



nami

Santa Clara County

307 Orchard City Drive, Suite 205, Campbell, CA 95008-2948
Phone: 408-583-0001 FAX: 408-583-0004
info@namisantaclara.org www.namisantaclara.org

"Your Community's Voice on Mental Illness"

Volume XXIX

No. 8

August 2006

COUNTY MENTAL HEALTH EMERGENCY SERVICES AND REFERRALS

EMERGENCIES:

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

FOR SERIOUS MH HELP & COUNSELING:

Suicide & Crisis @ 408-279-3312

MENTAL HEALTH CALL CENTER

1-800-704-0900 On-Call Staff, 24 hr Service.
Info. & Referrals, Mon.-Fri, 8 AM-5 PM
English, Spanish, Vietnamese spoken at all times.

OFFICE OF CLIENT EMPOWERMENT

408-254-5350

NAMI SANTA CLARA COUNTY OFFICE INFORMATION & REFERRALS

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

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**.

NAMI Santa Clara County needs volunteers for our exhibit tables at the NAMI California Conference. Call 408-583-0001 if you could provide coverage for one hour on Friday, August 25 or Saturday, August 26. See page 7.



NAMI Annual Picnic

Sunday, July 30, 2006

12-3 PM

Elks' Lodge, Santa Clara

By the time you receive this, the NAMI Annual Picnic will be almost upon us. And it promises to be a lot of fun! We have some exciting raffle baskets and prizes in the planning, our musician **Derek See** is ready, and our cooks and servers are lining up their tools for the barbeque. Don't forget to bring a side dish or dessert if you can manage. Hot dogs, hamburgers, veggie burgers, and drinks will be provided. And if you would like to volunteer, there is still time to call **Gini or John at 408-259-2256** or email ymitchem@hotmail.com. We look forward to a relaxing Sunday at the shady **Elks Lodge (1680 Martin Ave, Santa Clara, CA 95050)** with friends and family. Call the NAMI office at 408-583-0001 if you need directions. See you there!

There will be no General Meeting in 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. We have secured Good Samaritan Auditorium for all of our meetings through June 2007.

In the meantime, we hope to see you at the NAMI PICNIC on **Sunday, July 30!**

The next Sept. General Meeting is on Tuesday, September 12 at 7 PM at Good Samaritan Hospital Auditorium

NO GENERAL MEETING FOR AUGUST

“Out of the Shadow” NAMI Santa Clara General Meeting, June 14, 2006

At the June General meeting, we were exposed to a very emotional, but hopeful movie produced and photographed by Susan Smiley, chronicling the filmmaker's mother's battle with schizophrenia and her subsequent trials within the public health system. A reviewer in the press, Peter Wieden, MD, professor of psychiatry, SUNY Downstate Medical Center, said, “Deserving of the widest possible audiences will clearly serve to inform the public and engage viewers about the challenges of coping with a mentally ill loved one ...will provide a wonderful training tool for all those in the mental health field.”

All of our members who saw the film are only too aware of the pain suffered by their loved ones & the difficulties and injustices experienced by them & their family. When the film was over, the audience left in silence. (ED)

Diabetes, One More Burden for the Mentally Ill, Digested from N.Y. Times, June 12, 2006

By Cole Buxbaum

Dr. John Newcomer, professor of psychiatry at Washington University School of Medicine, says that one in five people with mental illness develops diabetes; double the rate in the general population. This can lead to complications like heart disease.

The required regimen of blood testing diet and weight control that control Type 2 diabetes is often beyond the attention of the mentally ill. The task of taming two debilitating diseases can haunt their lives, said Dr. Jeffrey Lieberman, chairman of the psychiatry department of Columbia University.

Many of the newer atypical antipsychotic medications, according to Dr. Gail Daumit, an assistant professor of medicine at Johns Hopkins Mental Institution, alter the glucose metabolism and stimulate weight gain, particularly in people predisposed to diabetes.

In some cases weight gain of 50 pounds, in mere months, takes place. Without the drugs, however, many high functioning patients would be in jail or institutions; they are enormously beneficial says Dr. P. Murali Doraiswamy, head of biological psychiatry at Duke University, “but they have an Achilles heel.” A recent State Department of Health sampling in New York City found that nearly a quarter of the residents in 19 homes had diabetes. Some dining halls have sugar-free sections.

