, without her asking. At one time when her husband was acting strangely, Arnie detected this. Upon calling the physician, it was confirmed that he was experiencing a heart attack. Arnie stayed at his bedside for months as he was recuperating.

Leggate concluded that perhaps Arnie has a special gift to be able to sense when one has a problem, and to offer support. In the beginning, she called Good Samaritan Hospital and found that, although they had therapy dogs, they were primarily trained and suited to physically help patients. She found an organization based in New Jersey called Therapy Dogs International. Exploring further, their mission is to train the dogs, to provide comfort and companionship in institutional settings. They offered a training program to get Arnie the skills needed. He was first awarded the Good Citizen Award, indicating that he has a temperament suited to working with disabled people with no fear or aggression. The next step was training to be a therapy dog, which included working with disabled people with crutches, canes and wheelchairs and to be able to follow commands when not with Ms. Leggate. Arnie wears his badge that says he is an "International Therapy Dog." He is evaluated yearly. **Arnie is a most wonderful companion, "a real person,"** concluded Leggate.

Her husband is in the Masonic Order, and had visited a Fremont facility for the aged and disabled about three years ago. As soon as they walked through the door, it was discovered that Arnie was a highly desirable commodity, and eventually many residents sought him out!

Last year, 520 to 550 hours of therapy support have been logged for Arnie. Leggate gives art classes there two days a week, while Arnie visits with the residents. Even when she goes to the Alzheimer's and dementia wing, the residents respond, in some cases dramatically. **A dog gives animal love, even to those with mental illness.**

Not all dogs are suited to this work and even some cats can perform that function. Arnie is now eight years old.

Sharyl Leggate lives in San Jose and can be reached at **408/281-0819**.

**NAMI CA's Mental Health, Criminal Justice & Community
Collaboration Project, January 26, 2006, Mercy Center,
Burlingame (continued from March issue of newsletter)**

Report by **Cole Buxbaum**

On Jail Psychiatric Services & After Care Services--Jo Robinson, MF, Director, Jail Psychiatric, San Francisco County:

President Kennedy signed a bill to assist individuals incompetent to stand trial and make provision for improved care. In San Francisco, today, 11% of the jail population has persistent mental illness, with inadequate number of beds. Criminalizing the mentally ill is not the right answer. We must make decisions before jail whenever possible. Treatment should occur during incarceration with discharge planning from jail, including medications, before release back into the community.

Custody, mental health, and medical treatment must all work together: **Alex Georgakopoulos**, Deputy Director, Jail Aftercare Services, San Francisco County, said that people with serious mental illness who have been in jail are especially susceptible to re-arrest.

In San Francisco County five clinicians do court-appointed referrals. We should have the client or family depend on someone who gives stability.

An advocacy program is attached to each client to make sure he or she follows up, gets resources such as SSI, and sees a psychiatrist in 48-72 hours.

Q: How is the family involved?

A: Unfortunately, at the time of admission, few family members are involved. Distant relatives, etc., are sometimes available.

On Restorative Policing -- Officer Joel Faye Ph.D., San Rafael Police Dept., Marin County:

"The only system that was willing to treat my son was the criminal justice system. But his only crime was that he is mentally ill," said Faye.

The relative risk of incarceration is 150-800% higher than in the general population. We need to intervene at the county level, not in the jails.

Marin County has a Support and Treatment After Release program. (20% schizoaffectives, 38% schizophrenia, 31% bipolar disorder, and others).

We must move law enforcement away from crisis management. It takes two years to turn someone around. Liaison officers are the best way to assure that people are treated fairly when put in jail. A Forensic Multidisciplinary Team is a collaborate effort between law enforcement and treatment providers to assist the clinically ill out of the criminal justice system.

We must offer the opportunity, but the client is responsible.

On Prop. 63 and Local Funding -- Stephen W. Mayberg, Ph.D. Director California State Dept. of Mental Health:

The Mental Health Services Act (MHSA) (Prop 63) passed last year to provide funds from tax revenue from very high income individuals (over \$1 million per year) to expand various services for the support and treatment of the mentally ill. In the U.S. now, it usually takes two years to get treatment. There are 13 counties that have submitted plans to implant MHSA.

