



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. 5 May 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

Update on the CIT Officers Program

Gen. Meeting, Tuesday, May 9, at Good Sam

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

Today, when family members need to call the police because a loved one is experiencing a mental health crisis, they know they can request a CIT Officer. With this request you are assured that at least one of the responding Officers will have an understanding of mental illness, and will be able to react to you and your loved one with compassion. You know that the Officer will be trained to de-escalate the situation and use a respectful demeanor with only a minimum of force if necessary. You may not know that this is not the case in many California counties, or in most states across the country.

Begun in March 1999 CIT is a collaboration between NAMI Santa Clara, the Mental Health Dept. and SJPD. The 19th Crisis Intervention Training Academy will be held this May.

For our May General Meeting, we will have a panel of San Jose Police Officers who have all participated in Crisis Intervention Training. This will be a meeting to update all of us about the CIT program. They will share what they have learned, how things have changed, and the ways in which families can help them do a better job. We will learn how officers become eligible for training, and what the training entails. And, we plan to have a small token of recognition for the officers on the panel.

If CIT officers have served you, come to this meeting to help us say "Thank you!" If you have a specific officer who you felt was particularly helpful, please call the NAMI office and we will invite him or her to be on our panel. If you would like to know more about this program and how you can use it to help your loved one, this is an important meeting to attend. Come to Good Samaritan Hospital Auditorium at 7 PM, where information is shared and newcomers are welcomed. At 7:30 PM there is a half-hour information session on NAMI Santa Clara County activities, and the featured program presentation is 8-9 PM.

NAMI SCC 2006 Board Member Vote

At the April general meeting, the following NAMI SCC Board Members were installed for 2006/2007:

President: John Mitchem

Past President: Navah Statman

VPs: Bob Williams, Luisa Perez, Margene Chmyz

Treasurer: Monica Nay

Secretary: Michael Whitney

Congratulations and thanks in advance for your good work!

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).

May is Mental Health Month!

May 6 -- Mental Health Conference at Menlo Park Presbyterian Church, \$25 includes lunch. Contact Nancy Florence at 650/329-7421 or register at [//www.mppc.org](http://www.mppc.org). (See p. 5)

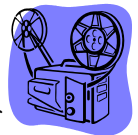
May 10 -- Alliance for Community Care Resource Fair, 6-8 PM, 2001 The Alameda, San Jose, RSVP at 408/261-7777. Includes reps from Catholic Charity's Focus for Work Program, NAMI, Grace Community Day Program, Zephyr Self-Help Center & Alliance Day Rehab & Employment Program.

May 12 -- Mental Health Fair at Kelly Park, SJose, 11:30 AM.

May 31 -- Mental Health Advocacy Project Event: Workshop on living with double stigma of homelessness & mental illness, San Jose City College, 9 AM-12 noon, all are invited, FREE.

Upcoming General Meeting: June 13

Calling All Artists! Show your work at our June 13 **Film/Refreshments/Art show** at Good Sam Hospital. This will be our last meeting until we resume in September. If you are willing & 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, and hope to have an even GREATER attendance this year!



Out of the Shadows will be shown at the June 13 general meeting. The film is a moving piece about a mother living with schizophrenia & raising 2 daughters. One daughter is the film maker and made this biographical film of her family & its struggles. This film has received an award & recognition from NAMI National.

Susan Hamilton, Executive Director, VTF Services, Discusses Their Role in Helping Veterans and Others Transition to the Work Force -- NAMI SCC General Meeting -- March 14, 2006

By Cole Buxbaum

VTF (Veterans Task Force) is a private non-profit organization dedicated to enabling adults with disabilities to maximize their independence, and participate in life, and advocates for them. The original organization began in 1968 to help returning veterans. Ms. Hamilton emphasized that people with disabilities have rights as well as responsibilities.

Her career path took her from industrial education into industrial rehabilitation. She graduated in industrial education to be a shop teacher and then went to the Veterans Administration for an internship permitting her to work as a manual arts therapist. That taught her how to find out "who you really are." Many of the veterans "were all busted up and became more like a person of age thirty-two, instead of their actual age of nineteen -- it was horrible," she said.

