



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

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COUNTY MENTAL HEALTH EMERGENCY SERVICES AND REFERRALS

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

FOR SERIOUS MH HELP & COUNSELING

Suicide & Crisis @ 408-279-3312

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

On-Call Staff, 24 hr Service.

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

English, Spanish, Vietnamese spoken at all times.

OFFICE OF CLIENT EMPOWERMENT 408-254-5350

NAMI SANTA CLARA COUNTY OFFICE INFORMATION & REFERRALS -- 408-583-0001, 10 AM - 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

OUT OF THE SHADOW — Film

June 13 Fun General Meeting!

Good Samaritan Hospital Auditorium



June Celebration!

Our final meeting before summer break will be Tues., June 13, at Good Samaritan Hospital. At last year's June meeting we enjoyed a film and enjoyed consumer art with refreshments. The Good Samaritan Hospital Auditorium was packed with standing room only! It was SO successful that we have decided to repeat that format every June.

The June 2006 program will be as follows:

Art: We have a number of people willing to share their art work with us: You will see beautiful and interesting photographs, paintings, collages, and pottery, while enjoying live keyboard music.

Film: *Out of the Shadow* by Susan Smiley

Susan chronicles her family's and her mother Millie's struggles dealing with her mental illness. She shares with great candor the problems within the family and the public mental health department whose goal is to help them. As quoted in *Schizophrenia Digest*:

"The film...took six years to make. **Out of the Shadow** was born in 1997 out of my anger about the stigma and vast code of silence surrounding people who have schizophrenia, and their families...."

"I think...(it) has turned out to be about many things: a family and the secrets they keep, the role of love and forgiveness, shame, and ultimately, recovery and hope."

Out of the Shadow has been shown on public television and at the NAMI National Conference in 2004. It has received numerous awards, including one from NAMI National. Come early enough to see the art and enjoy refreshments before the film and to mix & mingle -- doors open at 7 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).

July 30 NAMI Barbecue & Picnic!



Save this date for the NAMI Santa Clara Annual Picnic, from Noon to 3 PM! 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, call: **408/583-0001**.

NAMIWALK June 3 in Golden Gate Park, San Francisco!



The NAMI SCC NAMIWALK Committee is delighted to announce new developments as the June 3 NAMIWALK in San Francisco's Golden Gate Park approaches.

Now's the time to **register** with one of our NAMI Santa Clara County teams. Choose from the list or call one of us (p. 7) so we can help you. Form your own team if you wish!

Great News: We are completing arrangements for a bus donated by County Mental Health to transport consumers and others without transportation to Golden Gate Park. We have 50 seats, and we are taking reservations **NOW**. The bus leaves from the NAMI Santa Clara Office in Campbell promptly at 8:00 a.m., Saturday, June 3, and returns between 3:30 and 4:00 p.m. **Deadline for bus passes is Friday, May 26.**

Please plan on supporting **Café Phoenix**, a consumer-run business based in Richmond. They will be selling grilled hotdogs and veggie dogs at the Park as well as other snacks such as bagels, chips, beverages, and fresh fruit.

Welcome to our new NAMI Santa Clara Teams:

BraveHearts: *Monica Nay and Kathy Forward*

Family to Family Santa Clara Co: *Laura Hays-Roberts*

Knights of Columbus: *Bernie Genetti ... (More on p. 7)*

NO GENERAL MEETING IN AUGUST — Attend NAMI CA Conference in Burlingame! (see p. 3)

Rona Hu, M.D., Assistant Professor of Psychiatry and Behavioral Sciences, Stanford University, spoke at NAMI Santa Clara General Meeting on April 11, 2006, on Schizophrenia

By Cole Buxbaum

Dr. Hu joined the Stanford faculty in 1998 after receiving her M.D. degree and psychiatric training at UC San Francisco, followed by fellowships at NIMH (National Institute for Mental Health) in pharmacology, neuroscience, and clinical schizophrenia. "It is wonderful that NAMI started in the Bay Area and I have often referred patients and families to them," she said. She recommends the Family to Family program, which has proven very valuable and in some cases even life saving. She teaches a community class which helps family members to better understand mental illness.