Much support is needed, and we shouldn't supplant existing programs. We need education and training, prevention, and innovation to make it happen.

(Article write-up is continued on P.3)

("Collaboration Project," continued from page 2)

Q: How is the shift from Medi-cal to Medicare for prescription drug coverage going?

A: "It shouldn't be a problem, but at the present time it's an uninvestigated disaster."

Judge Stephen Manley, Superior Court in Santa Clara County in California. "The most important part of being a judge is to recognize your powerlessness," began Manley.

He organized the Mental Health Court of Santa Clara County in 1998 to serve mentally ill dependants, as well as other disorders leading to low functioning.

(In a reference in the handout) Judge David Balezon, Washington, D.C., said, "Contact with the criminal justice and juvenile justice systems is doubly traumatic for people with mental illness; and the resulting criminal record can impede their later access to housing and mental health services."

Judge Manley emphasized that although the judge assumes the person is always responsible, with the mentally ill it is very different.

This leads to the "revolving door phenomenon" even for minor infractions.

Warehousing people for long periods is not productive. Elaborate competency proceedings focus on the doctors not the clients.

In general a large majority of clients have substance abuse problems. About 50% of them have been abused. One must confront the stigma and be positive, and build trust. Less confrontation, more gentleness is important. "Approach them within their world." Mental Health Courts can help here.

His court is servicing some 600 clients at any one time.

A film was shown illustrating these ideas.

"The Criminal Justice Consensus Project, How to Start One in Your Community"-- **Debby Lucas**, RNC, MSN Nursing Supervisor Mental Health Liaison San Bernardino County Sheriffs Dept. and **Mary Farr**, BSN, Treasurer San Bernardino County Mental Health Commission and NAMI family member.

Debby Lucas distributed material discussing this national effort by county, local, and state governments as well as consumer groups and supporters and the mentally ill involved with the criminal justice system.

To start, one should present a request to your local NAMI group and get a petition together to present to county departments. Look for attendance by local newspapers.

The audience broke into groups covering each subject to be discussed: CIT, Consensus Project, Jail Services, and Re-entry, Mental Health Court, and Restorative Policing. A new meeting will be called at a later date.

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Vehicle Donations

Want to get rid of that old car, boat, or RV? NAMI Santa Clara will help arrange to have your vehicle removed. You will receive a tax deduction for its value, and NAMI will get a large portion of the sale! We can accept most vehicles whether they run or not. However, the condition of your vehicle will affect the fair market value of your donation. Get started at:

//www.namisantaclara.org/donate/vehicle

Or call the NAMI office at (408) 583-0001.



Outgoing President's Message

From Navah Statman, Past President

Dear NAMI Members,

I thank you for the opportunity to serve as president of NAMI of Santa Clara County for the past four years. I was fortunate to come to this position following two strong presidents, the late **Erv Dean** and **Sharon Roth**, who built the core of the organization and taught me a lot about leadership and tenacity.

During the past four years, we have grown into an organization where almost every member is engaged in NAMI activities, education, outreach, support, and advocacy. We have grown our membership to over five hundred members! We have moved our office, built a first-rate volunteer help desk, improved our newsletter, enhanced our education programs in English and Spanish, and are now offering a Family to Family program in Mandarin. We added the Peer to Peer Education Program for Consumers, and trained three teams to deliver the Providers Education Course. We opened five new support groups, and continued to support the San Jose Police department Crisis Intervention Training. Referrals to NAMI come now not only from word of mouth, but also from mental health service providers in the community.

We have supported the passage of the Mental Health Services Act (Prop. 63) and participated in the planning for new services for Santa Clara County, bringing hope to many families and clients for improved mental health treatment.

I want to thank ALL of you for making the past four years, years of growth and success. These accomplishments were achieved through the hard work of all, by following what NAMI teaches, speaking up and advocating.

