



Santa Clara County

National Alliance on Mental Illness

307 Orchard City Drive, Suite 205, Campbell, CA 95008-2948

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"Your Community's Voice on Mental Illness"

Volume XXXI

No. 9

September, 2008

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 **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 **M-F, 10 A.M.-2 P.M. 408/583-0001**

Evening Hrs: Bernie Genetti (English) **408/268-2615**

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

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

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

General Meeting, Tuesday, September 9

"Update on the Latest Information on Psychotropic Medications"

Dr. Po Wang, Associate Professor
of Psychiatry and Behavioral Sciences,
Stanford University

at Good Samaritan Hospital Auditorium, 7-9 P.M.



On September 9, 2008, we are most honored to have **Dr. Po Wang** as our speaker. Dr. Wang will discuss medications and what we have learned about some of the oldest ones, the side effects that are emerging from the second-generation drugs, and what are now some of the medications considered "third-generation" drugs. He will also discuss what's in the pipeline for tomorrow.

Dr. Wang recently presented and answered questions at the "Ask the Doctor" session on Bipolar at the NAMI California 2008 Annual Conference in Burlingame on August 22-23. In addition to his teaching duties at Stanford, Dr. Wang is a psychiatrist at Stanford's Bipolar Disorders Clinic and has a private practice in Palo Alto. He will spend a short time discussing childhood bipolar, his specialty, and, as time permits, he will take questions from the floor.

We are meeting once again at Good Samaritan Hospital Auditorium in San Jose. Meetings begin at 7:30 P.M. for NAMI Santa Clara business and announcements. Dr. Wang 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](http://www.maps.yahoo.com)

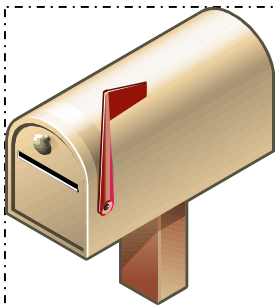
Upcoming Meetings and Events

Saturday, September 20, 2008: Stanford Schizophrenia Day, 650/498-6861 or email schizophreniaedday2008@gmail.com
No preregistration is required. This is a free event. (See p. 3)

Oct. 14, 2008: **Dr. Kelly Lynch** will discuss voice-hearing in mental illness at the general meeting.

Nov. 11, 2008: **Jane Dressler**, Supervisor of the San Jose State Occupational Therapy Program that works with people experiencing mental illness.

Save the second Tuesday evening of each month for NAMI meetings — you won't be disappointed!



PARITY LAW NEEDS YOUR FINAL PUSH!

As was previously reported in this newsletter, we are VERY close to passing a national parity law, which will ensure that insurance companies treat biological brain diseases on a parity with other illnesses. Such a law is an extraordinarily important

step in helping all who suffer from mental illnesses receive the care they need and deserve.

PLEASE ACT NOW by writing **Senators Dianne Feinstein and Barbara Boxer** at Senate Office Building, Washington, D.C. 20510, and your Representative at the House Office Building, Washington, D.C. 20515, with the simple message, **"Don't adjourn for the year without passing mental illness insurance now!"**

The passage of this law will help millions of consumers and be a wonderful step in fighting stigma, the stigma that lets insurance companies treat mental health clients differently from other ill persons—please write TODAY!

Details of Morning Sessions of the 4th Annual Bipolar Education Day, July 26, 2008

by Kathy Lang & Peter Newman

Bipolar Education Day is a free, five-hour seminar hosted by the Stanford University School of Medicine. High-quality presentations are given by some of the most prominent researchers in the field. The presentations are aimed at those of us challenged by bipolar disorder, either as consumers or caregivers. There were at least two common themes that ran through the presentations: the need for the patient to own and manage their disorder, and the important role that groups such as NAMI play in helping people manage these disorders (see p. 3 for full agenda).

The event concluded with several Q&A sessions with the presenters. A strong turnout numbering about 400 people filled the auditorium, indicating the level of interest in the community.

