



COUNTY MENTAL HEALTH EMERGENCY SERVICES AND REFERRALS

EMERGENCIES:

Dial 911 and Request a Crisis Intervention team (CIT) Officer

FOR SERIOUS MH HELP & COUNSELING:

Suicide & Crisis @ 408-279-3312

MENTAL HEALTH CALL CENTER

1-800-704-0900 On-Call Staff, 24 hr Service.

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

English, Spanish, Vietnamese spoken at all times.

OFFICE OF CLIENT EMPOWERMENT

408-254-5350

NAMI SANTA CLARA COUNTY OFFICE INFORMATION & REFERRALS

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

EVENING HOURS INFORMATION & REFERRALS

Lee Garnand, 650-322-6878

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

Billie Mechanic, 408-238-6488

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

Jen Hong (Mandarin), 408-996-1016

**Out of the Darkness Overnight Walk
July 22-23, Fundraiser in San Francisco**

The Out of the Darkness Overnight is a 20-mile journey through the night, from dusk until dawn. It's a unique opportunity **to help shed light on suicide**, its impact and its prevention. It's bringing together friends, family members and loved ones whose lives have been touched by suicide or depression, and giving them a way to turn their heartbreak into hope for tomorrow.

Each walker agrees to raise at least \$1,000. Net proceeds will benefit the **American Foundation for Suicide Prevention**, to fund research, education, survivor and awareness programs-- both to prevent suicide and to assist those affected by suicide.

The road to healing begins here. Register online at:

(www.theovernight.org) or call 888-NIGHT-05 (888.644.4805).



Report on June 13, 2006 General Meeting with the Art Show & Film "Out of the Shadows"

We want to thank all of the artists who participated in the Art Show at the June Meeting! The evening was a great success with a large turnout. We enjoyed extraordinary art, music, fellowship, a fantastic and moving film...even refreshments! If you missed it, there is a copy of the film in the office available for check out.

There will be no General Meetings in either July or August, but we are working on an interesting and exciting line-up of speakers for next year! **Dr. Douglas F. Levinson**, whom many of you heard speak about his research project before, has agreed to speak about "how the brain works" and what happens in specific illnesses. As you saw in March, he is a delightful and very knowledgeable scientist who speaks in simple, understandable language, and this promises to be a dynamite presentation (probably in October).

We plan to begin in September with a speaker about meds: the old, the new, the newer, and the very newest (those in development), and also take questions from the floor. You will find a rich and diverse program once again on the **second Tuesday of each month beginning in September**. Mark your calendars and plan on joining us. In the meantime, we hope to see you at the NAMI PICNIC on Sunday, July 30!

COMING UP:

NAMI SCC Picnic - Sunday, July 30 (See Insert)

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**. Early Bird Registration is July 7!

September Gen. Meeting is on Tuesday, Sept 12

NAMI ACTIVISTS, Please Send E-Mails

Please consider sending e-mails to your local Assembly person to support SB1356, Suicide Prevention. Suicide is a leading cause of death among teenagers and young adults, and many people who attempt suicide suffer from biological brain diseases such as schizophrenia, clinical depression, or bipolar disorder.

More information can be found at:

[//www.assembly.ca.gov](http://www.assembly.ca.gov)

Update on the Crisis Intervention Team (CIT) Program NAMI Santa Clara General Meeting on May 9, 2006

by Cole Buxbaum

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, they 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.

Sharon Roth, V.P. NAMI California, moderator, and one of the key founders of the CIT program for Santa Clara County, brought a panel together: Officer **Chris Passeau** (San Jose), Officer **Anna Spear** (Campbell), and Officer **Greg Sancier**, PhD – Crisis Management Unit San Jose Police Department.

The San Jose Police Department, Roth began, was the first public service agency in the state of California to institute CIT in 1999, as a collaborative effort with NAMI Santa Clara and the Mental Health Department. The 19th CIT is now underway.

Lt. Herbert and NAMI Santa Clara people, including Roth, visited Memphis, TN, where the first program in the U.S. was initiated, and received Chief Landsdown's approval in San Jose to begin.