Dr. Hu is the medical director of the acute in-patient (locked) unit (H-2), Stanford. At the time of admission, patients have more severe symptoms, including in some cases suicidal or homicidal ideation, than those in the other psychiatric care areas. Patient backgrounds range from poor to wealthy with various skill capabilities, including students of psychiatry attending the University.

The service comprises residents, the attending psychiatrist, psychologists, occupational therapists and social workers. They are no longer part of Hoover Pavilion, making it more accessible to the security staff and outside police in the event of an emergency. U.S. News and World Report now ranks this facility as number seven in the U.S. and number one in Northern California, frequently receiving referrals from outside entities.

The diagnostic mix is very broad, including schizophrenia, bipolar disorder, alcoholism, etc. There appears to be a seasonal variation, even with school exam periods showing influence.

Q: Do you see an increase in recognition and acceptance in the general population of mental illness, with reduced stigma?

A: Although there has been progress in this area, there are frequent media events picturing mental illness in a negative light, and in some cases denying its organic and psychiatric aspects. There are ethnic variations, ranging from Hispanic to Asian, with the latter showing more denial than most.

Q: Why did my diagnosis change from schizophrenia to schizoaffective?

A: This is not uncommon, since key ways that a diagnosis is made are based on symptoms & history, which can change with time. There are still no quantitative tests to separate some specific forms of mental illness from others. With progress there will be.

Q: What is the state of research in schizophrenia?

A: There are many different studies under way to understand and treat the illness. At Stanford, work to examine its genetic basis is being done under the direction of a researcher previously transferred from Pennsylvania.*

***(ED Note: Douglas Levinson, M.D., addressed NAMI Santa Clara on March 14, 2006)**

Studies there and elsewhere are attempting to answer questions regarding the probability of suffering from schizophrenia when family members have it, and what can be learned from bipolar disorder and its characteristics. Kay Jameson, Ph.D., a professor of psychiatry and also a sufferer with bipolar disorder, has written a book with some clues. It appears that a greater than average number of people with bipolar illness are creative actors, artists, and poets. Schizophrenia, on the other hand, appears to show an advantage in scientists and their first-degree relatives. Their type of creativity encourages people to "think outside the box." It may be that one could only have a percentage of defective genes to benefit, while too many results in lower functioning. Sir Isaac Newton, Albert Einstein, and James Watson (Double Helix) all had a child with schizophrenia. The question still remains as to why in identical twins, with one having schizophrenia, there is only a 50% chance of the other suffering.

The use of illegal drugs is particularly bad in cases of individuals with mental illness. One member described the pain her son suffered when becoming addicted to methamphetamine. Smoking pot is not desirable and can interfere with a person's behavior and improvement, but it is not as bad as the other illicit drugs. Cocaine addiction is bad, but crack-cocaine is worse and can cause brain damage.

Peyote and some of the hallucinogens tended to be used in structured rituals and confined social settings, as opposed to cocaine and crack cocaine, which can expose the user to outside risks such as traffic or high buildings.

Q: What are the symptoms of schizophrenia, how are they classified, and what besides genetics plays a role?

A: They are divided into two groups: positive and negative.

(1) Positive symptoms include delusions, hallucinations (such as hearing voices or seeing things that are urgent or critical or "the CIA is following them").

(2) Negative symptoms include memory problems, particularly inability to remember things when not prompted, inability to prioritize and shift activity, or to concentrate.

About 1% of the population has schizophrenia. If a parent has it, the child's risk is about 10%. If both parents suffer it could be as high as 40-50%.

Dr. Hu contrasted the situation in Japan with the U.S., where in the former, mental illness or substance abuse is not freely admitted, resulting in a 3:1 suicide ratio, comparing Japan to the U.S.

Pre-natal injury as well as inadequate maternal nutrition can affect mental function.

ADHD (Attention Deficit Hyperactivity Disorder) in children sometimes moves into bipolar disorder.