Diagnostic Challenges in Bipolar Disorders

Dr. Terence Ketter, Chief of the Bipolar Clinic, talked about the challenges of correct diagnosis in bipolar disorder. His talk was well organized and his examples were aimed at drawing the distinctions and differences between the various diagnoses among the mood disorders. The diagnostic challenge presented by a mood disorder is to recognize the different episodes, to distinguish between the various subtypes of bipolar disorder, and understand the difference between bipolar and unipolar depression. He pointed out that the correct diagnosis of bipolar disorder frequently takes up to 10 years from the first occurrence of symptoms. The most common pediatric misdiagnosis is ADHD and, for adults, it is unipolar depression. The complications from inaccurate diagnosis are many: delayed treatment, ineffective treatment, and counterproductive use of medications. Why the missed diagnosis? Bipolar disorder presents complex symptoms: depression is more common than mania; other disorders often occur at the same time and cloud the symptoms (e.g., anxiety or substance abuse); and misleading information can be presented by patients. He pointed out that 2/3 of bipolar patients have other disorders co-occurring that complicate diagnosis and treatment.

In discussing symptoms, Dr. Ketter mentioned that decreased need for sleep is a unique indicator of mania (and thus bipolar disorder), but not everyone with bipolar disorder displays that symptom. He also observed that if a first episode of depression occurs before age 25 the diagnosis is more likely to be bipolar disorder, and after age 25 to be unipolar depression. He emphasized the importance of obtaining information both from patients, better at reporting depression as a problem, and significant others, more likely to report mood elevation.

Medication Treatment of Bipolar Disorders

Dr. Po Wang gave the talk on medications. He emphasized that bipolar patients need to “own” their own care. He pointed out the following: 1) FDA studies indicate that for bipolar maintenance treatment, approved medication is only 20% more effective than placebos; 2) For bipolar depression, treatment medications are 25% more effective than placebos; 3) For acute mania treatment, medications were only 20% more effective than placebos. However, combining medications in the treatments can yield further improvement. An ongoing problem is that the effectiveness of antidepressant medication is not well studied in

bipolar disorder. **Dr. Wang** talked about current research projects at Stanford including studying the impact of lithium in low doses, the use of Quietapine in dysphoric hypomania, and about early intervention (use of Olanzapine in early weeks).

Psychotherapy for Bipolar Disorder

Dr. Jenifer Culver presented a compelling argument that psychotherapy is not only helpful in the treatment of bipolar disorder but also helps in the emotional healing as well as the ongoing management of the illness. Studies indicate that there is up to a 25% improvement in relapse rates where psychoeducation is added to medication treatment.

Dr. Culver reviewed a number of therapies all of which include psychoeducation—teaching patients about the disorder and about treatment, how to recognize early-warning symptoms, and coping skills for relapse prevention. (These are also a major part of the NAMI Peer-to-Peer Education course.) Particular therapies build on psychoeducation and add their own elements, but there is no definitive evidence yet to select between them. Stanford has an ongoing investigation into dialectic behavior therapy (DBT) for bipolar disorder. This is a variation of cognitive behavior therapy (CBT) that focuses on the balance between acceptance and change. It includes mindfulness. (Every Peer-to-Peer class ends with a mindfulness exercise.) She commented that Dr. Ketter describes dialectic behavior therapy as “CBT meets Zen.” Call Stanford intake if you are interested in joining the DBT group.

Dr. Culver gave practical suggestions about getting started with psychoeducation. She suggested a number of books, of which a current favorite is *The Bipolar Workbook* by Monica Ramirez Basco. She also recommended the monitoring of mood symptoms and gave a handout including a sample mood chart and practical suggestions in choosing a therapist. Her conclusions were that medication alone is not enough, adding psychotherapy can facilitate recovery and decrease or delay relapse, and therapy is helpful during periods of wellness. Her final observations included the need to choose the right therapist (interview, interview!) and to be active in your own treatment.

Perspectives from NAMI

Robert Villanueva gave an impassioned speech about his experiences with bipolar disorder and how he finally emerged into his role as a psychology student, trainer and In Our Own Voice spokesperson for NAMI. He connected well with the audience yet also clearly presented the NAMI programs. Presentations were recorded and should be available on the clinic's website: // www.bipolar.org. Questions from the Q&A sessions were also recorded with the aim of adding a frequently asked questions section to the website.

Stanford Studies Mental Illness in Adolescents

Stanford University Medical School is conducting important research in both bipolar disorder and schizophrenia in adolescents. Typically these studies pay a small stipend for participation, give the participants the opportunity for a review of their diagnosis and treatment, and help to advance the scientific knowledge which leads to improved treatments. For more information about bipolar studies call 650/725-6760 and about schizophrenia call 650/723-6678.