As an organization, NAMI for me is about kindness, compassion, and humanity. It is about the care and support that NAMI members show each other. It is about the kindness and compassion that our volunteers show to any family member or client in need. This for me is the true soul of NAMI, and it is what keeps me going.

Thank you, ALL, for these incredible four years!

Navah Statman, Past President, NAMI SCC

NAMI National 2006 Convention This Summer

Come to the NAMI National 2006 Convention, "Changing Minds, Changing Lives, Keeping the Promise," **June 28-July 2, in Washington, D.C.** Visit the //www.nami.org website (Early Bird Registration ends May 30)

NAMI California Annual Conference 2006

The NAMI California Annual Conference 2006 will be held on **August 25 & 26** at the San Francisco Airport Marriott, 1800 Old Bayshore Highway, **Burlingame, CA 94010**. For more information, see website at: //www.namicalifornia.org or call **916/567-0163**.

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.

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, 18825 Hale Ave, Morgan Hill. Contact Navah Statman at 408/253-7623.

SAN JOSE Support Groups

at Zephyr Central Self-Help Center: 408/254-5350

687 N. King Rd (at Mabury) San Jose 95133

Se Habla Español:

SAN JOSE—Familia a Familia, en español, Centro de la Cominidado 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 Cominidado Dorsa, 1290 Bal Harbor Way. 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, 2001 The Alameda, SJose

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**

Office of Client Empowerment 408/254-5350.

Self-Help Centers Support Groups:

Drop-ins welcome!

<u>NEW! Art & Drawing</u> on Fridays Starts March 3, 10 AM-1 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 AM - 1 PM	<u>New Time!! Women’s Circle of Trust</u> Every Friday 10:30-11:30 AM
<u>One-Time Presentation: Tues. 3/28</u> “Weight Control Made Simple” 11-Noon	<u>Anger Mgmt:</u> Weekly text excerpt topics for discussion. Wed @1-2 PM	<u>Schizophrenic Support</u> Every Th at 2-3 PM	
<u>Spirituality & Wellness:</u> Every Tues 12 :15-1:15PM	<u>One-Time Event: Career Day</u> Fri, 4/28 11-12:30 PM w/ Directors: Focus for Work & Alliance Vocational talks about their programs.	<u>Every day: Free Pizza for Lunch!</u> 	<u>Dual Recovery Anonymous (DRA)</u> Every Fri at 12 noon to 1 PM.

GILROY--Centro del Valle South County Self-Help Center 408/848-5037. At 1215 First Street, Gilroy, CA 95020. Mon. open 1:30-4:00 PM. Non-smoking 1:30-2:30 PM. Games, Cards 2:30-3 PM. Tues. open 1:30-4:00 PM. DRA Group Dual Diagnosis 1:30-2:30 PM. Weds. & Thurs. Closed all day. Fri. 1:30-4:00 PM (game movies, walking). Call Center for more info. Regular Self-Help Client/Center Planning Mtgs. Call Center for days & times. Also, other events: BBQ’s, music, movies, arts & crafts, etc.

Santa Clara County Support Groups:

SCHIZOPHRENIA/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, **FIRST floor**, Room 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, **SECOND-floor, Room 2210**, Contact: **Wendy Duggal** at **650-723-6678**

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

Depression/Bipolar, Mood/Anxiety Disorders, 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 Weds 11 AM-1 PM in Palo Alto; **LOS GATOS 1st, 2nd, and 3rd Fri., 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 Depression Group (Phoenix) every Tues. at 7-9 PM.

Mental Health Conference, Sat. May 6, 2006

8:40 AM - 3:00 PM Menlo Park Presbyterian Church "Churches that Heal: Creating Safe & Healing Faith Communities." Rev. Doug Murren will share his bipolar journey; author, **Square I** founder, acclaimed international speaker. Register: [//www.mppc.org](http://www.mppc.org) \$25 inc. lunch, some scholarships available. Info - **Nancy Florence 650 329-7421**.