Q: How do you help someone with schizophrenia to come back after the use of illicit drugs when they have been off medication for years?

A: It may take many tries in rehab to accomplish the goal; going without illicit drugs is a skill that the patient must learn. Antipsychotics and antidepressants are helpful, but the pop stimulants tend to alter the brain chemistry, and require a period of time to recover, or never in some cases.

(Continued on P. 3)

(Dr. Hu's Presentation from P. 2, continued):

Stanford has support groups meeting twice per month.

Q: What is the suicide rate for patients with schizophrenia?

A: It appears to be about 15-20%. One of the reasons Dr. Hu went into psychiatry was the suicide of a friend who was mentally ill.

Q: How can a lay person get accurate information?

A: A good website is //www.schizophrenia.com Family-to-Family sessions are useful. A good book is **I'm not Sick, I Don't Need Help** by Xavier Amador.

Dr. Hu added that family members can go through different stages in the healing process, making it more difficult to relate.

"Try to keep your own sanity, and not relate only to other people who have children with problems -- interact," she said.

Q: Is there a superior anti-psychotic medication?

A: Clozapine. However it does have some bad side effects, requiring frequent blood draws, and high weight gain is typical. Risperdal has fewer side effects. The answer is, "What is best for each individual."

Q: Does the onset of the illness affect its severity?

A: In extreme cases with onset at age 12 to 13, it's an uphill battle, since skills are arrested at an earlier age, making it more important to follow a structured schedule.

Molecular Genetics on Schizophrenia II Study

Douglas F. Levinson, M.D., principal investigator, spoke at the NAMI Santa Clara general meeting about a genetics of schizophrenia study taking place at Stanford University, and other sites in the U.S. and Australia. Referring clinicians will obtain the patient's permission to participate. Blinded diagnostic information on the individuals with schizophrenia and blood specimens will be deposited with the NIMH - Sponsored Center for Genetic Studies. Contacts **Douglas F. Levinson, MD, 650/724-2827** - or - **Angela Sebastiana, 650/736-0481**. Department of Psychiatry, Stanford University

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 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 noon 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** to let her know when you can help.

Ask the Doctor Workshops: **John Tsuang, M.D. (Dual Diagnosis); Ming T. Tsuang, M.D. (Genetics); Kiki Chang, M.D. (Bipolar); and Rona Hu, M.D. (Schizophrenia).**

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**

**This Spring, Please Take a Moment to Honor
May as Mental Health Month**

Each spring our Golden State of California is awash with green grass, orange poppies by roadsides, yellow and pink buds on our trees and birds of many feathers, colors, and songs. However, some in our communities never even think about this season — the best they can do is live each day without crippling depression, housebound ways, and sometimes hallucinations and delusions that keep their minds focused inward. This is not a choice for these citizens of our State; this is the often incapacitating world of mental illness.

Each May we observe Mental Health Month in California. This year we focus on depression, as well as the other brain disorders such as schizophrenia and bipolar disorder, and bring a message of hope: "Recovery is in fact possible." Through the judicious use of medication (carefully managed by a psychiatrist), psychosocial rehabilitation and housing supports, all mentally ill adults in our communities have a chance at wellness versus a life of misery and degradation. Recovery from mental illness is real and more possible today than ever before in the history of psychiatry. Long-term psychoanalytic psychotherapy has not proven to be the most effective method for individuals with severe and persistent mental illness (e.g., Sigmund Freud). Methodologies such as cognitive behavioral therapy, drug therapies, support groups, housing support and vocational rehabilitation have proven themselves over the past 15 to 20 years. I was at the forefront of the peer self-help movement in California in the late 1980's. We knew that there was more to life for individuals with mental illness than a lifetime of institutional care and treatment. We all knew both as compassionate caregivers and as mental health professionals that misguided over-medication, the unrestrained use of ECT, and other "brutal" forced treatments would never give individuals with mental health issues a chance at wellness. We needed to revamp the medical model system that had proven to harm so many, incapacitate many more, and not proven to "cure" much of anything.