Eventually she moved to Washington State and ended up working for a company that was essentially the same as VTF Services. They took the public perception of disabled people and turned it around, getting a number of awards. From there she joined VTF services in Mtn. View as director for the past fifteen years. Their role is to help disabled people contribute in a therapeutic and supported working environment.

Asking "how many people in the audience are parents of someone with a disability," she was impressed with the response.

The people she serves come from North County Mental Health, Kaiser, the V.A. and similar government agencies. As a rehabilitation therapist for over thirty years, she insists that "if you treat a person with respect and give them a decent wage, they will respond with self-esteem." They earn in the range of \$7.55 to \$8.50 per hour, although one woman earns \$12.50 per hour. Most of the people can't work more than a six-hour day and some not every day of the week, but her organization works around it. They have about twenty-five residential and commercial customers at present, and her customers are aware of the problems that the employees have.

Ms. Hamilton gets emotional when discussing the conflicts between her needs and the Department of Labor and Social Security. She has to adjust the number of hours her people work to avoid exceeding the limit permitted by SSI, that could jeopardize their medical benefits. They end up getting too low a wage between the requirements of the Department of Labor and Social Security and many clients suffer accordingly.

Q: Does she hire individuals with a felony background?

A: "Of course" - she has five felons, one with a burglary conviction working there. **"She has stood up at graduation ceremonies for people who were not going to make it and should have been dead years ago."**

She doesn't do background checks on prospective employees, but requires paperwork signed by a doctor, a therapist or a case manager. People shouldn't be judged on "ancient history,"

however. Many people have a misconception of mental illness, and what individuals can and can't do. But when they need help, it should be given. Everybody in this in this room has had the occasion to "rescue someone who is on the brink of disaster."

Hamilton doesn't place people, she hires for their project. Other organizations, such as Project Hired, help recruit and place within the technical arena. Project Hired is government supported, whereas she is privately funded.

"Mental health is a state mind, and mental illness is a function of circumstance."

Thirty-three percent of their employees are veterans.

Q: How strictly is punctuality enforced?

A: If it's chronic, it's not acceptable; but patterns of punctuality are evaluated, which may help.

Clients must be roughly fifty per cent productive when they sign on and go up to 55 to 65% as they progress.

VTF employs thirty-five people, thirty of whom suffer from a mental illness or learning disability. They offer packaging and assembly, janitorial services, and landscape maintenance.

Susan Hamilton can be reached at **650/934-9091** at 918 N Rengstorff Avenue, Mtn. View, CA 94043. Their website is [//VTF.services.org](http://VTF.services.org).

**** URGENT! Write to the Governor NOW ****
opposing proposed COLA delays to SSI recipients!

The California Governor's proposed budget for 2006 includes a proposal to further delay the pass through of the federal cost of living increase to April 2008. The State Assembly Budget subcommittee #1 already rejected this proposal on March 29, 2006.

NAMI California, the State's Voice on Mental Illness, **strongly opposes** the Administration's proposal "to extend withholding the pass-through of the January 2007 federal {SSI} COLA until July 2008." The proposal would continue a practice started in the 2005 Budget Act, namely, when the federal government gives disabled and elderly SSI recipients a COLA increase in their check, the State takes it away for a given period of time by deducting the amount of the COLA from the recipient's State Supplementary Payment (SSP).

The bottom line? An elderly or disabled individual, whose total poverty-level income comes from SSI/SSP, receives minimal but desperately needed COLA dollars from the federal government, which the State then deducts from its SSP payment, citing "continuing fiscal challenges." Compounding the hardship that would be caused by the Administration's current proposal is that there is no recognition that there are real people behind these numbers, the elderly and disabled who are the most vulnerable among us.

