



Santa Clara County

National Alliance on Mental Illness

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 XXX

No. 9

September 2007

COUNTY MENTAL HEALTH EMERGENCY SERVICES AND REFERRALS

EMERGENCIES

Dial **911** and request a Crisis Intervention Team (CIT) Officer

EMERGENCY PSYCHIATRIC SERVICES (EPS)

820 Enborg Court, San Jose 95128 **408-885-6100**

SERIOUS MENTAL HEALTH HELP & COUNSELING

Suicide & Crisis **408-279-3312**

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

24 hr On-Call Staff; Info. & Referrals, **M-F, 8 A.M.-5 P.M.**

English, Spanish, Vietnamese spoken at all times.

OFFICE OF CLIENT EMPOWERMENT **has a new name**

CONSUMER AFFAIRS & SELF-HELP PROGRAMS

408-254-5350

NAMI SANTA CLARA COUNTY OFFICE

Info/Referrals 10 A.M. – 2 P.M., M-F 408-583-0001

Evening Hrs: Lee Gernand (English) **650-322-6878**

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

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

Jen Hong (Mandarin) **408-996-1016**

NAMI Santa Clara County Annual Picnic

July 29, 2007 by Gini Mitchem

"It was fun," said **Fred Genetti** after spending a Sunday afternoon at the Elks Club in Santa Clara at the annual picnic. "It was inspiring," was the way **Heidi Mitchem** described it. "The energy provided by the volunteers: musicians, shoppers, cooks, servers, cleanup crew, setup crew, our Face Painter and Name Tag Table people, our raffle contributors, ticket sellers, and announcer, and of course our attendees, was all-time terrific!" is how I will remember this festive occasion. And there were the e-mail and phone calls with **Margene and Nicole** as we bounced the plans around until the day finally fell into place.

For the third year, the Elks Club provided a delightful venue, with the large shady patio bounded by an expanse of green lawn, most surprising in this commercial area just north of SJ Int'l Airport. The volleyball net donated by **Lilly and Mike Henning** along with horseshoes and a ball basket from **Luisa and Mimi** were popular. These "outdoor" activities were well used by the younger and many of the older guests. And I had my face painted for the very first time with what better symbol—a rainbow. **Brandy Spinael** kept a steady stream of people coming to her face-painting table. Thanks, Brandy!

The raffle table was filled with beautiful baskets and a variety of coupons and gift certificates contributed by individuals and several generous Campbell merchants. **Nicole and Alexis** sold lots of tickets. In all there were over 50 prizes!

(Continued on Page 6)

General Meeting, Tuesday, September 11



"Current Findings and Practices on Schizophrenia Treatment/Research"

Ira Glick, MD

Director of Schizophrenia Research
at Stanford University

**Good Samaritan Hospital Auditorium
2425 Samaritan Dr, San Jose, 7-9 P.M.**

It is our great pleasure to announce that our September speaker will be **Dr. Ira Glick**, Director of Schizophrenia Research at Stanford University School of Medicine & Stanford Hospital. Dr. Glick is a professor and instructor in Psychiatry and Behavioral Science and Psychopharmacology at Stanford University. He is Director of Stanford's Schizophrenia out-patient clinic, where he sees patients and consults on issues of treatment, management and medication regarding schizophrenia. Dr. Glick was a founding speaker at Stanford's first Day of Community Education on Mental Illness in 2005 that was so successful it has become an annual event. He will present on current findings and practices regarding schizophrenia treatment and research.

We are meeting once again at Good Samaritan Hospital Auditorium in Los Gatos. Meetings begin at 7:30 P.M. for NAMI Santa Clara business and announcements. Dr. Glick will speak from 8:00-9:00 P.M. Come to Good Samaritan Hospital Auditorium at 7 P.M. to meet and greet.

Driving Directions to Good Samaritan Hospital:

Hwy 17 South to Lark Blvd. Exit Lark to Los Gatos Blvd. Follow Los Gatos Blvd to Samaritan Dr., Right on Samaritan Dr. to Hospital Main Entrance. Auditorium is in main building in the basement. Or find it online at www.maps.yahoo.com

NAMI California State Annual Conference 2007

September 28-29 at Irvine Marriott Hotel in Southern CA. This year's theme is "From Dream to Reality."

Go to www.nami.california.org for details and to download the registration form.

NAMI SCC Board for 2007-2008

President: John Mitchem

VPs: Margene Chmyz, Darrell Erb & Louisa Perez

Past President: Navah Statman Treasurer: Monica Nay

Secretary: Isabel Romero

Recorder: Cathy Pasek

The NAMI Santa Clara County Newsletter is published monthly by the Newsletter Crew, with **Cole Buxbaum**, Editor and **Donna-Jo**, Typesetter, and many great volunteers. Won't you come help us fold newsletters in September 18?

**Peter Newman and Cole Buxbaum Report
on Stanford Bipolar Education Day Session
(3rd Annual) July 14, 2007**

Peter Newman - This year the event was on bipolar only, rather than bipolar and schizophrenia combined, yet the response was much greater than expected; about 500 people came when 300 were expected. It was standing room only in the largest auditorium of the medical school!