Speaker from NAMI plus these topics: From affliction and exclusion to recovery and community; traits that limit faith group's effectiveness; five ways that churches can become healing places; consumers share recovery by use of Cognitive Behavior Therapy and Eye Movement Desensitization and Reprocessing (EMDR).

OBSESSIVE/COMPULSIVE Support Groups:

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

Kaiser Permanente, 900 Kiely Blvd, Bldg. K, Room 1A. 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**.

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, SJ (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**.

MENLO PARK—Christian Support Group 1st Wed @ 1:30-3 PM & Every Thurs. of the Month @ 6:45-8:30 PM

For those coping with a mental illness &/or those in a supporting role. Meets at Presbyterian Church's Library, 950 Santa Cruz Avenue, Menlo Park - Contact **650/968-5459**.

Support Groups at Phoenix North County Self-Help Center: 116 Hamilton Ave (at Alma), Palo Alto,

//www.sccselfhelp@yahoo.com -- 650/463-5600

<u>Anxiety Support Group</u> -- Every Tues at 1:00-2:00 PM	<u>Bipolar/and Depression Support Group</u> Weds @ 11 AM -1 PM 408/294-4991	<u>Meditative Movement & Relaxation Techniques,</u> Th 12-1 PM
<u>Art Expression</u> 1-3 PM <u>Schizophrenics Anonymous</u> - Tues 2-3 PM	<u>Dual Recovery Anonymous (DRA)</u> Weds 1-2 PM Except 3rd Wed from 2-3 PM	<u>International Dance, Movies, Games and Arts & Crafts,</u> Th 2-4 PM Refreshments will be served
<u>Men's Group</u> Tues at 3-4 PM <u>Women's Group</u> Tues 3-4 PM	<u>PTSD Support Group</u> Call 650/463-5600 for more info	Call 650/463-5600 for more information! Drop-Ins welcome!
<u>Life Skills</u> Every Tues at 7-9 PM & <u>Depression Support Group</u> Every Tues at 7-9 PM	<u>Peer-to-Peer Counseling</u> Consejeria con un consumidor Always Available; Also by phone	<u>Bipolar/and Depression Support Group:</u> 1 st , 2 nd , & 3 rd Thurs at 6:30 PM
<u>Computer or Art Training</u> Available Upon Request	<u>Easter Event</u> -- Weds. April 12th, 4 -7 PM	Also, Se Habla Espanol aqui!



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

1st Thursday	4/06/2006	SYSTEM PLANNING & FISCAL COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	3:00 PM
2nd Monday	4/10/2006	MENTAL HEALTH BOARD, EastValley Clinic, 1993 McKee Road, SJose	12:00 Noon
3rd Tuesday	4/18/2006	MINORITY ADVISORY COMMITTEE	12:00 Noon
2nd Thursday	5/11/2006	FAMILY, ADOLESCENT & CHILDREN'S COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	3:00 PM
3rd Thursday	5/18//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 **April 4, 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!

NAMI Provider Course Training Completed

In February, 23 NAMI Santa Clara members were privileged to meet with and learn from **Dr. Joyce Burland**, author of NAMI's Family-to-Family curriculum. She has developed an equally exciting and transformational curriculum designed to educate the people who provide services to our loved ones.

The curriculum reflects cutting-edge understanding of brain chemistry and the powerful medications used in its regulation. It discusses the lived experiences of people dealing with illnesses that steal lives and wrench even the closest of family ties. And it repeatedly reflects & presents data to support recovery & hope.

The Provider Program has been presented in 11 states over the past 4 years & the response from people who have taken the course is incredibly positive--many say they "had no idea" how much they could possibly learn about something they thought they knew so well. Many attest to the fact that they came into the course with disbelief & even resentment, only to leave with a greater & deeper understanding of the lived experience of mental illness.