Stanford Bipolar Day — My Experience
Saturday, July 26, 2008 by **Cathy Pasek**

When I first became connected with NAMI Santa Clara County in 2005, I felt like I had found a family that shares my frustrations and small victories because they can relate to my circumstances. What a relief!

On Saturday, July 26, 2008, I had a similar experience when I attended Bipolar Day at Stanford University. Although the university presenters were professors/assistant professors and medical doctors or Ph.D.s, they made difficult concepts easy to understand. The consumer presenters were articulate about the programs they represent and honest about their circumstances. The weather, food, and auditorium were perfect. Once again I found a comfortable environment where mental illness is discussed openly and without fear. I recommend attending information programs offered by Stanford University School of Medicine.

The agenda was full and began with a complimentary continental breakfast. **Terence Ketter, M.D.**, made the Welcome Address and followed with a presentation on Diagnostic Challenges in Bipolar Disorders. **Po Wang, M.D.**, spoke on Medication Treatment of Bipolar Disorders. **Jenifer Culver, Ph.D.**, spoke next on Psychotherapy Treatment of Bipolar Disorders. **Robert Villanueva**, a NAMI In Our Own Voice trainer, presented perspectives from the Nat'l Alliance on Mental Illness.

Next, a delicious catered, complimentary brown-bag lunch was enjoyed by all outside in the beautiful weather. Following lunch **Manpreet Singh, M.D.**, spoke on Diagnosis and Treatment of Bipolar Disorder in Children and Adolescents. Consumer **Katherine Lerer** spoke next on perspectives from the Depression and Bipolar Support Alliance (DBSA). The final hour was for breakout groups. Drs. Ketter, Wang, and Singh answered questions individually. Dr. Culver, Robert Villanueva, and Katherine Lerer answered questions together as a group. Attendees were given an opportunity to ask personal or general questions of both professionals and consumers.

According to **Dr. Ketter**, although mania is treated most commonly in bipolar disorder, depression is more common than an elevated mood. He pointed out three risk factors that increase the likelihood of bipolar: 1) symptoms before the age of 25; 2) psychotic features; and 3) having a bipolar relative. Ketter encourages health care professionals and consumers to work together to improve the diagnostic process.

According to **Dr. Wang**, research on antidepressant usage with bipolar disorder is not common. Mood stabilizer studies are more common even though depression is the primary symptom of bipolar disorder. He encourages psychiatrists to stabilize the patient before treating the depression. FDA-approved drugs for bipolar depression include Seroquel and Symbyax.

Dr. Culver spoke on different psychological approaches to treating bipolar disorder. She spoke specifically about improving mood symptoms and functioning with Cognitive Behavioral Therapy and achieving balance between acceptance and change with Dialectical Behavior Therapy. Culver also talked about finding and choosing a therapist. She encouraged the use of mood charts by consumers.

Robert Villanueva talked about his struggles before receiving a proper diagnosis and becoming connected to NAMI. He currently is in school pursuing a degree in Psychology and works as an In Our Own Voice trainer for NAMI.

According to **Dr. Singh**, there has been a 40 times increase in the diagnosis of bipolar disorder in children and adolescents from 1994–2003 and a 4 times increase in hospitalization of children/adolescents from 1996–2003. The likelihood of a child being diagnosed bipolar is 1% overall. However, if one parent is diagnosed bipolar the likelihood becomes 30%. If both parents are diagnosed bipolar, it's a 70% chance that their child will be diagnosed bipolar. She stresses that 50% of children with bipolar disorder had depression before mania. With children treated before puberty, most recover but many relapse. With treatment, nearly all adolescents recover but many relapse. Medication compliance is difficult with adolescents. Only 35% take medications as prescribed. An intact family is key to successful treatment of children/adolescents.

The final speaker was **Katherine Lerer**. She spoke about her life before and after her diagnosis of bipolar disorder. Ms. Lerer has been an effective facilitator of mood disorder support groups for years. She currently facilitates DBSA meetings for consumers on the first three Wednesdays of the month. Meeting location is 4153A El Camino Way, Palo Alto.

//www.DBSPaloAlto.org

Thank you, **Stanford University School of Medicine** and event sponsors **Abbot Pharmaceuticals, Eli Lilly and Company, Bristol-Myers Squibb, AstraZeneca, Janssen L.P.** and **Pfizer**. Stanford's Bipolar Day was both enjoyable and educational!