"Medication Treatment in Bipolar Disorder"

by Dr. Po Wang

Dr. Wang mentioned that the old way of treating bipolar disorder was to treat the depression and the mania separately (this is certainly how my own bipolar disorder was treated). He suggested that these days we look at bipolar disorder as the condition that gives one manias and depressions rather than as mania and depression separately. Current practice is to stabilize the patient and then treat depression. Dr. Wang thinks that treating the whole disorder at once would be better, but we are not there yet. He mentioned that two-thirds of those with bipolar disorder are overweight which is a serious side-effect of current medication.

**"Differential Diagnosis of Bipolar Disorder —
Distinguishing Bipolar Disorder from Unipolar Depression"**

by Dr. Ketter

Dr. Ketter spoke about differential diagnosis again, but from a different viewpoint. He mentioned that the new version of the Diagnostic and Statistical Manual (DSM V), currently under compilation, will contain a **dimensional aspect** for the first time. He made a distinction between emotional swings and mood swings when speaking of personality disorders. I really wanted to ask him about the difference, but did not get an opportunity. He gave the prevalence of bipolar disorder in the general population as approximately: Bipolar I, 1%; Bipolar II, 1%; Bipolar not otherwise specified, 2%. I was previously unaware of the high prevalence of bipolar disorders.

"Psychotherapy Treatment Options for Bipolar Disorder"

by Dr. Jenifer Culver

Dr. Culver's excellent presentation covered talk therapies, family focused treatment (FFT), interpersonal and social rhythm therapy (IPSRT), cognitive-behavioral therapy (CBT), and a new application for dialectal behavior therapy (DBT) for people with bipolar disorder, which Dr. Culver is currently pioneering in her DBT skills group.

Transcripts on each presentation and many resources are available at www.bipolar.org. She pointed out the results of some recent scientific studies showing the effectiveness of psychoeducation. I was delighted to find that at the end of her talk she mentioned NAMI's **Peer-to-Peer Recovery Education Course** as a source of psychoeducation. She also mentioned a number of good books. I was also very pleased to see the practical "how-to" information that she included at the end of her talk. In particular she mentioned The Bipolar Workbook: Tools for Controlling Your Mood Swings by Monica Ramirez Basco. Go to www.amazon.com to purchase this book.

During the break the NAMI Santa Clara and San Mateo booths were very well attended. Flyers for the Peer-to-Peer program went very fast especially because it had just been mentioned by both Dr. Culver and Krista Radojevich, NAMI Contra Costa.

Cole Buxbaum

Perspectives from NAMI Contra Costa by Krista Radojevich: She described the content of the various classes taught including references to treatment, coping skills, etc., and the need for attitude change. Well presented and attended.

Diagnosis of Pediatric Bipolar Disorders: Current Research & Treatment by **Meghan Howe, MSW**, Clinical Lab Manager of the Pediatric, Bipolar Disorder Clinics, discussed the multiple factors that are responsible for familial connections to the illnesses. First degree relatives have a 9% risk. Age of onset: 13 years or younger, 28%; 13-18 years, 37%; 18 years or older, 35%.

One part of the brain, the anterior limbic network, appears to be smaller in children with the illness. The prefrontal cortex of the brain appears to affect symptoms.

Manasi Rana, M.D., Post Doctoral Fellow Child and Adolescent Psychiatry: She described aspects of depression. There are four different bipolar-related disorders. Rana discussed the sequence and duration of episodes of pediatric bipolar disorder. Family history is very important. Many patients are likely to have substance abuse problems, as well (4 times more likely than the general population). Kids with depression are more irritable and less euphoric. Certain states are high predictors of attempted suicide.

Perspectives from the Depression and Bipolar Support Alliance (DBSA) by **Marilyn and Andrea Hillerman** (mother and daughter): They told of their experience with mental illness from both sides. Andrea is in recovery, doing well, and is now a support assistant.

**Stanford Schizophrenia Education Day
Saturday, September 15**

The free Schizophrenia Education Day at Stanford will take place on Sept. 15 from 8 A.M. to noon. After a continental breakfast at 8 A.M., the talks start at 8:30 A.M. and feature **Professors Glick, Levinson, Hardan and Research Associate Fried**. There will be breakout groups during the second half of the program starting at 10:15 A.M.

Many who have previously attended this event have found it very useful. It will take place at **Sherman Fairchild Auditorium, 291 Campus Dr., Stanford**. For more information call Jeane Bosch at **650-723-6678** or email jbosch@stanford.edu.

**Mental Health: Mental Illness Symptomology,
Classification/Diagnoses, & Appropriate Medications**

Thursday, September 27, 2007 1-3 P.M.