Family-to-Family graduates know how that course changed the way they understood mental illness, and how it transformed the interactions and communications they had with their loved one. They say the recovery discussions gave them hope for their family member and the self-care curriculum gave them a way to reclaim their own lives. Dr. Burland's Provider Curriculum has the potential to revolutionize the system of care and understanding of mental illness just as profoundly. We hope to offer a minimum of 3 sessions during the remainder of this calendar year.

NAMI SCC Mission Statement

NAMI Santa Clara County helps people with mental illness, families & 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 & families.

Participants Needed for Schizophrenia Genetics Study at Stanford University

Douglas Levinson, M.D., is part of a national study that is recruiting 4,500 participants with schizophrenia/schizoaffective disorder for genetic studies. Volunteers are asked to participate in a 2-hour interview and for a blood sample. They are reimbursed for their time. Parents then have the option to participate by providing historical information and a blood specimen. The study is creating a DNA repository that can be used by scientists all over the world to search for genetic mechanisms that lead to schizophrenia. Dr. Levinson moved to Stanford in January from the University of Pennsylvania. For more information, please contact **Angela Sebastiana at 650/736-0481** (angelas1@stanford.edu) or **Dr. Levinson at 650/724-2827** (DFLEV@stanford.edu).

For further information regarding questions, concerns, or complaints about research, research related injury, and questions about the rights of research participants, please call **650/723-5244** or call toll free **1-866-680/2906** or write the Administrative Panel on Human Subjects in Medical Research, Administrative Panels Office, Stanford University, Stanford, CA 94305-5401.

The Bipolar Advantage

DBSA (Depression and Bipolar Support Alliance) is sponsoring **Tom Wootton**, author of the top-rated book "The Bipolar Advantage," who will be giving a free educational talk at El Camino Hospital in Mt. View on **Weds., April 5, from 7-9 PM**. The general public is invited. This is especially appropriate for people with bipolar & depression, those who live and support them, and anyone else interested in the topic. Participants will walk away with hope and a better understanding of the bipolar condition as well as methods to change the negative aspects into positive traits. **Place: El Camino Hospital, Park Pavilion, Conference Room N, 2500 Grant Avenue, Mt. View, CA 94040.** Website: [//www.bipolaradvantage.com](http://www.bipolaradvantage.com)

Or call **(760) 749-5719;**

NAMIWALK SF Bay Area--April News!



Our list of Sponsors, Endorsers, and Walk Teams for the NAMIWALK, June 3, 2006, in San Francisco grows steadily. Many elected officials from our county have agreed to endorse us, and we are honored by their support! Please note the new Sponsors, Community Endorsers, and Walk Teams. Now a

challenge: **Can we add your name to the list next month?** See below how easy it is to do this!

***** New This Month *****

Sponsors: Monica and Bob Nay's RAM Building Co.

Walk Teams: **Joy Luck**--Jen Hong, Katherine Fok (Co-Captains); **NAMI Espanol**--Barbara Diaz (Captain); **Rich Larsen** (Walker for Adam's ewokers)

Community Endorsers: Parents Helping Parents, Hope Rehabilitation Services, InnVision, Catholic Charities

Endorsements by Elected Officials:

Jeanette Watson, Campbell Mayor; **Ron Swegles**, Sunnyvale Mayor; **Jose Esteves**, Milpitas Mayor; **Nick Galiotto**, Mountain View Mayor; **Patricia Mahan**, Santa Clara Mayor; **Blanca Alvarado**, SCC Supervisor; **James Beall**, SCC Supervisor; **Liz Kniss**, SCC Supervisor; Laurie Smith, SCC Sheriff; **Mike Honda**, U. S. Congress District 15; **Zoe Lofgren**, U. S. Congress District 16; **Elaine Alquist**, State Senator 13th District; **Sally Leiber**, State Assembly 22nd District; **Rebecca Cohn**, State Assembly 24th District; **John Laird**, State Assembly 27th District; **Simon Salinas**, State Assembly 28th District; and **Albert Torrico**, State Assembly 21 District.