Medications, with the careful dosing done by a competent psychiatrist (M.D.) can mean relief of a plethora of disabling symptoms. But, we must never forget the quality of life issues that continue to leave our mentally ill in the "winter of their discontent." With no social supports, no adequate housing, no vocational programs to train or retain individuals, one's incentive goes out the door. Self-esteem begins to plummet and our mentally ill lose the most precious commodity of all: HOPE. Let us work as caring communities to help our own citizens who still suffer. Remember that mental illness is not a choice, nor a burden or burden that one should carry. May is Mental Health Month and I ask that you and your families, churches, schools, PTA's, Boys and Girls Clubs, etc., work to combat one of the most crippling of our social ills...the plight of the seriously mentally ill in your midst. It will surely bring more of that golden CA sunshine into your own lives and the lives of those your assistance touches. Decide to volunteer at a soup kitchen, donate baskets or clothing for the homeless mentally ill, and do what you can to bring our ill brothers and sisters a bit of the springtime joy that you may have been taking for granted.

Opinion written by Selina I. Glater, M.A., RMT, CPRP.

She is a psychiatric rehabilitation consultant, author and advocate, living in the Bay Area and in Santa Barbara. She can be reached at: **Glaters@aol.com** and is available to assist consumers and family members for support and life enhancements. Telephone: **650/861-9989**.

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 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 and for any questions/answers.

Se Habla Español:

SAN JOSE—Familia a Familia, en español Centro de la Cominidado Dorsa, 1290 Bal Harbor Way (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.

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!

Open Computer Lab with Jane Tuesday-Friday	<u>Anger Mgmt:</u> Weekly text excerpt topics for discussion. Wed 1-2 PM	<u>Mental Health Support Group:</u> Every Th 1-2 PM Read New Book “Bipolar Advantage”	<u>Depression Support</u> Every Fri 2-3 PM
<u>Inside Outside—Peer Support Group:</u> Every Tues 11-Noon	<u>Men’s Group:</u> Every Weds 11-Noon	<u>Beading Craft Group:</u> Every Th 11 AM - 1 PM	<u>Women’s Circle of Trust</u> Every Friday 10:30-11:30 AM
	<u>Spirituality & Wellness:</u> Every Tues 12:15-1:15 PM	<u>Art & Drawing on Fridays</u> 11 AM - 1 PM	
<u>Mood Disorders Support Group.</u> Every Tues 1:30-3 PM	<u>Schizophrenic Support:</u> Every Th 2-3 PM	<u>Every day: Free Pizza for Lunch!</u> 	<u>Dual Recovery Anonymous</u> (DRA) Every Fri 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](http://www.phoenix.lucidinterval.org) or call **650/463-5600.** Also **Depression Group (Phoenix) every Tues. at 7-9 PM.**
Stanford--Weekly Therapy Group (not a support group)
12-week session. There are three 12-week modules that **Jennifer Culver** offers. Clients have an intake interview with her. The group is an instructional class that uses DBT (Dialectical Behavior Therapy - a type of Cognitive Behavior Therapy). It does have a fee - \$70 per session. Insurance is accepted and people may have a co-pay. The class has been offered for over a year and has been very well received.
 She will be starting an additional class for younger people (**under 30**) especially those who are newly diagnosed. Interested

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!

Meditation & Relaxation Techniques: Every Tues 1-2PM	Bipolar/and Depression Support Group Weds 11 AM -1 PM 408/294-4991	Meditative Movement & Relaxation Techniques, Th 1-2 PM
Art Expression Tues 1-3 PM Schizophrenics Anonymous Tues 2-3 PM	Dual Recovery Anonymous (DRA) Weds 1-2 PM	International Dance, Movies, Games and Arts & Crafts, Th 2-5 PM Refreshments will be served
Men's Group Tues at 3-4 PM Women's Group Tues 3-4 PM	PTSD Support Group Call 650/463-5600 for more info	Phoenix Art Show Weds, May 24,4-7 PM 650/463-5600 Light Refreshments Prizes Awarded
Life Skills Every Tues at 7-9 PM & Depression Support Group Every Tues at 7-9 PM	Peer-to-Peer Counseling Consejeria con un consumidor Always available; Also by phone	Bipolar/and Depression Support Group: 1 st , 2 nd , & 3 rd Thurs 6:30 PM
Also, Se Habla Espanol aqui!	Pizza Party: Th, June 15 3-6 PM	Computer or Art Training Available Upon Request