Most mentally ill persons don't have a primary care provider, said Dr. Newcomer, which would reduce the problem. Resources are inadequate. Dr. Kenneth Duckworth, medical director for the National Alliance on Mental Illness says that the field has been passive. He weighs his patients and checks their sugars, not typical.

When Dr. Newcomer chats with patients on Clozapine he said “this may give you your mind back but may hurt your body.” Most prefer the medication.

Finding a Good Psychiatrist: Seven Tips

NAMI Santa Clara County doesn't recommend psychiatrists. However, you can check with other families who have relatives with a mental illness to see if they have had a good experience with a particular psychiatrist (or other mental health professional). A good psychiatrist, psychologist, MFCC or other professional is one who, among other things:

1. Will make special efforts to communicate with the family.
2. Will not insist on the patient making the initial contact.
3. Recognizes the illness is a brain disease caused by biological, rather than interpersonal factors.
4. Is strong enough not to be threatened by the views of the family or patient on treatment, strong enough to discuss openly the symptoms, medications and side effects. One who is not preoccupied by the boundaries between consumers and providers and one who believes there is no special mystique about psychiatry.
5. Is flexible enough to experiment with treatments and to enlist families as part of the treatment team when indicated.
6. Is accommodating enough to reschedule visits at less frequent intervals to match financial ability and by doing this communicates that he/she is more concerned about the patient than about maximizing income.
7. Takes seriously and respects the information communicated by the family.

Suggested by Sonoma County Chapter (NAMI)

Private Case Management

More and more people are recognizing the value of private case management. Case Management typically requires specific education as a social worker or therapist/counselor and costs close to \$100/per hour.

It is, however, becoming increasingly obvious that many of our loved ones need someone in their lives who can act as a mentor and friend., someone to accompany them on a hike, meet for coffee, or even go to a baseball game. Perhaps someone to help them find any apartment. Or give them a ride to appointments. And often, many parents and family members long for the day our loved one will connect with someone who has lived through mental illness, is in recovery, and can truly understand and counsel our loved one back toward wholeness.

If you come to the picnic you will see (and possibly bid on) the baskets that are titled “Coffee with a Mentor.” These provide a kind of “preview” activity for this type of support for your loved one. If you are interested in finding out more about this kind of private case management, we have consumers who are willing to teach what they have learned and to mentor people who are still on their journey of recovery. Contact the NAMI office if you are interested in learning more at **408.583.0001**.

Get Well! Kathy Peters

We wish **Kathy Peters** a full and speedy recovery from cataract eye surgery. Our thoughts and prayers are with you at NAMI.



Bipolar Advantage Workshop, August 5-6, 2006

Tom Wootton, author of **The Bipolar Advantage**, is facilitating a summer workshop on August 5-6 at Hidden Valley Retreat, open to those with bipolar, and their families and friends, as well as therapists & professionals assisting with bipolar/depression. Fee is \$250 double occupancy lodging and all meals. Call **760/749-5719** for information.

[//www.bipolarinorder.org](http://www.bipolarinorder.org) -or- [//www.bipolaradvantage.com](http://www.bipolaradvantage.com)

Renter's Rebate Clinic

Most low income renters in California are eligible for a renter's rebate from the state. Many low income people, including many mental health consumers, are unaware that they may apply for a once-a-year rebate of up to \$357.

The Mental Health Advocacy Project, 111 West St. John Street, Suite 315, San Jose 95113, is supplying free assistance with Renter's Rebate applications each Thursday in July and August from 1-5 PM. For more information, contact J.T. Do at **408/280-2443**.

Navah Statman and NAMI Featured in Cupertino Courier

Past President **Navah Statman's** picture and a fine story about NAMI and Navah appeared in the Cupertino Courier on June 21. The article is yet another very useful step in educating the public about serious mental illness and the excellent work of NAMI-Santa Clara County.



As the article describes, when Navah and Meir Statman's daughter Barbara became ill with bipolar disorder, they turned to NAMI for assistance, education, support and understanding. The piece also gives a brief history of NAMI and describes some of our work such as our support groups, our Family-to-Family course, and our advocacy work. As our membership knows well, Navah has repaid NAMI many fold for our early support of her and her family.