Administrative Office Bldg, 2325 Enborg Lane, Rm #208, San Jose. Training provided by: **Dr. Anthony Cozzolino**, Psychiatrist and **Dr. Xuan Cung**, Pharmacist. For information, call Bob Dolci **408/793-6451** or email robert.dolci@hhs.sccgov.org

Save the Date! September 22, 2007 at 10 A.M.

Jackie Speier, community leader and co-author of an inspiring new book, will talk about her life and work. The book is titled **This is Not the Life I Ordered—50 Ways to Keep Your Head Above Water When Life Keeps Dragging You Down**. There will be a book signing at the end of the presentation. Contact Planetree Health Library for more details. 15891 Los Gatos-Almaden Road, Los Gatos, **408/358-5667**. www.planetreesanjose.org

Board Approves Five Year Strategic Plan

Our NAMI SCC Board of Directors recently approved our first-ever 5-Year Strategic Plan. All NAMI members understand that great work remains to be done on behalf of those with severe mental illness and their families. NAMI National and NAMI California are both working hard to improve and increase their services. With our Plan, NAMI SCC expects to enhance our work in all areas of our Mission statement:

To help people with mental illness, families, and the community by providing support, education, and advocacy for those suffering from mental illness; to promote research, to reduce stigma and guilt; and to improve services by working with health professionals and families.

Among the goals for the first year (2008) are to expand multicultural programs and outreach, reactivate the housing committee, add a wellness and nutrition component to Peer-to-Peer, continue to develop and implement our Peer PALS program and our Consumer Advisory Committee, and, of course, to continue our education programs (Family-to-Family, Peer-to-Peer, and Provider Course) and to increase membership among graduates of these courses.

In order to accomplish these goals we need the continued wonderful volunteer work from our members. We must remain a grassroots organization of family members and consumers. So another goal is to improve membership retention and develop a coordinated volunteer engagement/media/fundraising plan. In order to support our volunteers and their efforts, the Plan calls for a strengthened organizational infrastructure which includes an increase in part-time paid positions

If you are interested in reading our 5-Year Strategic Plan, you may call the NAMI SCC office to request a copy. You are welcome to give your comments, suggestions, and criticisms to any Board member. Please understand that the document is **not written in stone**, it may be changed. In fact as we progress we expect that changes will be made in it

Thanks for you continuing interest, support, and excellent efforts on behalf of those with biological brain disorders and their families.

John Mitchem, President

Promote the Movie "CANVAS"—Write Oprah!

"CANVAS" was screened at the recent NAMI National Conference, and **John Mitchem** and others thought it was a realistic depiction of a family dealing with schizophrenia. Please make sure to contact the Oprah Winfrey Show and ask that the director and cast of the movie "CANVAS" be interviewed on her show **before it is released in October 2007**. By promoting the movie, Oprah can help educate millions of people about the real-life experiences of families who battle schizophrenia. Emphasize the powerful, authentic performances by Marcia Gay Harden, Joe Pantoliano and 10-year-old Devon Gearhart – and that the movie was inspired by the director's personal family story. Ask her to visit www.canvasthefilm.com to watch the preview. Send e-mail messages through Oprah's Web site: www2.oprah.com/index.jhtml Better yet, write a regular snail-mail letter to the show to: **Ms. Oprah Winfrey, The Oprah Winfrey Show – Harpo Productions, 110 North Carpenter Street, Chicago, Illinois 60607-2104.**

Where is My PAL? (Peer Associate Leader)

by Michael Rogan and Lorraine Zeller

A year ago this September, members of our NAMI SCC Board began to consider adding a new program to empower peers to reach out to other peers who are just beginning recovery from a serious mental illness and share their experience, strength, and sense of hope. A small committee was formed with **Michael Rogan** as chair and **Margene Chmyz** as co-chair. Tasked with research and planning, committee members were surprised to learn that no effective program had been applied in any NAMI affiliate across the country. **Cheryl Aronowitz** then joined the committee and helped flesh out a framework whereby NAMI SCC could accomplish this aim.

Peer mentoring is not a new idea. The power of one trained peer reaching out to another in a healthy and structured way is a recognized, effective method to improve the life quality of those with mental health problems. It is also a most effective way to model recovery. NAMI SCC Board members and members of our NAMI community showed great support and enthusiasm. Soon the committee was extended to include **Rich Berryessa**, **Rose Brown**, President **John Mitchem**, and **Michael Whitney**. The group met to carefully look at the proposal, and develop its scope. The result: our Board unanimously supported the plan, agreed to fund the start up costs, and named the program *Peer Associate Leadership and Support*, now referred to as the **Peer PALS program**.

The committee worked through June and July to find two key people to act as Advisor and Coordinator. The committee soon learned there were many qualified and talented NAMI members in our fortunate affiliate who were willing to shoulder this important, perhaps lifesaving work. The decision was made, and NAMI SCC is proud to announce that members **Scott Fisher** and **Lorraine Zeller** have agreed to act as Advisor and Coordinator, respectively. Scott, a retired professional provider has served the mental health community as a life work and brings a wealth of experience and wisdom to Peer PALS. Lorraine, a veteran organizer and advocate for the community, brings a wide range of skills and innate organizational abilities to help us flesh out program details prior to launch and reach out to recruit Peer Associates (also called PALS) and peer clients.