On behalf of our 16,500 family members & consumers, NAMI CA asks that you vote NO on this proposal. It is unconscionable to use the elderly and the disabled, who already live in poverty, as pawns in the name of "solving" California's fiscal challenges. **Write to Gov. Arnold Schwarzenegger NOW! E-mail him at: [//www.govmail.ca.gov](http://www.govmail.ca.gov) - or- FAX at: 916/445-4633**

NAMI SCC Goals for 2006/2007

Every couple of years we have a meeting open to all interested members to produce a set of goals for the next 24 months. This year's meeting on March 4 attracted 20 or so members. Based on that meeting and subsequent discussions, the Board of Directors recently approved the following goals for 2006-2007:

1. Maintain and enhance the NAMI SCC education programs on brain disorders by continuing to offer the Family-to-Family and Peer-to-Peer Programs and by delivering 3 Providers Education courses in the next 12-month period.
2. Continue expanding education programs and support groups in Spanish and Mandarin. Develop outreach program in Vietnamese.
3. Enhance support groups as a continuum from the Family-to-Family Program. Train an additional 4 facilitators for support groups in 2006. Team up with self-help centers to train facilitators in NAMI C.A.R.E. program to offer continuing support for graduates from the Peer-to-Peer program.
4. Develop a 3-year strategic plan and explore the possibility of an executive director of NAMI of Santa Clara County.
5. Increase NAMI SCC outreach to all hospital units in the county by regularly disseminating the newsletter and educational & membership materials.
6. Develop a media plan.
7. Increase fund raising in all areas: membership, bequests, corporate memberships, and NAMI Walk.
8. Develop a mentoring system for clients and families.

Join with us in helping to meet these goals by volunteering, by attending meetings & events, by participating in outreach activities, by attending open NAMI SCC Board meetings the first Tuesday evening of the month, by your donations, and by continuing to share your good ideas & expertise with us!

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 ask 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 May 9. We will distribute what we get to places we know that have expressed a need. Thanks in advance for your generosity!

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](http://www.nami.org) website (Early Bird Registration ends May 30).

Letter from the New NAMI SCC President

By John Mitchem

It is an honor to be elected for a one-year term, starting April 11, as President of NAMI Santa Clara County. This follows the four-year presidency of **Navah Statman**. During those four years, our organization experienced remarkable growth: growth in membership, growth and improvement in office space, growth in funds, growth in influence, and, most important by far, growth in services and aid that we provide to individuals with serious biological brain diseases, their families, and friends.

These achievements would not have been possible without **Navah's** superior leadership and tireless hard work. Equally important is the dedicated service of our numerous volunteers: teachers of our classes; members who serve on county boards and committees; our newsletter writers, folders and mailers; our office workers; our organizers of meetings and activities; our support group leaders; our committee members. Thank you all!!

This is a remarkable organization! As our new president, I tell myself, "John, don't mess it up." Fortunately for me and indeed for all of us, Navah has accepted our formal position of Past President, and she plans to continue as an extraordinary, contributing leader of our Santa Clara County NAMI.

Despite the excellent contributions NAMI of Santa Clara County has made in the last four years, we all (consumer, family members, and friends) clearly see that much still needs to be accomplished. We need our volunteers to continue their service. However, if you would like a change from your current volunteer job(s), we can find other important ways that you can contribute! If you have not yet taken the opportunity to join our volunteers, please consider doing so. Please call the office at **408/583-0001**.

Thank you for giving me the opportunity to serve as President. Together we will continue to make important, impressive strides in the service of consumers and their families and friends.

NAMI California Annual Conference 2006

The NAMI California Annual Conference 2006 will be held on **Fri-Sat 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](http://www.namicalifornia.org) or call **916/567-0163**.

WE NEED YOU! This year NAMI SCC will be hosting the NAMI CA Annual Conference, and **we need volunteers** for the registration counter, NAMI SCC & continuing education tables, stuffing bags, handing out materials, and other tasks during the conference. Please contact NAMI SCC Office for more details, and let us know which day/hours you can volunteer: (On F 8/25, 8-12 or 12-5 PM; on Sat 8/26, 8-12 noon, 12-4:30 PM & 1-2 PM ballot counting). Call us at **408/583-0001** and ask for **JoAnn**.