COMING UP:

Stanford SCHIZOPHRENIA Education Day
Saturday, September 20, 2008 – FREE!

Stanford's 4th Annual Schizophrenia Education Day will be on **Saturday, September 20** from **8 A.M. to 12:00 P.M.** at the William Hewlett Teaching Center, 370 Serra Mall, Stanford, CA 94305. Free parking at the Oval, off the Main Quad. Many of our members have found this event to be very useful and informative in the past. **No preregistration is required**, and a free continental breakfast will be provided.

Featured speakers will be **Dr. Ira Glick**, Director of Stanford's Schizophrenia Disorders Clinic, and **Dr. Sophia Vinogradov**, Professor of Psychiatry at University of California, San Francisco School of Medicine. Other speakers are Stanford's **Maurice Fried, Ph.D.**, and **Robert Villanueva** from NAMI's In Our Own Voice Program.

For more information, please call **650/498-6861** or email schizophreniaedday2008@gmail.com

Individuals with schizophrenia disorder, family members, caregivers, friends and all community members interested in adult issues related to schizophrenia are invited to attend.

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

NAMI Basics: 6-Week course for parents with preteens

(Contact to Register: NAMI Office, 408/583-0001)

Chinese (Mandarin): Call **Jen Hong**, 408/996-1016

Ongoing Peer-to-Peer: 9-week (2 hours per week) experiential education course for ages 18 and over. Contact **Donna** at 408/583-0001 for information packet.



NAMI SUPPORT GROUPS CALENDAR DROP-IN SUPPORT GROUPS FOR CAREGIVERS AND FRIENDS

MTN. VIEW — 1st Mon. of the month, 7– 8:30 P.M.

St. Timothy's Episcopal Church, 2094 Grant Road at Cuesta, Library Room #1. Contact **Navah Statman** at 408/253-7623.

CAMPBELL — 3rd Tues. 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 Thurs. of the month, 7– 8:30 P.M.

Empowerment Group for Consumers and Caregivers, Momentum for Mental Health (**Alliance for Community Care sign on the building**), 2001 The Alameda. Contact **Barbara Saxon** at 408/229-0428.

PALO ALTO — 4th Tues. of the month, 7– 8:30 P.M.

Jewish Family & Children's Services Office, 200 Channing. Contact at 650/688-3046.

MORGAN HILL — 2nd Wed. of the month, 7– 8:30 P.M.

Nueva Vista Activity Room, 18225 Hale Ave. Contact **Rhonda Lakatos** at 408/270-5302.

SAN JOSE — Christian support group for consumers coping with mental illness and the families & friends who support them. **1st & 3rd Thurs. of the month, 7– 8:30 P.M. H.E.L.P.** at SVBC (corner of Blossom Ave & Calero Ave). Contact **Jerry Gruhn** at 408/224-8449.

DROP-IN SUPPORT GROUPS FOR CONSUMERS

CAMPBELL — Every Sunday, 3–4:30 P.M.

Connection Recovery Support Group, NAMI SCC office, 307 Orchard City Dr., Suite 205. Call 583-0001 for info.

CAMPBELL — 4th Sunday of the month, 2–3 P.M.

Consumer Activity: Artist's Hour (presentations/ enjoyment) NAMI SCC office, 307 Orchard City Dr., Suite 205. Call 408/229-0428 for information.

NAMI SCC Mission Statement

NAMI Santa Clara County helps people with mental illness, families & the community by providing support, education & advocacy for those suffering from mental illness; promoting research, reducing stigma and guilt; and improving services by working with health professionals & their families.

CHINESE-SPEAKING SUPPORT GROUPS

SAN JOSE — 1st Thurs. of the month, 7–8:30 P.M.

Momentum for Mental Health (**Alliance for Community Care sign on the building**), 2001 The Alameda. Contact **Jill Chen** at 408/260-4040.

MTN. VIEW — **Christian Group**, 3rd Thurs. of the month,

7–9 P.M. Mtn. View Chinese Christian Church, 175 E. Dana St. (at Hwy 237 & 85). Contact **Jen Hong** at 408/996-1016.

SAN JOSE — **AACI (Asian Americans for Community In-**

volvement), mental health counseling services for Asian-Pacific children, adults and seniors. Call 408/975-2730.

SE HABLA ESPAÑOL

SAN JOSE — **Familia a Familia, en Español**, Centro de la

Cominidado Dorsa, 1290 Bal Harbor Way (near Story & King). Llame á **Luisa Perez** at 408/378-6988.