Thanks to all who have contributed so much to make this happen. Many in our community have shown interest in becoming a peer associate (PAL) or are seeking a PAL. If you have signed up to be a peer associate or peer client, thank you for your long patience! You will be contacted soon by our Peer PALS Coordinator. We look forward to inaugurating the NAMI Peer PALS program and working with you.

Dear Abby Wants Your Participation

From a recent DEAR ABBY column, "An estimated 320,000 people who suffer from severe mental illness (schizophrenia, bipolar disorder and major depression with psychotic features) are incarcerated in our jails & prisons today." This, of course, is not news to NAMI members. DEAR ABBY continues, "If you or a member of your family has been diagnosed as 'mentally ill' and have spent time in jail or prison, please participate in an important study." Send your first-hand experiences to **C.P. Committee, Group for the Advancement of Psychiatry, Room 322, 701 W. Pratt St., Baltimore, MD, 21201.**

NAMI SANTA CLARA COUNTY EDUCATION PROGRAMS

Family-to-Family: 12-Week Education Program

Contact to Register: NAMI Office @ 408/583-0001

Spanish Speaking: Call **Luisa Perez** @ 408/378-6988

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 CENTER SUPPORT GROUPS

SAN JOSE Zephyr Central County Self-Help Center
408/254.5350 - 687 N. King Rd (at Mabury), SJ 95133 —
Drop-ins welcome.

Mondays — CLOSED

Tuesdays: 9:30 A.M.–2:30 P.M.; Inside/Outside Peer Support Group: 11 A.M.–Noon; Spirituality & Wellness: 12:15 P.M.–1:15 P.M.+; & DBSA Mood Disorders Support: 1:30–3:00.

Wednesdays: 9:30 A.M.–3:00 P.M.

Men's Group: 11 A.M.–Noon; Anger Management: 1–2 P.M.
Ceramic/Painting Drop-In (Last Wed of the Month 10-2 P.M.)

Thursdays: 9:30 A.M.–3:00 P.M.

Cooking with Barry and Crew (first Thurs every month)
10:30–12 P.M.; Beading Craft Group 10:30 A.M.–1 P.M.;
Mental Health Support Group: 1–2 P.M.; Schizophrenic Support: 2–3 P.M.

Community Involvement Meeting held on the second Thurs. of every month from 12 (Noon)-1:00 P.M. Input from the client community is discussed, concerns are addressed, and client appreciation is recognized.

Fridays: 9:30 A.M.–3:00 P.M.

Women's Circle of Trust: 10:30 A.M.–11:30 A.M.
Art & Drawing: 11 A.M.–1 P.M. – Reserve a space!
Dual Recovery Anonymous (DRA): 12 (Noon) – 1 P.M.
Depression Support: 1:30 P.M.–2:30 P.M.

1 on 1 Computer Instruction with Sean 10 A.M.–1 P.M. Fri.

NOTE: Open computer lab EVERY DAY, with individual instruction by appointment.

Pizza and Salads for Lunch! (Tues–Fri)

At this time our Client monthly Bazaar Craft and Art Sale on 1st Saturday of the month at our Center from 8 A.M. to NOON has been **canceled** and will not be held until further notice. Monthly Client Classifieds in our monthly newsletter invites clients to post volunteer services for hire or free items for sale. Please send any contribution to
Theresa.georges@hhs.sccgov.org

New Mental Health Transition Group Open Arms

SAN JOSE—Every Friday at 1:30 P.M. ACT for Mental Health, Inc., 441 Park Avenue, San Jose. Have you ever been diagnosed as having a mental illness or disorder and are struggling with acceptance of the diagnosis, symptoms, medication complications, isolation, and loneliness? Come join us at our new support group. Call 408/287-2640 for more information. See the Fireside Friendship Club on Page 5.

NAMI SUPPORT GROUPS CALENDAR

Drop-In Support Groups for Caregivers & Friends

MTN. VIEW — 1st Monday of the month, 7–9:30 P.M. at St. Timothy's Episcopal Church, 2094 Grant Road at Cuesta, **Library Room #1**, contact Navah Statman at 408/253-7623.

Note: 1st Monday

CAMPBELL — 3rd Tuesday of the month, 7–8:30 P.M.
Family and Friends, NAMI SCC Office, 307 Orchard City Drive, Suite #205, contact **Jennie Vaughn** at 408/378-6950.

SAN JOSE — 4th Thursday of the month, 7–8:30 P.M.
Empowerment Group for Consumers and Caregivers at Momentum for Mental Health, 2001 The Alameda, San Jose, contact **Barbara Saxon** at 408/229-0428.

PALO ALTO — 4th Tuesday of the month, 7–8:30 P.M.
Jewish Family & Children's Services Office, 200 Chan-ning, Palo Alto. Contact at 650/688-3046.