NAMI Information via E-Mail

If you wish to receive information from NAMI SCC via e-mail, please send us your e-mail address to:

office@namisantaclara.org

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**

Taking sign-ups for September (English & Spanish)

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. **We are now taking sign-ups for May!**

Se Habla Español:

SAN JOSE—Familia a Familia, en español, Centro de la Comunidad Dorsa, 1290 Bal Harbor Wy (near Story & King Rd) Llama á **Luisa Perez - 408/378-6988.**

SAN JOSE—4th Weds. of the Month @ 7-9:30 PM Centro de la Comunidad Dorsa, 1290 Bal Harbor Way. Llama 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). Llama á **Erika Alvarez-408/347-7892, Llama 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.

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.**

Self-Help Centers Support Groups: SAN JOSE Zephyr Central Self-Help Center:

408/254-5350 687 N. King Rd (at Mabury) San Jose 95133

Drop-ins welcome!

<p>Thursday, May 18 4-7 PM Annual Client Art Show</p>	<p><i>Light Refreshment Prizes Awarded</i></p> <p><u>Anger Mgmt:</u> Weekly text excerpt topics for discussion. Wed 1-2 PM</p>	<p><u>Mental Health Support Group:</u> Every Th 1-2 PM Read book “Unquiet Mind”</p>	<p><u>Depression Support</u> Every Fri 2-3 PM</p>
<p><u>Inside Outside—Peer Support Group:</u> Every Tues 11-Noon</p>	<p><u>Men’s Group:</u> Every Weds 11-Noon</p>	<p><u>Beading Craft Group:</u> Every Th 11 AM - 1 PM</p>	<p><u>New Time!! Women’s Circle of Trust</u> Every Friday 10:30-11:30 AM</p>
<p><u>Spirituality & Wellness:</u> Every Tues 12:15-1:15 PM</p>	<p><u>Schizophrenic Support:</u> Every Th 2-3 PM</p>	<p><u>Art & Drawing on Fridays</u> 11 AM - 1 PM</p>	
<p><u>Mood Disorders Support Group,</u> Every Tues 1:30-3 PM</p>	<p><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.</p>	<p><u>Every day: Free Pizza for Lunch!</u></p> 	<p><u>Dual Recovery Anonymous</u> (DRA) Every Fri 12 noon to 1 PM.</p>

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.

Cinco de Mayo BBQ May 5 12:30-4 PM Los Animas Park, (Church) Gilroy

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](http://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



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 Workshops & 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 -- Every Monday 3-6 PM -- Safe Circle Group with Gloria Teerman and Michelle Reyna @ 146 S 10th St.

SAN JOSE -- Mon & Thurs @10:30-12:00 (Noon) PM, Anger Management Group for Adults /Mental Disabilities, 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 Avenue (at Alma), Palo Alto,

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

Drop-ins welcome!

<p><u>Anxiety Support Group</u> Every Tues 1:00-2:00 PM</p>	<p><u>Bipolar/and Depression Support Group</u> Weds 11 AM -1 PM 408/294-4991</p>	<p><u>Meditative Movement & Relaxation Techniques,</u> Th 12-1 PM</p>
<p><u>Art Expression</u> Tues 1-3 PM <u>Schizophrenics Anonymous</u> Tues 2-3 PM</p>	<p><u>Dual Recovery Anonymous (DRA)</u> Weds 1-2 PM</p>	<p><u>International Dance, Movies, Games and Arts & Crafts,</u> Th 2-4 PM Refreshments will be served</p>
<p><u>Men's Group</u> Tues at 3-4 PM <u>Women's Group</u> Tues 3-4 PM Computer Art Training Available Upon Request</p>	<p><u>PTSD Support Group</u> Call 650/463-5600 for more info</p>	<p>Phoenix Art Show Wednesday, May 24th 4-7 PM 650/463-5600 Light Refreshment Prizes Awarded</p>
<p><u>Life Skills</u> Every Tues at 7-9 PM & <u>Depression Support Group</u> Every Tues at 7-9 PM</p>	<p><u>Peer-to-Peer Counseling</u> Consejeria con un consumidor Always available; Also by phone</p>	<p><u>Bipolar/and Depression Support Group:</u> 1st, 2nd, & 3rd Thurs 6:30 PM Also, Se Habla Espanol aqui!</p>