Dr. Greg Sancier continued, saying that he began studying for a doctorate in psychology to better fulfill his duties after appointment to the Crisis Management Unit. He has 26 years of experience, and has dealt with numerous cases involving mentally ill individuals. He was convinced that the degree would be an asset. Sancier explained that "when we are called out on a crisis situation, it is critical that they have the most up-to-date information; **they are first responders.**"

Officer Passeau, next to speak, has been a police officer for 27 years, joining the San Jose Police Department two years after starting his career. Having gone through numerous calls, involving individuals with mental illness, he was one of the first officers to enroll in the CIT program to learn more about those people, to help them, and finally to make his own job easier, all of which came true.

The last guest, Officer Anna Spear, has been a member of the Campbell Police Department for 14 years, joining the CIT program in 2005. It has been a valuable experience, allowing her, in addition to her regular duties, to become more proficient as a member of the hostage negotiating team of the Campbell P.D. They are now considering sending most of the Department to the CIT program.

To qualify as a member of the Crisis Intervention Team, Roth emphasized, the officer is subjected to an intense 40-hour training session dealing with subjects such as various aspects of the major mental illnesses, traumatic brain injury, Alzheimer's Disease, children and adolescent conditions and treatments, and medications. Trainees are exposed to different mental health care sites, including home if appropriate. Communication and role playing are used to emphasize and reinforce the lectures.

Dr. Sancier was proud to announce that Officer Chris Passeau will be receiving an award (along with Sgt. Hernandez) for coaching a mentally ill man down from a 300 foot crane in downtown San Jose. "This job, frankly, is not for the faint of heart," he said.

Up to 300 hundred officers have been trained to date in the Crisis Intervention Program. Law enforcement has always had doubts involving mental illness, but Sancier is gratified that progress is being made. The students leave by saying "This class was nothing like they thought it would be."

The floor was then open to questions:

Q: What do you feel was the greatest impact CIT training has had on you personally?

A: Spear - Being able to help families get the needed resources when in trouble.

Passeau – The CIT officer, when answering a call, is less pressured allowing more help than giving the old "Band-Aid."

G. Sancier – Mental illness is a serious problem, but progress is being made.

Roth added that instructors and the course are always being re-evaluated.

Q: If you had one thing that you would want all people to understand about CIT, what would it be?

A: G. Sancier – Everyone has the right to be treated with dignity and respect. When someone knows that you are trying to save him, and when an individual knows that you are caring, he will frequently accede and put down a weapon or a threatening position. Sancier's mother, who started a Down's Syndrome center in Palo Alto, gave all the children a great deal of heart, and Sancier had this instilled within by his dear departed mother. He tells the officers that "eventually something will come up in your life that will affect your mental health or that of a loved one."

Q: Would you handle a situation differently because you are CIT trained?

A: Passeau – I try to follow up on all the people I have helped in the past, and I've gained their trust.

Q: How do you evaluate your results when involved with someone in a crisis?

A: G. Sancier – It appears that more and more individuals are taking substances like methamphetamine, including those with bipolar disorder. You have to get the details, including any weapons they may have. If someone is bent on suicide, it is very problematic.

Q: Is CIT mandatory?

A: Sancier – Not in Campbell. It's up to the voters to make it mandatory in each location. And Navah Statman, NAMI Santa Clara Past President, noted that the volunteers who take the CIT training do not receive extra pay.

Q: What can be done if one has a son or daughter who shows signs of escalation?

A: G. Sancier – There is little that can be done. They are bound by the law, at the present time, until the person escalates to a higher level. "There is no welfare check to prevent future problems."

In closing, **Navah Statman**, Past President of NAMI SCC, presented a plaque award to Dr. Greg Sancier for his continuing excellent work.

May Was Mental Health Month


Every year the Board of Supervisors of Santa Clara County proclaims the month of May as Mental Health Month. This year cities in Santa Clara County issued proclamations for May as well. NAMI was proud this year to receive such proclamations from the cities of San Jose, Campbell, Cupertino, Palo Alto and Saratoga!