The week has been changed

MORGAN HILL — 2nd Wednesday of the month, 7–8:30 P.M. Nueva Vista, Activity Room, 18225 Hale Ave, Morgan Hill. Contact **Rhonda Lakatos** at 408/270-5302.

SE HABLA ESPAÑOL

SAN JOSE—Familia a Familia, en español, Centro de la Cominidado Dorsa, 1290 Bal Harbor Way (near Story & King Road). Llame á **Luisa Perez** at 408/378-6988

SAN JOSE—Every Friday at 10 A.M. –12 Noon
Grail Community Center, 2003 E. San Antonio St. (at Sunset & San Antonio). Llame á **Emily Gonzalez** at 408/347-7892

SAN JOSE—4th Friday of the month at 7–9:30 P.M. Centro de la Cominidado Dorsa, 1290 Bal Harbor Way. Llame á **Luisa Perez** at 408/378-6988

PALO ALTO—Phoenix North County Self-Help Center
Spanish-speaking and monolingual Spanish support groups; also Peer Counseling. 116 Hamilton Ave, Palo Alto (Alma). Llame á **Sergio**: sergio19682004@yahoo.com

CHINESE SPEAKING SUPPORT GROUPS:

SAN JOSE—1st Thursday of the month at 7– 8:30 P.M.
Momentum for Mental Health (MMH), 2001 The Alameda, San Jose. Contact **Jill Chen** at 408/260-4040

MTN. VIEW—Christian Group: 3rd Thursday, 7–9 P.M.
Mountain View Chinese Christian Church, 175 E. Dana St., Mountain View. Contact **Jen Hong** at 408/996-1016

SCHIZOPHRENIA/SCHIZOAFFECTIVE DISORDER:
PALO ALTO, STANFORD – 1st & 3rd Mon. of the month
1:00 P.M.– 2:00 P.M. **Clients**, drop-in (Room 2210, 2nd Floor)
7:00 P.M. – 9:00 P.M. **Family & Friends**, drop-in (Room 1211, First Floor), 401 Quarry Rd, corner Arboretum, Psych Bldg. Contact 650/723-6678

SAN JOSE—Every Monday, 2 P.M.– 4 P.M. **Art of Living with Schizophrenia/Schizoaffective Disorder**, at the Grace Community Center, 484 E. San Fernando St. at 10th, San Jose, 408/293-0422.

SAN JOSE—Grace Community Center “Happy Hour” intro to ‘Grace’ for family & friends, from 5:30–7 P.M. on Mondays.

SUPPORT GROUPS, continued

SAN JOSE—Wednesday at 1 P.M.–2:30 P.M.

Behavioral Health Outpatient Service and **Older Adult Group Therapy** (over 65 years). Good Samaritan Hospital at Mission Oaks. Call **Intake and Referral at 408/559-2000**

SAN JOSE—Monday 3 P.M.–6 P.M. Safe Circle Women's Group — Contact: **Gloria Teerman at 408/293-0422**

SAN JOSE—Weds 1 P.M.–2 P.M. Mental Illness Thru Day Rehab Group, Grace Comm Ctr, Victorian House, 146 S 10th

SAN JOSE—Monday & Thursday at 10:30 A.M.–Noon Anger Management Group for Adults at Grace Community Center, 484 E. San Fernando St., **408/293-0422**

SAN JOSE—Living with Grace, Fridays from 10:30 A.M.–noon, Grace Community Center, 408/293-0422

SAN JOSE – Every Weds of the Month, 10 A.M.–2 P.M. Fireside Friendship Club ACT for Mental Health, Inc., a life skills social club for people with mental disabilities and physical limitations. 441 Park Ave, SJ (upstairs). Call **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**

SAN JOSE—UNMIBH (Understanding Mental Illness Overview for Families and Friends) 4th Mondays, 6-8 P.M. Dept. of Psychiatry/Health Education, Behavioral Health Ed. Program, KSTR at 5755 Cottle Rd., Rm 1, Bldg. 3. Contact **Susan Jones, MA, CMT 408/363-4843**

LOS ALTOS HILLS – Jewish support group for those coping with mental illness and for the families & friends who support them. **2nd Wednesday of the month at 6:15–8:30 P.M. at Beth Am, Beit Kehillah, 26790 Arastradero Road.** Contact: **Carol Irwin at 408/858-1372**

SUNDAY CONSUMER GROUPS 4th Sunday of Month, NAMI SCC office, 307 Orchard City Dr., Suite 205, Campbell, 2-3 P.M.= The Artists' Hour, and 3-4 P.M. = Consumer Support Group. **August 26, September 23.**



Hawaiian Luau Party—Sat, September 1, 1-3 P.M.
Please come and join us at Phoenix North County Self-Help Center!

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 P.M.–6:00 P.M.

Art Expression: 1–3 P.M. Schizophrenics
Anonymus: 2–3 P.M., Men's Group: 3–4 P.M.
Mood Disorder Support Group 5:30–7:30 P.M.
T/TH Individual 1:1 Peer Counseling-Ongoing

Wednesdays Open 11 A.M.–5 P.M.