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

1st Thursday	5/04/2006	SYSTEM PLANNING & FISCAL COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	3:00 PM
2nd Monday	5/08/2006	MENTAL HEALTH BOARD, EastValley Clinic, 1993 McKee Road, SJose	12:00 Noon
2nd Thursday	5/11/2006	FAMILY, ADOLESCENT & CHILDREN'S COMMITTEE	3:00 PM
3rd Tuesday	5/16/2006	MINORITY ADVISORY COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	12:00 Noon
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 **May 2, 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!

Section 8 Housing Update

The Housing Authority of the County of Santa Clara will be opening its Section 8 Wait List for the first time since 1999. **Its List will be open for a 5-day period from April 24 to April 28, 2006.**

Complete instructions on how to register for the Wait List will be available on-line at <http://www.hacsc.org/> starting Sunday, April 16, 2006 and will be published (also during the week of April 17th) in the San Jose Mercury News and in the following: Gilroy Dispatch, Palo Alto Weekly, Peninsula Community Newspapers, El Observador, and the Vietnam Daily News.

Informational Meeting for Households with Developmental Disabilities: Housing Choices Coalition will hold two informational meetings to provide information about the Section 8 waitlist procedure and provide the opportunity to fill out the application on site with an HCC representative. Currently, the dates for these meetings have not been determined but will be announced before the end of this week.

If you do not need assistance with the application, you can download an application and learn more about the Section 8 waitlist and other housing assistance programs. Please log on to the Housing Authority website at <http://www.hacsc.org/>.

If you have any questions related to assistance that HCC will offer regarding this program, you may contact [@Section 8 housing choices](mailto:Section8housingchoices@hacsc.org).

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.

Creativity and Mood Disorder

Dr. Terence Ketter, Associate Professor of Psychiatry & Behavioral Sciences at Stanford University will speak on *Creativity and Mood Disorder* during a free symposium about the work of Edvard Munch on **Saturday, April 29** from 9:30 AM – 12:30 PM. For more information see: [//museum.stanford.edu/news_room/pressreleases_desire_anxiety_loss.html](http://museum.stanford.edu/news_room/pressreleases_desire_anxiety_loss.html)

The symposium is in conjunction with an exhibit at The Cantor Arts Center at Stanford University of works by the great turn-of-the-century symbolist artist Edvard Munch, March 22–June 25, 2006. *Desire, Anxiety, and Loss: The Prints of Edvard Munch* brings together 36 works, lithographs, etchings and drypoints, and woodcuts. Munch's works explore states of mind with which viewers can identify— love, anxiety, jealousy, and depression. For these themes, Munch drew directly from his personal life experiences.

The Teen and Family Counseling Center



is a non-profit agency offering free counseling services to students at ten area schools as well as low-fee counseling and classes to children, teens, families and seniors at the Clinic in Campbell. TFCC is proud to have served Santa Clara County for over 22 years. Reach them at: **408/370-9990**

307 Orchard City Drive, Suite 206, Campbell, CA 95008.

"Under the Shade of the PlaneTree"

The spring health lecture series at Plane Tree Library in Los Gatos from 10-11 AM on Saturday mornings is free, with a very diverse selection of topics, such as:

- 4/22: "Exercise-RX for your Emotions" by Keith Johnsgard, Ph.D.
- 4/29: "Lavender Cooking" by Sharon Shipley (Aromatherapy)

Space is limited! Call **408/358-8483** to reserve a seat. Planetree Health Library is at Mission Oaks Campus Hospital, 15891 Los Gatos-Almaden Rd, Los Gatos. **408/358-5667**. [//www.planetreesanjose.org](http://www.planetreesanjose.org).