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

1st Thursday	6/01/2006	SYSTEM PLANNING & FISCAL COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	3:00 PM
2nd Monday	6/12/2006	MENTAL HEALTH BOARD, EastValley Clinic, 1993 McKee Road, SJose	12:00 Noon
2nd Thursday	7/13/2006	FAMILY, ADOLESCENT & CHILDREN'S COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	3:00 PM
3rd Tuesday	6/20/2006	MINORITY ADVISORY COMMITTEE	12:00 Noon
3rd Thursday	7/20/2006	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 **June 6, 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!

On the Shelf in the NAMI SCC Library

NEW in the NAMI Library...

Monday I'll Save the World by retired news editor and longtime NAMI member, **Larry Hayes**, tells his life story of advocacy for a range of significant social issues including civil rights, smoking bans, and gun control. He also speaks out for those with mental illness, as well as other related issues including suicide prevention, mental health insurance parity, and Crisis Intervention Team (CIT) training for police.

"NAMI activists will find this approach instructive and inspiring. The principles and passion which drive genuine advocacy come through vividly," says Nicki Sahlin, Ph.D., in the Summer 2005 NAMI Advocate.

Keep Up To Date with Mental Health News

<http://www.namisantaclara.org>. Bookmark these sites to learn of current research findings about brain disorders. Find additional useful links on our website for:

NIMH <http://www.nimh.nih.gov/nimhhome/index.cfm>

NIMH is one of 27 components of the National Institutes of Health (NIH), the Federal government's principal biomedical and behavioral research agency, which conducts and supports research on the brain and brain disorders and communicates results.

National Mental Health Association <http://www.nmha.org/index.cfm>

NMHA works to improve the mental health of all Americans, especially the 54 million people with mental disorders, through advocacy, education, research and service.

Mental Health Research Association <http://www.narsad.org/>

NARSAD's mission is to raise funds for psychiatric brain disorder research, in an effort to find the causes, better treatments, and eventual cures for these disorders.

Do You or a Family Member Have DEPRESSION?

Please consider taking part in a nationwide research study: Genetics of Recurrent Early-Onset Depression, sponsored by the National Institute of Mental Health. You may be able to participate if: your depression started by age 30, you had more than one period of depression in your life, and at least one family member (brother, sister, parent) also had depression. Participants are reimbursed \$75. To register, contact: angelas1@stanford.edu or call **650-736-0481** or toll-free: **877-407-9529** (all emails and calls are confidential): **Douglas F. Levinson, M.D.**, Principal Investigator and **Jennifer K. Johnson, Ph.D.**, Study Coordinator For more information, go to: [//depressiongenetics.stanford.edu](http://depressiongenetics.stanford.edu)

Author of The Bipolar Advantage Shares Hope & Hard Work

Former successful corporate trainer, **Tom Wootton**, gave a compelling talk in the Bay Area in April. On tour to publicize his new book, **The Bipolar Advantage**, he shared the uplifting message that it is not all bad news to have a bipolar condition. His diagnosis gave him a framework to look at his life & answered many questions. While not denying the terrible aspects of the disease, Wootton said that being able to brainstorm, be creative, and look inside can be developed into advantages to help a person live the life they want. With honesty and self-deprecating humor, Wootton, who also leads retreats on the subject, told about his own experience & how with acceptance & introspection a motivated person can develop healthy mental, physical & spiritual habits.