SAN JOSE — Every Fri., 10 A.M.–Noon Grail Community

Center, 2003 E. San Antonio St. (at Sunset & San Antonio). Llame á **Stella Martinez** 408/347-7892.

SAN JOSE — 4th Fri. of the month, 7–9:30 P.M. Centro de la

Cominidado Dorsa, 1290 Bal Harbor Way. Llame á **Luisa Perez** at 408/378-6988.

SAN JOSE — **ACT en Español**, 441 Park Avenue, San Jose.

ARRIBA Armenda Sousa, Psy.D.D. Psicologa en Español, 408/287-2640.

NOTE: Zephyr Central County Self-Help Center is moving late August to Downtown Mental Health in San Jose.



Meets every Sunday, 3:00 P.M. to 4:30 P.M. at NAMI Santa Clara County Office, no preregistration required! Who can attend? All adults with mental illness are welcome.



Additional facilitators are needed to support large attendance!

Attend a support group and let the facilitator know you are interested. You can then partner with one of the current facilitators. This will let you see how the groups are facilitated and prepare you for formal training this Fall (2008). For more information, call **Barbara 408/229-0428**.

NAMI SCC Board for 2008–2009

President: John Mitchem

Vice Presidents: Margene Chmyz, Darrell Erb, Juan Perez

Past President: Navah Statman Treasurer: Monica Nay

Secretary: Lorraine Zeller Recorder: Cathy Pasek

SUPPORT GROUPS, continued

SAN JOSE — Wednesday 1 P.M.–2:30 P.M.

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

SAN JOSE — Wednesday 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 (upstairs). Call **408/287-2640**.

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

SANTA CLARA — PARENTS HELPING PARENTS
Every 3rd Wed. of the month, 7–9 P.M. Registration required. **Note New Address: 1400 Parkmoor, Suite 100, San Jose CA 95126.** Call **408/727-5775** for more info or to register (members–free, nonmembers–\$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. // www.php.com

SANTA CLARA — GRIEF SUPPORT
Centre for Living with Dying — a nonprofit agency providing individual and small-group grief support for adults, children and families experiencing life-threatening illness or the death of a loved one. The Atrium, 1265 El Camino Real, Suite 208. www.billwilsoncenter.org Call **408/980-9801**.

SAN JOSE — 4th Mon. of the month, 6–8:30 P.M. Understanding Mental Illness Overview for Families and Friends, Dept. of Psychiatry/Health Education, Behavioral Health Ed. Program, Kaiser, Santa Teresa at 5755 Cottle Rd., Bldg. 3, Rm 1. Contact **Susan Jones, MA, CMT** at **408/363-4843** (Kaiser members only–Non-members \$25). Enrollment Line **408/972-3340**



GILROY Centro del Valle South County Self-Help Center
1215 First Street — 408/686-2365

These groups are located at the South County Mental Health Clinic.

Monday: Wellness & Recovery (WRAP) Discussion **1:15–2:15 P.M.**; Women's Group **2:30 P.M.–3:30 P.M.**; Anxiety & Depression **3:45–4:45 P.M.**

Tuesday and Thursday Closed

Wednesday: Cross Addiction **1:15–2:15 P.M.**; Creative Self-Expression **2:30–3:30 P.M.**; Peer Support **3:45–4:45 P.M.**

Friday: DRA Group Dual Diagnosis **1:15–2:15 P.M.**;

Coming soon! Puppeteering 2:30–3:30 P.M.; Current Events **3:45–4:45 P.M.**

Adriana Vega, Coordinator

All Groups are Subject to Change at Any Time

Grace Community Center
484 E. San Fernando Street, San Jose

For a full calendar of events and information on how to become a member or volunteer, call **408/293-0422** or stop by.