The Courier report describes some of the great contributions that Navah has made to our organization and discusses her recent award for outstanding service to the Mental Health community from the Junior League. (See our March Newsletter.) Articles like this are very important in removing stigma, showing the human face of serious mental illness and publicizing our work.

Thanks Navah for your good work and your willingness to tell your story to the Cupertino Courier!

New Support Group for Consumers, Family, & Friends

NAMI Santa Clara invites you to a new monthly drop-in support group for consumers, family and friends. All are welcome, especially those looking for continuing support after the NAMI Peer-to-Peer education classes. We meet on the 4th Thursday of each month at Alliance for Community Care in San Jose to:

- Support each other through group problem solving
- Share group wisdom
- Learn coping skills for our own and other's behavior
- Share updates on issues, books, and upcoming events
- Continue the work we started in the Peer-to-Peer course

7-8:30 pm every 4th Thursday

Alliance for Community Care

2001 The Alameda at Hwy 17, San Jose
(Parking and entrance in rear off Morse St)

For more information call **408/229-0428** or
email inchestomiles@hotmail.com



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 springtime! 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 beautiful support! Call the NAMI office at **408/583-0001**.

Volunteers: Please come early on Tuesday, August 15 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.

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. **Taking sign-ups for August-September.**

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!

Special Events:

Talent Show at Zephyr: Wednesday, August 24 4-7 pm

Open to the general public--Any Special talents can demonstrate or perform. Consumers are encouraged to sign-up and show their talent. Prizes for top go-getter! Deli trays, fruits & desserts will be 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.)

New Monthly Ceramic Painting Event (Last Wed. of every month) Drop-in 10-2 pm

Thursdays

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

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

(Book reading: **Novel or Video to be Determined**)

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. Depression Group 1:30-2:30 pm.

Movies 2:30-4 pm. Topics Vary. Call center for more details

Tues. Weds, and Thurs, — Closed all day

Fri. open 1:30 - 4:00 pm. DRA Group Dual Diagnosis 1:30-2:30 pm. Games, Cards 2:30-4 pm.

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

Our First Summer BBQ in the Park July 28th at Las Animas Park
Call for time!

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

Consumers, Friend, and Family 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.

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 es- peramos 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.
Phone 293-0422.

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 Tours. Of the Month @6:45-8:30 pm

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

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

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.

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.
Phone 293-0422.



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

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.

The Santa Clara County Mental Health Board Meeting and Associated Board Meetings have been cancelled for the month of August. The Mental Health Board will resume its regular scheduled meeting times in September, 2006.

**Our next NAMI SCC Board Meeting is Tuesday, August 1 at 7 PM. All are welcome.
Don't forget the picnic on July 30!**

NAMI Speakers Bureau Training Coming This Fall

If you have received positive support from NAMI, perhaps you would like to help others. Every month NAMI of Santa Clara County is asked to staff a table at a health fair or explain about our services to community or school groups. It is good to have a large pool of people to draw from so the work is shared. To add to our Speakers Pool, NAMI will be offering a two-hour training class this fall to interested people.

During the training you will:

- learn topics that we always like to include in our talks,
- find how to provide an appropriate talk for a specific audience
- gain basic information about mental illnesses and NAMI services
- receive a Speakers Handbook that will help support your presentation
- decide if you would like to be in the NAMI Speakers bureau

Some people who have spoken for NAMI have said:

“I felt I really touched the audience and increased their understanding about mental illnesses and compassion for those with a brain disorder.”

“A mother stopped by the NAMI table. Her son had just been diagnosed with schizophrenia. She was afraid and did not know where to turn, but after talking awhile she felt she could contact NAMI for support for herself and learn about resources for her son. She was very relieved that we had a table at the fair.”

Call **408/583-0001** or email info@namisantaclara.org to get your name on the training list.

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.

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

2nd Annual Schizophrenia/Bipolar Education Day

will be held at Sherman Fairchild Auditorium
 291 Campus Drive, Stanford
 on October 1, 2006 from 8 AM to noon.

Presented by the
 Stanford University School of Medicine
Terence Ketter, MD Director, Bipolar Clinic and
Dr. Ira Glick, MD Director, Schizophrenia

Individuals with Schizophrenia or Bipolar disorders, family members, caregivers, friends and all community members are invited to attend. Continental Breakfast will be provided. For additional information, please contact: Jennifer Nam at **650/724-4795** or at: jnam@stanford.edu

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.