His book covers the same subject and can be found in the NAMI library. It checks out for 1 week while it is still new. Call to see if a copy is available or to get on a waiting list. Learn more about Tom or register for a retreat on his website: [//www.bipolarinorder.com](http://www.bipolarinorder.com).

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? Call 408/583.0001



NAMI SCC 2006-2007 Board Members

- President:** John Mitchem
- Past President:** Navah Statman
- VPs:** Bob Williams, Luisa Perez, Margene Chmyz
- Treasurer:** Monica Nay
- Secretary:** Michael Whitney

NAMIWALK--(Continued from P. 1)

More New NAMI Santa Clara County Teams include:

South Bay Gypsies: *Richard Alvarez*

And Don't Forget the Old Timers...

Adam's RETURN of the JEDI-EWOK: *Nicole Rathjen*

Dream Team: *Ed Dean*

Joy Luck: *Jen Hong, Katherine Fok*

NAMI en Español: *Barbara Diaz*

Sarah's Wonderwalkers: *Sarah Gussin*

The SSRI's: *Megan Reuter*

Weekend Walkers: *John Mitchem*



Thanks again to our **generous sponsors**, several of whom have also donated their booths and tables to NAMI Santa Clara, **NAMI en Español, Dr. Levinson's Genetics Study at Stanford**, among others.

To Register: Find [//www.namisantaclara.org](http://www.namisantaclara.org) Scroll down To the [namiwalksfbayarea](#) link -> How to Participate -> Join a Team... Or contact one of us and we'll take care of both registration and bus reservations.

Nicole Rathjen 408-376-0325 s-n.rathjen@pacbell.net

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Richard Alvarez 408-251-6168 quillaya@sbcglobal.net

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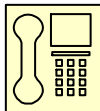
Bernie Genetti 408-268-2615

Jesus Lozano 408-729-3551 lozano44@yahoo.com

See you there!

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 on the Warm 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, June 20, 2 PM at NAMI Office**

Rose Brown will present information on Obsessive-Compulsive Disorder (OCD). Attendees are encouraged to share their experiences with OCD. 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**.

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



Reduce stress! Group-driven options make taking steps to reduce stress easier and more supported. Causes of stress covered in NAMI Support Groups:

- taking off of work to care for others or self
- finding alternate housing
- going on vacations
- identifying symptoms of illness
- finding an advocate
- keeping a job
- dealing with anger and guilt ...and more....

Identifying the most stressful element at the time is the most difficult task to do for oneself. Often the objectivity of others in the support groups helps to clarify specific causes of stress. Once the source is pinpointed, options to reduce stress are easier to consider. ***Nothing like a group of similarly motivated people to support stress reducing behavior!***

The Support and Empowerment Support group held on the 4th Thursday is for consumers, friends and family. Please see the newsletter (pp. 4-5) for a listing of all NAMI Support Groups, locations, and times.

-- GOT SOX? Bring to June General Meeting!

**What could it take to change our world
from despair into hope?**



Thank you for supporting our NAMI SCC Sock Drive -- the response has been wonderful, and an overwhelming success! The staff at Crestwood and East Valley Pavilion were truly grateful and the socks were met with beaming smiles from all! This has been so successful, that we will have a **Sox Box** at our General Meetings until our summer break. If you know of other facilities where there is a shortage of items such as T-shirts and socks, etc., please call the Office at **408/583.0001** -- we would like to offer more NAMI SCC Drives of Compassion throughout the course of the year.

Annual Awards Shining Stars Benefit

The Alliance for Community Care held its Shining Stars annual program on April 21, 2006, led by **Vonza Thompson**, President and CEO. The guest speaker was **Stuart Perry**, international mental health advocate and author of "A Journey for Life," an inspiring talk by one who has fought mental illness and is succeeding.

Garen and **Shari Staglin**, of Family Vineyard, received a lead award, and the San Jose Police Department Crisis Intervention Team (CIT) was honored. **Rolanda Pierre Dixon**, Assistant District Attorney, Santa Clara County, and **Margo Smith** also participated.

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.

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: _____
- 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
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Campbell, CA 95008-2948

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