Many thanks to **Jake Burkart** for linking our NAMI Santa Clara website directly with the NAMIWALK San Francisco Bay Area site. This makes it easier than ever to REGISTER for the June 3 walk: Simply log onto [//www.namisantaclara.org](http://www.namisantaclara.org) and click on the link to the NAMI Walk San Francisco Bay Area site. Select the option "How to Participate," and you'll be guided through the next steps. Or, **Nicole, Gini, Richard, and Jen** are ready to help you register either on or offline. We will send you a packet of information about being a Team Captain, joining a team, or walking as an individual if you wish.

- Nicole Rathjen**, 408-376-0325, s-n.rathjen@pacbell.net;
- Gini Mitchem**, 408-259-2256, vmitchem@hotmail.com;
- Richard Alvarez**, 408-251-6168, quillaya@sbcglobal.net;
- Jen Hong**, 408-996-1016, jen_hong@yahoo.com.

July NAMI Picnic



We need some enthusiastic people to help organize our NAMI picnic! Last year we had volunteers working on securing a site, getting prizes for the raffles, food, games, music, etc. It will be the end of July but a lot needs to be done beforehand. To sign up, please call the NAMI office at **408/583-0001**.

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?

"I need to be with people I can talk with and who understand!"
"Am I doing okay?"



Why ask others this question at a NAMI support group? -- It's a safe place.

Isn't this something I should know about myself?
 -- Others' viewpoints can expand self-view.

Do others really have answers that suit my needs?
 -- Individuals with similar experiences can expand personal choices.

An "Am I doing okay?" checklist: Check if....



... you are caring for yourself; if you are taking charge of your life; if you are accepting what you cannot change; if you are maintaining a hopeful attitude; if you are cultivating your talents & interests; if you are learning about mental illness; if you are improving your coping skills; if you have a personal support network.

(From: How to Cope with Mental Illness in your Family: A Self-Care Guide for Siblings, Offspring, and Parents. DT Marsh, R. Dickens, 1998)

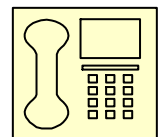
*** REMINDER ***

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)

Dual Eligibles Medicare Coverage Extended to April 16

Pursuant to SB 1233, Gov. Arnold Schwarzenegger extended the State's emergency coverage program for dual eligibles who are unable to obtain their medications from the Medicare Drug Program until April 16, 2006. Consumers should bring their Medi-Cal card & Medicare Drug Card or Medicare Acknowledgment Letter to the pharmacy to assist them in billing. The bulletin is available at: [//www.medi-cal.ca.gov](http://www.medi-cal.ca.gov)

Can You Volunteer with Us & Come to a Meeting on Tuesday, April 18?



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, and company health fairs; to help with fund raising; to photocopy the newsletter; 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! Drop by or call **408/583-0001**.

**Next Volunteers' Meeting is on
 Tuesday April 18, 2 PM at NAMI Office**

Presentation by **Sharon Roth** on police **Crisis Intervention Teams (CIT)**. 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**.

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 maintain the office and programs, as well as purchase the necessary supplies needed for our ongoing support groups. Your donations (including memberships) are tax deductible.**



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

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CAMPBELL CA
PERMIT NO. #20**

RETURN SERVICE REQUESTED

INSIDE the April 2006 ISSUE:

General Meeting on Tues. April 11 at Good Sam..... P. 1
 NAMI SCC 2006-2007 New Board Voted In!..... P. 1
 "Therapy Dogs" March General Meeting Write-up..... P. 2
 Buxbaum's Article on Community Collaboration Meeting, cont. Pp. 2-3
 Outgoing NAMI SCC President's Message from Navah Statman..... P. 3
 Support Groups Calendar & Classes..... Pp. 4-5
 SCC Mental Health Board Calendar P. 6
NAMI SCC Open Board Meeting, Tues April 4..... P. 6
 NAMI Provider Course Training Completed P. 6
 NAMI Walk 2006 Update for April..... P. 7
 "Am I Doing OK?" Checklist & Volunteer Meetings..... P. 7
 Dual Eligible Medi-Cal Prescriptions Extended to April 16 P. 7