Monday: Basketball **10:00 A.M.–Noon**

Art Studio **1:00 P.M.–3:00 P.M.**

Tuesday: Beading **10:30 A.M.–Noon**

Yoga **1:00 P.M.–2:00 P.M.**, Sewing **1:30 P.M.–3:30 P.M.**

Wednesday: Nature Outing **10:30 A.M.–4:00 P.M.**

Band Jam **1:00 P.M.–2:30 P.M.**

Dance Party/Art Witness **1:30 P.M.–3:00 P.M.**

Thursday: Arts & Crafts **10:30 A.M.–Noon**

Sewing **1:00 P.M.–3:00 P.M.**

Art Therapy **2:00 P.M.–3:30 P.M.**

Friday: Karaoke **10:30 A.M.–Noon**

Open Art Studio **1:30 P.M.–3:30 P.M.**

Dancing and Music on Friday, September 12, 7–9 P.M. Cost is \$3. Come and join in the fun! A light meal will be served. **Every 2nd Friday of the month at Grace Community Center.**



DEPRESSION/BIPOLAR, MOOD/ANXIETY DISORDERS

LOS GATOS — 1st three Fridays of the month, 7:00 P.M.–9:00 P.M. Mission Oaks Hospital in Outpatient Behavioral Health, 15891 Los Gatos-Almaden Rd. Contact **Michelle Nelson**. NEW email: dbsascc@gmail.com

DEPRESSION/BIPOLAR, MOOD DISORDERS/SCHIZOPHRENIA

MENLO PARK — Christian Support Group, 1st Wed. 1:30–3 P.M. & every Thurs. 6:45–8:30 P.M. for those coping with a mental illness and/or a supporting role. Presbyterian Church Library, 950 Santa Cruz Avenue. **650/968-5459**.

STANFORD — Schizophrenia Patient Support Group: 1st & 3rd Monday of each month, 1–2 P.M., in Room 2210, Stanford Psychiatry and Behavioral Sciences Building, 401 Quarry Road, **650/723-6678**.

STANFORD — Schizophrenia Family & Friends Support: 1st & 3rd Mondays of each month, 7–9 P.M. in Room 1211, Stanford Psychiatry and Behavioral Sciences Building, 401 Quarry Road, **650/723-6678**.

BIPOLAR, MOOD DISORDERS

PALO ALTO — Depression Bipolar Mood Disorder Support Group for consumers only. **1st, 2nd, & 3rd Wednesdays of the month, 6:30–8:30 P.M.**, 4153A El Camino Way. For information, email // www.DBSAPaloAlto.org, **Katherine Lerer**, Facilitator.

SAN JOSE — NEW DBSA Chapter, 1st & 3rd Mondays, 7 P.M. Call **408/858-3460** Email DBSA.SanJose@Gmail.com
Come join us in San Jose for those coping with either clinical depression or bipolar disorder. This peer-facilitated group will serve as a safe place for gaining support and detailed info from your peers. Please be advised this is **not group therapy**. It is intended for those who have been diagnosed and are under the care of a medical professional.

PHOENIX Center in Palo Alto
Closed Until Further Notice

NAMI SANTA CLARA COUNTY OPEN BOARD MEETING —The NAMI Santa Clara County Board Meeting is held the first Tuesday of the month. The next meeting is **Tuesday, September 2, 2008, at 7:00 P.M.** at the NAMI Santa Clara County Office at 307 Orchard City Dr. #205, Campbell. Everyone is welcome!

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

September 2008

Open to the public!

Th	9/4	3 P.M.	System Planning & Fiscal Committee Second Floor Conference Room, 828 S. Bascom Ave, Suite 200, San Jose
M	9/8	9 A.M.	MHB Older Adult Committee Second Floor Conference Room, 828 S. Bascom Ave, Suite 200, San Jose
M	9/8	Noon	NOTE: Mental Health Board Downtown Mental Health Clinic 1075 E Santa Clara St, 2nd Floor, SJ
Th	9/11	3 P.M.	Family/Adolescent/Children's Committee Second Floor Conference Room, 828 S. Bascom Ave, Suite 200, San Jose
T	9/16	Noon	Minority Advisory Committee Second Floor Conference Room, 828 S. Bascom Ave, Suite 200, San Jose
Th	9/18	9 A.M.	Adult/Older Adult System of Care Second Floor Conference Room, 828 S. Bascom Ave, Suite 200, San Jose



Artists' Hour on Sunday, Aug. 24 2:00-3:00 P.M. at NAMI Office

The Artists' Hour provides a place to show case your talent. If you are a consumer who draws, paints, sculpts, crafts, or writes, please do consider sharing your work with other artists and with those who love art.

Sunday, Sept. 28, 2:00–3:00 P.M.

Fun Painting! at NAMI Office

Kathy Barth, an artist and consumer, invites you to come and learn the art of Yupo painting, creating textures by painting with watercolors and food coloring. Kathy will show how blotting, dropping, painting on wet surfaces, lifting paint, and using salt will create amazing textures.