NAMIWALK SF Bay Area--May Movers!



It's a date—June 3, 2006, in San Francisco's Golden Gate Park—do you have this on your calendar? If not, how about adding it now? Meanwhile, the NAMI-WALK Kickoff Luncheon (yes, the FREE one!) was an inspiring occasion. NAMI Santa Clara County was well represented with 24 of us attending. We saw an impressive DVD made by our San Mateo NAMI neighbors (funded through last year's NAMI-WALK contributions) depicting early activities in the county which led to what we know today as NAMI National. And now, on to this year's walk and our newly registered Santa Clara Teams and Team Captains...

Sponsors: Navah and Meir Statman

New Walk Teams: Dream Team, Captain Ed Dean

Sarah's Wonder Walkers, Captain Sarah Gussin, The SSRI's, Captain Bob Reuter--Welcome to All New Walkers!!

Other Santa Clara Walk Teams and Captains: Joy Luck-Jen Hong, Katherine Fok (Co-Captains); NAMI Espanol-Barbara Diaz (Captain); Adam's RETURNoftheJEDI-EWOK-Nicole Rathjen, (Captain); Weekend Walkers-John Mitchem (Captain).

At the luncheon, we picked up some beautiful WALK posters & also have posters online to download. If you'd like us to display at your workplace, church, school, home, or community center to encourage friends, family & colleagues to participate, please let one of us know and we will get one to you.

To REGISTER for the June 3 walk, log on to:

//www.namisantaclara.org, scroll down, 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. Look for the **Online Walker List** to find the Santa Clara Teams already registered. **AND Nicole, Gini, Richard, and Jen** are ready to help you register either on or offline. Contact:

- 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;

July NAMI Picnic!



Sunday, July 30: Save this date for the NAMI Santa Clara Annual Picnic, from Noon to 3 PM! Last year, the picnic will be held at the Elks Lodge, 1680 Martin Avenue, Santa Clara, 95050.

We need some enthusiastic people to help organize our NAMI picnic! Last year we had volunteers working on setting up the site, making signs, getting prizes for raffles, food, games, music, activities, etc. It will be the end of July but a lot needs to be done beforehand! To sign up, please call us 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 3rd-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!"

** REMINDER **



The 3rd Tuesday of each month, the NAMI Family & Friends Support Group meeting is at the **NAMI office in Campbell** (formerly the 2nd Weds)

These volunteers are outstanding: **!! Lilly and Mike Henning !!**

For the last year, this couple attended support groups twice each month as Family-to-Family graduates offering invaluable experience and support. Their participation has vastly improved the ongoing 3rd Tuesday and 4th Thursday support groups. Thanks a million!!!

The Support and Empowerment Support group, held on the 4th Thursday, is currently assisted by **Peter Newman** (reach him at: www.lucidinterval.org)

It seems that conversing with other friends/families and consumers, communication, and understanding of often misunderstood daily issues gets clearer and easier. If you are a consumer with mental illness, bring a friend or family member to one of our support groups and come see how it works!

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. Call NAMI SCC at **408/583.0001** or go to: www.namisantaclara.org/donate/vehicle.



Volunteer for NAMI

The two most valuable things to a person who has just learned a loved one has a mental illness is to find that they are not alone and to learn that a friendly person is there to offer support. You can be that voice on the telephone to offer that helpful initial contact with NAMI. If you took the Family-to-Family class and would be interested in training to be our Support Line call **408/583-0001** and leave a message for **Darrell Erb**, volunteer coordinator. Other office and outreach jobs also need volunteers. **Darrell** is waiting to hear from you, too. It is fun and rewarding. Join our volunteer team!



**Next Volunteers' Meeting is on
Tuesday, May 16, 2 PM at NAMI Office**

Victoria Yeh and Donna Mechanic of Peer-to-Peer Education Program will be speaking to us about the education program & reviewing the process of signing up for PTP. Please come early to help fold newsletters (10 AM to 2 PM). For more info, call **Darrell Erb** (Coordinator of Volunteers) at 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**



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

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