The month was busy with Mental Health Fairs organized by County Mental Health, the Presbyterian Church and others, and a Symposium on Housing for people with mental illness organized by the Mental Healthy Advocacy project. Many thanks to our members, **Rhonda Lakatos, Margene Chmyz, Barbara Diaz, John Mitchem, Monica Nay, and JoAnn Snider** who spoke in NAMI's behalf and organized fair tables and displays. And most of all many thanks to office staff and volunteers who tirelessly copied and packaged and arranged the boxes all

NAMI Santa Clara County May Posters Were Displayed on Transit Bus Shelters Throughout Santa Clara County

This unique and creative public outreach project was the brainchild of our member **Julie Domeny**, who secured the display space through Clear Channel. She worked with AstraZeneca, which generously donated the graphics work and design to create posters in English, Spanish, and Mandarin, saying "I love someone with mental illness." This project was funded through generous donations from AstraZeneca, Santa Clara County Mental Health Department, and the Santa Clara County Mental Health Providers Association. Many thanks to all our sponsors.

Calling All Socks!



Thank you to our wonderful NAMI members for your support of our ongoing Sox Drive. Because of your thoughtfulness, there were a lot of extra warm toes this past rainy spring-time! We will be keeping our sox box in the office during the summer months just in case you may have socks to drop off.

Are there any other drives that you would like to see or centers where you know there is a special need? Just call the Office and let us know! Thank you again for your

Get Well! John Benford and Luisa Perez

Heart problems recently struck **Luisa Perez** and **Erin Benford's** husband, **John**. Luisa is improving, was released from Good Samaritan Hospital, and attended the General Meeting on June 13. John had surgery at Summit Hospital in Oakland. He is recuperating well and he is home.



We wish Luisa and John full and speedy recoveries! They and their families are in our thoughts and hearts of their friends and colleagues at NAMI.

Schizophrenia and Smoking -- by Sherry McKee, Ph.D., Yale University. Extracted from NARSAD Research Newsletter, Vol. 17, Issue 4, 2005/2006

By Cole Buxbaum

People who have schizophrenia smoke much more than members of the general public, Dr. McKee points out. The prevalence rate of smoking in the U.S. is about 23 percent, but for people with schizophrenia, the rate is somewhere between 45 and 88 percent. The range is due to studies in different samples, such as outpatient or inpatient settings. Clearly, health consequences occur with smoking. People with schizophrenia have higher rates of cancer & cardiovascular disease, but unfortunately, smoking cessation programs rarely, if ever, work with them.

A fairly large body of research has shown possible beneficial effects of nicotine and/or smoking behavior for people with schizophrenia. Some of this research has demonstrated that nicotine will reduce cognitive abnormalities associated with drug side effects. One study has shown that nicotine was able to reverse impairment in working memory induced by the drug haloperidol (commonly known as Haldol). Working memory is the ability to pull things in your head, such as using the list in your head when going to the grocery store rather than relying on a written one.

Dr. McKee says, there is something different about those with schizophrenia that is resulting in higher blood nicotine levels. She hypothesizes that the differences in the nicotine levels between smokers with and without schizophrenia is related to how intensely each cigarette is smoked, which is called smoking topography.

If the levels of dopamine (a major neurotransmitter in the brain) are manipulated, differences in smoking behavior result. Blocking dopamine in the brain produces more intense smoking behavior; enhancing dopamine decreases smoking behavior.

The study also examines the effects of a drug, mecamylamine, a nicotine acetylcholine receptor antagonist (blocks the effects of nicotine) on smoking topography and resulting nicotine plasma levels in both smokers with schizophrenia and healthy control smokers.

McKee confirms the smoking status biochemically by looking at how much nicotine is in their blood. If those with schizophrenia smoke to ameliorate certain cognitive deficits resulting from their medication, she might be able to understand the mechanism better.

Congratulations to the Artists @ The Zephyr Art Show Central County Self-Help Center on May 18, 2006

- 1st Place – Victorine Brown, needlepoint, "Snow Tiger"
- 2nd Place – Carolyn Riedel, floral painting, "Untitled"
- 3rd Place – Russell S. Lakatos, sculpted/ crafted earth art, "Reality Catcher"
- 4th Place – Maria Aguilera, colored pencil, "Dream Hourglass"

Honorable Mentions

- Richard Bayona – pen colored pencils, markers and watercolor, "Everything Looks Like Its Owner"
- James Young – acrylic art work painting, "Stone Visions"
- Lori Schoot – watercolor art work, "Singing Flowers"

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.**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!

See Congratulations to the Artists on Page 3**Special Events:****Zephyr BBQ Bash:** Wednesday, July 12 Noon-3pm

Free food and drinks -- Full Menu Provided!