Yupo is very forgiving. If you don't like your design, rub it off or wash it off and start over again. *No experience required.*

Come have fun, we are all artists at heart. Hope to see all your creative spirits there! If you, like Kathy, have a skill you would like to share as a 45-minute Art Workshop, call **Barbara** at **408/229-0428**.



NAMI SCC Volunteer Meeting on Tuesday, Sept. 16, 2008

Our next Newsletter Folding "Party" is September 16, 10 A.M.–2 P.M. Join us. We still need more phone volunteers at the office and evenings. Please call **Julie Doyle** at **408/583-0001** if you're interested in volunteering.

At **2–2:30 P.M.** we will have NAMI News. At **2:30 Debbie Archuleta**, Chair of Client Services for Outreach, will be our speaker. She will tell us about the services with **Outreach** (paratransit) in Santa Clara County and answer questions.



NAMIWALK SF Bay Area 2008 Exceeds Goal!

Congratulations to all Team Captains, Walkers, Donors, and Corporate Sponsors from Santa Clara County as well as our friends from Santa Cruz County. NAMIWALK SF Bay Area this year **exceeded our goal of \$300,000!** That's terrific teamwork from the seven official participating affiliates and our guest affiliate, NAMI Santa Cruz County.

NAMI Santa Clara folks really stepped up to our "before the books close" appeal to help push us up over the \$300K mountain. With 18 Corporate Sponsors from among our Santa Clara County friends, 22 Santa Clara County Walk Teams and 1 from NAMI Santa Cruz, our affiliate along with Santa Cruz was a major contributor to the NAMIWALK SF Bay Area Donation total. A collective thanks to you all for your leadership in this major fundraising event for NAMI Santa Clara County as well as for NAMI Santa Cruz. We are most grateful to all participants.

Our local Corporate Sponsors included the Association of Contract Mental Health Agencies of Santa Clara; Beth Am Women; Coast Oil Company; Cupertino Electric; Diamonds of Palo Alto; EMQ Children and Family Services; Michael James Lopez, DDS; Mitchems; Momentum for Mental Health; Palo Alto Medical Foundation; Ram Building Company; Saul Wasserman, M.D.; Service Performance; the Marquardt Family; Werba & Davis Advisory Services; Navah & Meir Statman; Ruth Wilnai; and local members of the Northern California Psychiatric Society.

Laurie Williams, our NAMIWALK Director, helped us stay focused & enthusiastic. The folks in the NAMI SCC office kept Walk materials on the display tables, made flyer copies, and kept us on track for Newsletter articles. And thanks to **Andrea Marquardt** and **Isabel Romero** who attended Steering Committee meetings on Saturdays, and to our County Mental Health Dept for providing bus transportation to Golden Gate Park so a larger number of us could enjoy our day there together.

Next year's date? Look for that in the next NAMI SCC Newsletter! Question or comment? It's still **Gini Mitchem** at **408/259-2256**, vmitchem@hotmail.com

Thanks again, EVERYONE!

The NAMI SCC Newsletter is published monthly by the Newsletter Crew: **Cole Buxbaum**, Editor; **Donna-Jo**, Typesetter; and many great volunteers. Come join us for newsletter folding on **Tuesday, September 16**, from **10 A.M.–2 P.M.**

NAMI Santa Clara County Picnic— Our Largest Turnout Yet!

by Gini Mitchem

What a great day, and the weather was perfect! The Elks Club patio once again vibrated with music, talk, and laughter as we enjoyed hamburgers, hotdogs, veggie versions of both, and all the trimmings. The sun baked cookies for us and cooked apples, too! There were plenty of raffle prizes in addition to the door prize—won by **Sophia**. **Nicole Rathjen** made this prize possible with her generous contribution of the boombox. **Mimi's mixing game** and **Mary's "How Many Candies in the Jar?"** game were popular, as always.

New this year was the egg toss, run by **Lilly and Mike Henning**. It was a great success and enticed people out onto that wonderful patch of green grass beside the picnic patio. Throughout the activities, our musicians entertained us with their varied and beautiful talents: **Russ and Ron**, **Alan**, **Heidi**, **Aaron**, and **Fred**, thanks so much! And to **Barbara** for organizing the sound system and putting us all in touch with each other while arranging for the music.