Bipolar and Depression Support Group: 11-1 P.M., **Michelle Nelson — 408/472-6696** Dual Recovery Anonymous (DRA): (12-Step) 1–2 P.M. Women's Group/Theresa: 2-3 P.M. Meditation/Relaxation Techniques: 3–4 P.M. PTSD Support Group — Call **650/463-5600**

Drop-ins Welcome!**Thursdays Open 1-6 P.M.**

Meditation/Relaxation Techniques: 1–2 P.M.
“Try Ben's Cooking” 1-3 P.M. Lunch, Socializing & Crafts 2–4 P.M. Consejeria con un consumidor 3-4 P.M. Mood Disorder Support Grp 5:30–7:30 P.M. Computer Help Training by request, and Art Training by request
New To all Veterans. Let's take this time to express our views as veterans, Th 2–3 P.M.

Fridays Open 11-5 P.M. Call for details.

Anger Management: 1–2 P.M.

Saturday Open 11–5 P.M. New Day/Time!

OBSESSIVE/COMPULSIVE Support Groups

PALO ALTO—Bay Affiliate of OCD Foundation

Every other Monday of the Month at 3:30 P.M.

Every Wednesday at 7:00 PM. Contact **Scott Granite** at Palo Alto Medical Clinic, 795 El Camino Real at **650/853-2904.**

SAN JOSE — Art of Living w/Anxiety & OCD, Tuesdays, 10:30 A.M.–12 noon. Grace Community Center

SAN JOSE — Art of Living with Addictions, Weds, 2 P.M.–3:30 P.M. Grace Community Center, call **408/293-0422**

DEPRESSION/BIPOLAR, MOOD/ANXIETY DISORDERS

PALO ALTO— Every Weds at 11 A.M.–1 P.M. and also in **LOS GATOS— 1st, 2nd, and 3rd Fri @ 7:00 P.M.**

Contact **Michelle Nelson — 408/472-6696** or mnelsonsemail@aol.com for Los Gatos or Palo Alto

SAN JOSE — Art of Living with Depression and Bipolar Disorder, every Tuesday 10:30 A.M.–12 noon. Grace Community Center, 484 E San Fernando St. at 10th. **408/293-0422.**

SANTA CLARA—PARENTS HELPING PARENTS

Every 3rd Weds. of the month, 7–9 P.M.

Registration required. 3041 Olcott Street, Santa Clara.

Call **408/727-5775** for more info or to register. (Members: free, non-members: \$5 donation requested) The focus of this group is to establish parent-to-parent support, share resources, and provide a forum for education about all aspects of childhood bipolar illness.

DEPRESSION/BIPOLAR, MOOD/SCHIZOPHRENIA

MENLO PARK — Christian Support Group, 1st Weds at 1:30–3 P.M. & every Thurs. of the Month at 6:45–8:30 P.M.

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

PALO ALTO - DBSA Mood Disorder Support Group for

Bipolar and Depression. 1st, 2nd & 3rd WEDNESDAYS, 6:30-8:30 P.M., 4153A El Camino Way, Palo Alto.

Katherine Lerer at www.mdsgsfba.org **Note:** Unfortunately we no longer include friends and family, or anxiety disorder support groups.

Bipolar Disorder Awareness Day is on October 11, 2007. Stop by the NAMI office and pick up a Bipolar Awareness pin.

GILROY Centro del Valle**South County Self-Help Center**

1215 First St., 95020 — **408/686-2365**

Mon. open 1:30–4 P.M. **New Time —** A group for women/Mental Health Challenges 3-4 PM. Wellness & Recovery (Wrap) Discussion 3–4 P.M. Closed **Tu, W & Th.** Open on **Fri 1:30 to 4 P.M.** DRA Group Dual Diagnosis 1:30–2:30 P.M., **New Day & Time—**A group for men with Mental Hlth Challenges, 3–4 P.M. This group is located inside the South County MH clinic. Art, Drawing or Games with Music 3–4 P.M. Future Plans for: Regular Self Help Client/Ctr Planning Mtg. Other events, BBQ's, movies, parties. Consumer input welcome & volunteers always appreciated!

What's Happening in the Mental Health Community?
Santa Clara County Mental Health Board Calendar, September 2007

All meetings are open to the public.