Mondays — closed**Tuesdays**

Inside Outside Peer Support Group — 11:00 am - Noon

Spirituality & Wellness — 12:15 pm - 1:15 pm

Mood Disorders Support Group — 1:30 pm - 3:00 pm

Wednesdays

Men's Group — 11:00 am - Noon

Anger Management — 1:00 pm - 2:00 pm (weekly text excerpt topics for discussion.)

Thursdays

Beading Craft Group — 11:00 am - 1:00 pm

Mental Health Support Group — 1:00 - 2:00 pm

(Book reading: **Bipolar Advantage**)

Schizophrenic Support — 2:00 pm - 3:00 pm

Fridays

Women's Circle of Trust — 10:30 am - 11:30 am

Art & Drawing — 11:00 am - 1:00 pm

Dual Recovery Anonymous (DRA) — 12:00 pm - 1:00 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. Topics Vary.**Tues.** open 1:30 - 4:00 pm. DRA Group Dual Diagnosis 1:30-2:30 pm. Games, Cards 2:30-4 pm.**Weds, Thurs, and Fri** — Closed all day

Regular Self-Help client/center planning mtgs. Also, other events: BBQ's, music, movies, arts & crafts, etc. Call Center for more info.

NAMI SUPPORT GROUPS CALENDAR**DROP-IN SUPPORT GROUPS FOR CAREGIVERS & FRIENDS****MTN. 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**Consumers, Friend, and Family** 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 pmNueva Vista, Activity Room, 18225 Hale Ave, Morgan Hill.
Contact Navah Statman at 408/253-7623.**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 County 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**MTN. VIEW—Christian Group: 3rd Thurs each Month, from 7-9 pm.**Mountain View Chinese Christian Church, 175 E. Dana St.
Contact - Jen Hong @ 408/996-1016

Santa Clara County Support Groups

SCHIZOPHRENIA/SCHIZOAFFECTIVE DISORDER:
PALO ALTO, STANFORD— 1st & 3rd Mon. of the month
 1:00 pm — 2:00 pm Clients, Drop-in (Room 2210, 2nd Floor)
 7:00 pm — 9:00 pm First, Family & Friends, Drop-in (Room 1211 First Floor)

401 Quarry Rd, corner Arboretum, Psych Bldg.

Contact Wendy Duggal at 650/723-6678

SAN JOSE—Every Mon. of the month @ 2:00pm 4:00 pm
Art of Living with Schizophrenia and Schizoaffective Disorder
 Grace Community Center, 484 E San Fernando St, @ 10th.

DEPRESSION/BIPOLAR, MOOD/ANXIETY DISORDERS

SANTA CLARA—Every 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 @ 11:00 am— 1:00 pm

LOS GATOS— 1st, 2nd, and 3rd Fri., Michelle Nelson - 408/294-4991

PALO ALTO—1st, 2nd, & 3rd Thu 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 @ phoenix.lucidinterval.org or call 650/463-5600. Also Depression Group (Phoenix) every Tues. at 7:00 pm— 9:00 pm

SAN JOSE — Every Tuesday 10:30 a.m. -12:00 p.m.

Art of Living with Depression and Bipolar Disorder
 Grace Community Center 484 E San Fernando St, @ 10th.

OBSESSIVE/COMPULSIVE Support Groups

SANTA CLARA--1st Sat of the Month @ 10:00 -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 7:00 p.m. Contact Scott Granite at Palo Alto Medical Clinic, 795 El Camino Real at 650/853-2904

SAN JOSE — Tuesday of the Month 1-2 pm.

Art of Living with Anxiety and OCD, Grace Community Ctr

SAN JOSE — Wednesdays of the Month 2-3:30 pm

Art of Living with Addictions, Grace Community Center

Other Workshops & Groups

SAN JOSE -- Wednesday @ 1:00 pm — 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 -- Monday 3:00 pm — 6:00 pm Dinner Provided

Safe Circle Women's Group with Gloria Teerman

Grace Community Ctr, Victorian House 146 S 10th St.

SAN JOSE -- Mon & Thurs @10:30 am - noon

Anger Management Group for Adults weekly with Matt Zito at Grace Community Ctr, 484 E. San Fernando St., 408/293-0422.