Russ and Ron playing for the NAMI SCC Annual Picnic, Elks Lodge in Santa Clara.

Getting an early start for the long line to get a grilled hamburger or hot dog with all the condiments!



To make the picnic a success, many other thanks are due. First to our local and not-so-local merchants who responded with gift certificates either to purchase food or for the raffle. This includes **Trailslloggers**, **Stacks**, **Starbucks** on Hamilton Ave, **Gelato Classics**, **Flames**, **Pruneyard Trader Joe's** and **Save Mart** on McKee Road. **Lilly and Mike Henning** were major raffle contributors, providing many really cool tickets to interesting events, toiletries, and other nice things. **Mary's garden basket**, **Mimi's gift bags**, **Luisa's backpack**, **Jenny Vaughn's books**, **Monica and Bob's Cinemark movie tickets**, and **Michael Rogan's lovely cards** made great prizes too. NAMI-WALKS donated Walk T-Shirts, water, and a Flames breakfast certificate.

Navah shopped and contributed much of the food, charcoal, etc., as well as more raffle prizes. **Susan Izumi** and **John Briggs** figured out the logistics of shopping for all the burgers and hotdogs for grilling, getting them there in good time and at the perfect temperature. Our chef team was awesome — **Jim**, **Dave**, **Hector**, **Dean** — you are all hired for next year, as well as the equally awesome serving team of **Beth**, **Marilyn**, **Colleen**, and **Lisa**. **Meg** and **Hee Soon** oversaw a lively run of raffle ticket sales, **Margene** and helpers blew up lots of balloons, and **John Forward** didn't even lose his voice after calling all the prizes. The hospitality table was well cared for by **Tiffany**,

Pat and **Emma**, and setup and cleanup volunteers were amazing. Thanks, **Bernie**, **Kathy**, **Al** and **Fatima**, **Maria**, **Ellen**, **Mary**, **Deidre**, and all those people already mentioned who contributed hugely. **John** and **Heidi**, if you guys hadn't figured out how to package the raffle gifts, our living room floor would still be covered with reusable grocery bags and gift certificates, including a number of Starbucks cards!

If I forgot anyone, my apologies, and thanks so much to everyone who signed up to volunteer. We had a truly amazing team this year. Lastly, everyone who attended the picnic made it a great day for us all.

Don't miss next year's picnic!

Peer PALS – A Valuable Resource For Consumers

by Lorraine Zeller



Perhaps, as a person struggling with mental illness, you are feeling isolated and in need of someone who will walk with you on your recovery journey. Having a Peer Pal may be just the answer for you. Our Peer Pals are consumers keep also live with mental illness and are now living well by practicing *active recovery*.

Maybe you were fortunate enough to have the support of a pal who knew firsthand what it meant to suffer from mental illness. Then you *know* what a difference their support made for you! If you had, or wished for, this kind of help and are doing well in your recovery, please consider becoming a Peer Pal.

Our continuing vision is to *increase mental and spiritual wellness for mentally ill persons through the support of their peers*. Peer Pals and mentees visit with each other once a week and often build a friendship that lasts way past the six months of their participation in the program. They have fun with each other – and more! Peer Pals also support their mentees to achieve goals which the mentee identifies as important to them. They can include building a support network – more friends! – for themselves, identifying and building on their strengths, supporting their self-care and wellness, and advocating for themselves (perhaps others too!)

If you would like to be a Peer Pal, consider having a pal, or would like information for a loved one or client, please contact Peer PALS Coordinator **Lorraine Zeller** by calling **408/583-0001** or email peerpals@namisantaclara.org. We are happy to answer your questions or send you an application, so please get in touch!

Low-Income Rent Rebates from California

Remember that most low-income renters and homeowners in California are eligible for a rebate from the State. Many mental health clients are unaware that they may apply for and receive this annual rebate of several hundred dollars if they are low-income renters or homeowners. The State is accepting applications NOW. The Mental Health Advocacy Project (111 West St. John Street, Suite 315, San Jose, CA 95113) provides assistance with the applications. For more information, call **408/280-2443**.

MEMBERSHIP APPLICATION OR RENEWAL

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

Name: _____
Please specify: Dr. Mr. Mrs. Ms. Miss Other _____

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

Please accept my new membership or 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. For membership at or above the \$50 level, part of your membership dues goes to NAMI State (\$10.00) and National (\$10.00), which, in turn, automatically registers the 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.**

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