1st Thursday	9/06/2007	System Planning & Fiscal Committee Meeting, 3:00 P.M. <u>Enborg Seminar Conference Room, 2325 Enborg Lane, SJ.</u>
2nd Monday	9/10/2007	Mental Health Board 12:00 noon <u>East Valley Clinic, 1993 McKee Road, San Jose</u>
2nd Monday	9/10/2007	MHB Older Adult Committee 8:30 A.M. <u>Second Floor Conference Room, 828 S. Bascom Ave Suite 200, SJ.</u>
2nd Thursday	9/13/2007	Family, Adolescent, & Children's Committee 3:00 P.M. <u>Second Floor Conference Room, 828 S. Bascom Ave Suite 200, SJ.</u>
3rd Tuesday	9/18/2007	Minority Advisory Committee 12:00 noon <u>Second Floor Conference Room, 828 S. Bascom Ave Suite 200, SJ.</u>
3rd Thursday	9/20/2007	Adult/Older Adult System of Care 9:00 A.M. <u>Second Floor Conference Room, 828 S. Bascom Ave Suite 200, SJ.</u>

NAMI SANTA CLARA COUNTY OPEN BOARD MEETING —The NAMI Santa Clara County Board Meeting is held the first Tuesday evening of the month. The next meeting is **Tuesday, September 4, 2007, at 7:00 P.M.** at the NAMI Santa Clara County Office at 307 Orchard City Dr. #205, Campbell. Everyone is welcome!

(NAMI Annual Picnic from Page #1)

Responders

by Paul Horelick

Doctor, am I alright?
 What does the CAT scan show?
 Like a flower to the sun
 Will I ever the right way grow?
 Pardon me, nurse –
 Is this pain novel?
 When I swallow these little pills
 Do I follow the medical model?
 As elusive as the unicorn
 Recovery is a Loch Ness monster
 No script to guide me
 No teleprompter
 So please don't criticize my use of lithium;
 It is a salt.
 And, by the way, this illness thing,
 It's not my fault.
 Do you perceive at all this set-up,
 this divine diorama?
 I am trying not to overstate the case
 nor to be a Pollyanna.
 Eight years, dozens of meds later
 a bee in my bonnet
 I believe we are all responders:
 To lithium, to love, to a sonnet
 Hopefully one day
 It will be clear
 that this façade of disorder
 is just a veneer
 My inside, my outside –
 the parts that do not sum
 will coalesce
 and merge into one.



John Forward called the numbers & distributed the goods. An exciting finale, new this year, was the Surprise Door Prize, a deluxe “boom box” generously contributed by **Steve and Nicole**. **Mary's** “Guess how many!” and **Mimi's** “Mix it up” games added to the fun.

Brightly colored, bracelet-containing helium-filled balloons, were handed out at the Name Tag Table attended by **Lorraine Zeller, Sophia Huang and Rich Berrysessa**. **Sophia's** good-looking signs led you to the correct entrance.

This year's musicians were our own **Russ Lakatos, Michael Rogan, James Spaulding, Aaron Mandell, and Heidi Mitchem**. **Young DeAndre** danced. We enjoyed their talent! Shoppers, setup crew, and cleanup crew arrived early, stayed late, and worked diligently to prepare and to leave the picnic area cleaner than we found it. The tables looked beautiful! Thanks to all who helped with these tasks.

Wonderful dishes accompanied the hot dogs and hamburgers expertly grilled by experienced chefs **James Campbell and Steve Rathjen**, joined this year by **Dave Marquardt** and once again by **Dave Freeman** with his tasty pork ribs and special French fries which he contributed. **Marilyn Genetti, Beth Campbell, and Andrea Marquardt** kept plates filled.

Many thanks are due: In particular to **Bert Ahuna** for providing the hamburgers, hot dogs & hot dog buns; to Trader Joe's and Save Mart for juices & sodas. To the following merchants & members for various raffle items: Starbucks Hamilton Avenue, Sonoma Chicken Coop, Trailslloggers, A Bellagio, Stacks Restaurant, Native American Store of Los Gatos, **Lilly and Mike Henning** for many gift certificates, **Nicole, Adam, and Steve Rathjen, Jenny Vaughan, Michael Rogan** for one of his beautiful prints, **Monica Nay, Mary Alexander, NAMI-Walks, Mr. Kozy of DeMartini Orchard, Los Gatos and Pat Pujade**. Thanks to all who joined us—if you couldn't, next year there'll be more fun, food, music, prizes, and best of all, companionship!

NAMI Walk 2007 A Great Success!

Although the final accounting is not quite complete, NAMI SCC raised about \$42,000 in this year's NAMIWalk SFBay Area. So the Walk was not only a fun outing for the participants, it was a major fundraiser for our programs. The funds will be used for continuing programs and also for new programs approved in our 5-Year Strategic Plan recently adopted by our Board of Directors (see the article on P. 3 about our Strategic Plan).

Thanks to all NAMI SCC members who walked, contributed, volunteered, or raised donations for the WALK. Special thanks to those most responsible for raising the \$42,000, our team captains: **Frank Alioto, Christian Mairena, Dennis Cashman and Lisa Giovanetti, Jane Marcus, Cheryl Aronowitz and Mel Rodriguez, Michelle Roberts, Carole Kiely, Ed Dean, Gabrielle Solleder, Anita Mohan, Nicole Rathjen and Shawnee Deck, Dave and Andrea Marquardt, Wendy Aftowicz and Kira Schloetter, Jackie Gutierrez, Megan Reuter, Barbara Perez-Diaz and Luisa Perez, Jen Hong, Gini and John Mitchem.**

Another special thanks to NAMI SCC's own **Ruth Rechtenwald**, who served as an official photographer for the Walk!