SAN JOSE — Fridays from 10:30 - Noon

Living with Grace — Grace Community Center

SAN JOSE--Every Weds of the Month 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.

Congratulations to the Artists
The Phoenix Art Show--North Co Self-Help Center
On May 24, 2006

1st Place – Sergio Ayala, pastel, “La Naturaleza”
 2nd Place – Diana Egly, textured polyester shawl
 3rd Place – Timothy Layne Valley, acrylic, “African Sunset”
 4th Place – Eugene F. Torres, Jr., oil on canvas, “Lode Falls”

Honorable Mentions

Richard Dwain Frisbee, colored marker, “The Global Head”
 Michelle Nelson, photograph, “Are You My Mother?”
 Ricardo Bayona Garibay, pastel, oil crayon & marker, “I Am the Light In Your Eyes, I Am Old But I Am Happy”

Support Groups at Phoenix North County Self-Help Center

116 Hamilton Ave. (at Alma), Palo Alto,
 sccselfhelp@yahoo.com or 650/463-5600

Tuesdays Open 1-9 pm.

Meditation/Relaxation Techniques —

1 - 2:00 pm.

Art Expression— 1:00 pm. — 3:00 pm.

Schizophrenics Anonymous— 2 - 3:00 pm.

Men's Group— 3:00 pm. — 4:00 pm.

Individual 1 to 1 Peer Counseling* — 4-5 pm.

Life Skills— 7:00 pm.— 9:00 pm.

*Always Available; Also by Phone

Computer Help and Training; Art Training

Wednesdays Open 11am. - 5 pm.

Bipolar and Depression Support Group—11 am. to 1 pm. , 408/294-4991

Dual Recovery Anonymous (DRA) - (12-Step)

1 -2 pm.

Women's Group— 3 - 4 pm.

PTSD Support Group—Call 650/463-5600

*** Computer Help and Training**
Art Training and Training
Art Training Upon Request
Se Habla Español

Drop-ins Welcome!**Thursdays Open 1-9 PM**

Meditative Movement & Relaxation Techniques—1 - 2 pm.

International Dance, Movies, Games, Arts & Crafts— 2 - 5 pm. Refreshments will be served.

1st, 2nd, 3rd Thurs— Bipolar and Depression Support Group— 6:30 pm.

Individual 1 to 1 Peer-to-Peer Counseling* — Consejería con un consumidor.

What's Happening in the Mental Health Community?

Santa Clara County Mental Health Board Calendar, July 2006

All meetings are open to the public. You are welcome and encouraged to attend!

1st Thursday	7/06/2006	SYSTEM PLANNING & FISCAL COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	3:00 PM
2nd Monday	7/10/2006	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	7/18/2006	MINORITY ADVISORY COMMITTEE 2nd Floor Conference Room, 828 S. Bascom Ave, San Jose	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 **August 1, 2006 at 7:00 pm. (NO NAMI BOARD MEETING FOR JULY)** 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!

New On the Shelf in the NAMI SCC Library

There is a new *Recovery and Wellness* section in the NAMI Office Library. Here are some books and media that can be found there. All of them focus on how clients have found recovery and offer suggestions that might help others:

- The Bipolar Advantage, a book by Tom Wootton
- "Coping with Voices: Self Help Strategies for People Who Hear Voices That Are Distressing," a pamphlet by the National Empowerment Center
- "Healthy Lifestyle Solutions: Guide to Weight Management," a 21-minute video by Lilly
- "The Journey from Patient to Student," a 40-minute video by NAMI
- "NAMI Peer-to-Peer Recovery Education Course," a 16-minute film in DVD and VHS formats.
- "Recovery as a Journey of the Heart," a 90-minute video by Patricia Deegan, PhD.
- "Shadow Voices: Finding Hope in Mental Illness," a 58-minute DVD with discussion guide, seen on television in March.
- Telling is Risky Business: Mental Health Consumers Confront Stigma, a book by Otto F. Wahl

Stop by the Library during office hours and check out an item from this new section. Call the office to offer suggestions of items that have helped you get and stay healthy or helped a family member. We'd like to add more materials. — got any recommendations?

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.

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.html.