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?

NAMI WALKS ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
 FOR THE MIND OF AMERICA

August 3 is the day the NAMIWALK San Francisco Bay Area books are closed for the year, and we are still making progress towards our \$300,000 goal, at 84% on July 4. Thank you all once more for the great contribution made from NAMI Santa Clara! We'll have final details after August 3. For anyone who hasn't yet made a donation for this year and would like to, there's still time—either online or offline. Click on www.namiwalksfbayarea.org for online details. NAMIWALK, P.O. Box 5125, Novato, CA 94948, is the address for checks (made out to NAMIWALK SF Bay Area). Be sure to write **NAMI Santa Clara County and the Santa Clara team of your choice** on the Memo section of the check.

And as we close out this year, plans are already in progress for next year—Saturday, May 12, 2007 is the date. Please be sure to let us know if you have recommendations of things you liked or wished were different. Meanwhile, we hope you and your families are enjoying the rhythms of summer. Before we know it, we'll be back for NAMIWALK 2007! The NAMIWALK Santa Clara Committee, c/o vmitchem@hotmail.com, 408/259-2256.



Mary Alexander and Daughter, Deidre



Nicole Rathjen eWoker-In-Chief



Into the Sunlight— Leaving the starting line—NAMI WALK July 3, 2006

The Esteemed eWokers Team

We all made it through!



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

A Support Group topic: SleepZZZZzzzzzzzzzz



Sleep Reorganizes Brain Connections to Improve Performance

Sleep helps strengthen memories and improves physical performance by producing large-scale changes in brain activity that makes a skill less dependent on conscious thought, Dr. Matthew P. Walker and colleagues at Harvard Medical School have found. (Walker, MP, Stickgold R; Alsop D; Gaab N; Schlaug G. [Sleep-dependent motor memory plasticity in the human brain](#). Neuroscience. 2005. 133(4):911-917).

T or F: Exercise regularly. It is best to complete our workout at least a few hours before bedtime. In general, exercising regularly makes it easier to fall asleep and contributes to sounder sleep. However, exercising sporadically or right before going to bed will make falling asleep more difficult. Finish your exercise at least 3 hours before bedtime. Late afternoon exercise is the perfect way to help you fall asleep at night.

T or F: It is important to maintain a regular bed and wake time schedule including weekends. Our sleep-wake cycle is regulated by a "circadian clock" in our brain and the body's need to balance both sleep time and wake time. A regular waking time in the morning strengthens the circadian function and can help with sleep onset at night. That is also why it is important to keep a regular bedtime and wake-time, even on the weekends when there is the temptation to sleep in. For more information on healthy sleep behaviors and other of life's coping skills, attend the 4th Thursday or the 3rd Tuesday NAMI Support Group, 7-8:30 (see newsletter information).

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 packet stuffing right away and also for the registration counter, NAMI SCC & continuing education tables, 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: **We still need volunteers for Friday, August 25, & Saturday and August 26, 8 AM to 4:30 PM**, covering the CEU Table & Registration Booth. Volunteers receive a complimentary registration for the day they volunteer only (doesn't include meals). Please leave your name and contact number at the NAMI Office front desk (408/583-0001) if you would like to help.

There will be no volunteers' meeting at the NAMI SCC Office for August—come to the Conference!

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
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 Campbell, CA 95008-2948

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INSIDE the August 2006 ISSUE:

NAMI SCC Picnic, Sunday July 30 & Upcoming Events P. 1
 "Out of Shadow" & Article Write-ups P. 2
 Navah Statman Featured in Cupertino Courier Article! P. 3
 New San Jose Support Group at Alliance (4th Thursday) P. 3
 NAMI Education Programs & Support Groups Calendar Pp. 4-5
 SCC Mental Health Board P. 6
 Next NAMI SCC Open Board Meeting, Tues August 1 P. 6
 NAMI Speakers' Bureau Training Sessions P. 6
 NAMI Walks Event Summary Update P. 7
 No Volunteers' Meeting on Tues July 18 P. 7
 Volunteers Needed for NAMI State Conf, Aug 24-25 P. 7