Walk Manager **Laurie Williams** did a great job in organizing and managing this year's walk, which raised about two and a half times as much money for NAMI SCC as the 2006 Walk. Fortunately Laurie has accepted the walk manager position for the 2008 Walk and will be starting work on it in September.



The co-chairs for this year's walk were **Carol Gosho** of NAMI San Mateo and **Gini Mitchem** of NAMI Santa Clara. Our members of the steering committee were **Andrea Marquardt** and **Gini Mitchem**. Again thanks to all who participated in any way to make the 2007 NAMIWalk SFBay such a success!

"Inmate Medication Information Form" and also the "Information on What to do When Your Loved One is Taken to Jail"

Here is how you locate it...<http://www.sccgov.org>

In the search box, type **Corrections**

Go to the bottom of the page and click on the following heading: **Inmate Medical/Mental Health Concerns - Correction, Department.** You will see the **Inmate Medication Form** which can be printed and also the information on what to do when your loved one is taken to jail.

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.

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

Interested in attending a support group but don't know who will be there or how it works?

Usually there are 5-15 people with different relationships to an ill relative or friend, of various cultural backgrounds and with crisis to long-term care needs. EVERYONE gets an opportunity to voice their need and have the group respond. EVERYONE is respected and supported, even if they choose not to vocally participate. Please see the inside pages of the newsletter for times, places and whether the group is for consumer and/or caregivers.

Family to Family & Provider Graduates

Please consider spending a monthly hour and a half sharing your experiences and support with others at one of the NAMI Support Groups listed in the newsletter. Contact the NAMI office at **408/583-0001** for further information on facilitator training or about helping with any of the NAMI Support Groups. For more on NAMI support group topics:

<http://home.comcast.net/~basaxon/>

Why Attend the Next Artists' Hour ?



If you don't attend, you will miss performances that are exceptional, people who are having fun, a sense of appreciated accomplishment for your performance, and handouts and discussion on how to let your creativity out!

Past presentations include: musicians who play together or solo, singers who perform à cappella or along with CD's, writers who read poetry and essays, and visual artists who show and discuss their artwork. There are many who attend just to enjoy these offerings and seem to get inspired to create on their own.

Come share your new, past or experimental work **every 4th Sunday, 2-3 PM** at the NAMI office. Call **408/583-0001** for more information. Enjoy the opportunity to socialize before and after, while nibbling on snacks—and do stay for the NAMI **Consumer Support Group** which follows **from 3-4 PM.**

September NAMI SCC Volunteer Meeting — Canceled

There will be **NO** Volunteer Meeting in September. Please check the upcoming newsletters when the volunteer meetings resume. However, we still need some continuing phone volunteers and newsletter assemblers (on **Tuesday, September 18**). Call **Julie Doyle** at **408/583-0001** for more info.

NEWSLETTER via E-mail?

Would you like to receive your NAMI Newsletter via e-mail instead of snail mail? If so, please complete this form & mail it to us: NAMI SCC, 307 Orchard City Dr., Ste 205, Campbell, CA 95008. Or email: newsletter@namisantaclara.org

Name: _____

Street Address: _____

City, State, ZIP: _____



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: _____

Would you like to receive your newsletter via email? ___ yes ___ no How did you find out about NAMI? _____

Please accept my new membership/ renewal at the following level:

- Sign up a friend or colleague (\$50) Consumer (\$10) Single/Family (\$50) Student (\$10)
- Mental Health Professional (\$50) Mental Health Agency (\$100) Corporate Sponsor (\$1000)
- Family to Family Graduate (\$50) Peer to Peer Graduate (\$10)

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**)

To pay online, go to www.NAMISantaClara.org and look for the link to PayPal.

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.**

INSIDE the September 2007 ISSUE:

Gen. Meeting, Tuesday, Sept. 11 at Good Samaritan.....	p. 1
NAMI CA Annual Conference - Sept. 28-29 in Irvine	p. 1
NAMI SCC Annual Picnic Report	pp. 1/6
Stanford Bipolar Education Day, July 14, 2007, writeup	p. 2/5
Stanford Schizophrenia Education Day, Saturday, Sept. 15	p. 2
NAMI SCC Board Approves 5-Year Strategic Plan	p. 3
NAMI Education Programs & Support Groups Calendar	pp.4-5
“Responders” Poem by Paul Horelick	p. 6
Next NAMI SCC Open Board Meeting, Tuesday Sept. 4	p. 6
Write Oprah re: CANVAS movie!	p. 6
NAMI Walks 2007/2008	p. 7
Consumer Support Facilitator Training	p. 7
Artists’ Hour & Consumer Support Group on 4th Sunday.....	p. 7

Bipolar Disorder Awareness Day is Thursday, October 11, 2007

DATED MATERIAL

**NONPROFIT ORG.
US POSTAGE PAID
CAMPBELL CA
PERMIT NO. #20**

RETURN SERVICE REQUESTED

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