Asian Mental Health Resources

The Culture to Culture Foundation's directory of Asian mental health services in the Bay Area is at: www.asianmentalhealth.info. Its Chinese-American mental health network program is at: www.camhn.org.

Hall of Fame Award!

Congratulations to **Kathy Forward**, who has been named to the NAMI National Family-to-Family Hall of Fame for her great work on Family-to-Family, including having taught the course for more than 20 classes.

Kathy, from all of your NAMI colleagues and friends, congratulations and thanks!!



The NAMI Santa Clara County Newsletter is published monthly by the Newsletter Crew, with **Cole Buxbaum**, Editor, and **Donna-Jo**, Typesetter. We are trying out a new format -- let us know what you think! Many thanks to our GREAT 3rd-Tuesday newsletter volunteers who fold & prepare newsletters for bulk mailing -- come help us?



SHOWN: Center left
Kathy Forward
and Monica Nay

NAMIWALK News!

On Saturday, June 3, NAMI Santa Clara Went Walking! Once again, the weather was perfect, and we hope you enjoyed the

Meadow, the music and, most important, the opportunity to walk for our families and ourselves. The final count is not yet available, but I saw BraveHearts and eWokers, Dream Team, Amazing Grace, Weekend Walkers, NAMI en Español, South Bay Gypsies, Joy Luck, Self Help Center, Family to Family SCC, and the two members of George's Team. Knights of Columbus were there, and The SSRIs, Sarah's Wonder Walkers, and San Jose Supporters were surely there too. And not to forget **Al, Cindy, Amparo, Navah, Rose, Minnie, Jesus, Fred, Lisa, Marilyn, and Margaret**, and all who took care of our resource and registration tables as well as the water stop on the course. Many thanks, everyone, whether you participated in person, in spirit, with donations, or with sponsorships! We walked knowing your many donations will help us continue and increase services to our families. For those who couldn't make it this year, there's always next year!

"Pretty darn good hotdogs," was one comment we heard—and personally I can report, "That was the best veggie dog I've ever had!" All the pre-paid vouchers to Café Phoenix were used—thanks NAMI Santa Clara... Palmer College's massages provided post-walk relaxation. And our Big Yellow School Bus arrived full. They left the park amid enthusiastic cheers in spite of a rather long wait at the end of the walk. Cheers to **Dr. Peña** & County Mental Health for providing the bus! I heard reports of children who forgot about their Game Boys during the Walk & teenagers who woke their families at 5:00 am to make sure they arrived on time—a true testament to a family day in the park!

And finally, if you have any suggested changes for next year or things that you really liked, we'd love to hear from you. Please call or email to me at vmitchem@hotmail.com, 408-259-2256 (or leave a message to the office (408-583-0001). Thanks from us all on the NAMIWALK Committee for your wonderful support and a terrific day!! **Bernie, Nicole, Steve, Jesus, Richard, Luisa, Jen, and Gini.**



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

Money & Food – Comforting Addictions!



Whether it is a result of medication, illness, stress, behavior patterns, personality or whatever, money and food can easily become more than satisfying the necessities of life.

Ideas for supportive structures

MONEY

- budget
- envelopes for each necessity
- a bank to help pay bills

FOOD

- meal plans
- grocery lists
- eating at regular times

Ideas for supportive motivators

MONEY

- saving for small, desired items
- special entertainment event
- better housing

FOOD

- cooking classes
- reduce food costs
- cook healthy for others

More ideas?? Come and share at any NAMI Support Group and receive supportive ideas about these issues and more!

The Support and Empowerment Support group held on the 4th Thursday at the Alliance for Community Care, in San Jose is for consumers, friends and family. Please see pp. 4-5 for a listing of all NAMI Support Groups, locations, and times.

Volunteer for NAMI NOW!

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.

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 Friday 8/25, 8-12 or 12-5 PM; on Saturday 8/26, 8-12 noon, from 12-4:30 PM & 1-2 PM ballot counting). Call us at **408/583-0001** and ask for **JoAnn**.

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

Rhonda Lakatos presents the LEAP technique at the July 18 Volunteer Meeting. This is a process to create a treatment agreement which Xavier Amador describes in his book **I am Not Sick, I Don't Need Help!** 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: _____
- 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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RETURN SERVICE REQUESTED

DATED MATERIAL

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