



nami

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

"Your Community's Voice on Mental Illness"

Volume XXXI

No. 2

February, 2009

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.

CONSUMER AFFAIRS & SELF-HELP PROGRAMS

(formerly OFFICE OF CLIENT EMPOWERMENT)

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**

Call for Officer Nominations

In accordance with our bylaws, our annual election of officers will take place at the March General Meeting. We need candidates for President, 3 Vice Presidents, Treasurer, Secretary and Recorder. If you are interested in any of these positions, or wish to suggest someone else for one or more of them, please call the NAMI Office at **408-583-0001**. Your message will be given to the Nominating Committee.

Nominations will be accepted from the floor at the February & March General Meetings. Installation of officers is scheduled for the April General Meeting, following the election in March.

Upcoming 2009 Meetings and Events

Mark your new calendars for our NAMI General Meetings on the **2nd Tuesday of each month.**

Mar. 10 Diabetes Resulting from Psychotropic Medications

Apr. 14 Board-and-Care-Home Licensing

May 12 To be announced

June 9 **5th Annual NAMI Celebration of the Arts**

July 6-9 NAMI National Convention, San Francisco, for information, go to www.nami.org

General Meeting

Tuesday, February 10, 2009

Schizophrenia Research

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

2425 Samaritan Drive, San Jose

One of the most devastating effects of schizophrenia is the way in which thinking, comprehension and learning become much more difficult following the onset of the illness. Our speaker, **Dr. Demian Rose**, will discuss some of the current research into this phenomenon, and what it is revealing about cognition in schizophrenia.

Dr. Rose is Assistant Clinical Professor at the University of California-San Francisco. He is also Director of the Early Psychosis Clinic and Medical Director of the UCSF PART Program. PART is a clinical and research program that seeks to improve outcomes and services for people suffering from early signs of chronic psychosis. His work involves teaching both UCSF psychiatry residents and medical students.

We are meeting once again at Good Samaritan Hospital Auditorium. Meetings begin at **7:30 P.M.** for NAMI business and announcements. The speaker will speak from **8-9 P.M.** Come to the 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 the Hospital Main Entrance. Auditorium is in main building in the basement. Or find it online at www.maps.yahoo.com

CA Budget Update

Our government seems no closer to solving the CA budget deficit. We hear dire warnings daily that the state is on the verge of not being able pay bills and may issue warrants. There is also a possibility that the Federal stimulus bill will provide funds to the states. Gov. Schwarzenegger has released the 2009-2010 budget proposal and it includes the following provisions:

- Eliminate certain Medi-Cal optional benefits for adults, including dental, optometry and psychology
- Suspend the June, 2010 Cost of Living Adjustment (COLA) for those on SSI/SSP
- Reduce General Fund mental health expenditures by \$267 million by using Prop. 63 funds, requiring voter approval to amend the non-supplantation requirement of Prop. 63.

Please go to the website listed below for information about how to contact your assemblyman and senator.

<http://eservices.sccgov.org/district/prepare.do?action=begin>

**Psychosocial Occupational Therapy Clinic
at San Jose State—Jane Dressler, Director
NAMI General Meeting, Nov.11, 2008
By Cole Buxbaum**

For over 20 years San Jose State has run a clinic directed by **Jane Dressler, JD, OTR/L (408-924-3085)**. The clinic is for clients with mental illness and is part of the Occupational Therapy Department. The clinic is not widely known but has had a positive impact on clients. Referrals come from a variety of sources, including families. The client does not need a formal mental illness diagnosis, only evidence that he or she is struggling with activities of life. The clinic program is 13 weeks long with 2 sessions per week; clients are expected to make a commitment for that period.

The intent of Occupational Therapy (OT) is to use activities to intervene in people's lives and help develop skills needed to become more productive. Dressler has had a long association with NAMI and has common motives in improving the outcome for clients.

The clinic, located on campus like any other class, helps clients improve the occupations of their daily lives, including such activities as cooking, money management, personal grooming and leisure (e.g., socializing, crafts and other activities to be enjoyed). Volunteer or paid work is encouraged and the library is available for use. Clients work on laptop computers and work with staff to explore features. The clinic gently asks for a \$100 donation, but it's not mandatory.

This semester 22 clients are enrolled — some are new, others are returning. An assessment is performed on each one, patterned after the Canadian Occupational Performance Measure. Dressler emphasized that this is a structured interview looking at areas of performance in productivity and leisure. The client is asked to identify activities they need to do, want to do and are expected to do. They weigh issues on a scale of 1 to 10, and the five most important are regarded in terms of current satisfaction and assessment of performance in each. She doesn't care what the client's diagnosis is, rather how he or she functions.

Dressler presented detailed lists of problems and corresponding goals that clients have identified. Improving social life can be such a goal, in addition to initiating conversation. Clients are given a chart to complete that would contain their major interests currently and in the past 10 years.

When asked, one person volunteered that **“to live independently is an important goal.”** It should be noted that this item leads to a long list of requirements, such as money management, nutrition and so on. Another said learning to drive may be a good goal; however, this is not practical for many clients. Getting angry easily leads to the goal of anger management and training. Losing weight, another common goal, leads to exercise, dieting and wellness interventions. One scheme that works is stating a goal and restricting it to a short period, such as 7 minutes to complete, resulting in more satisfaction when done.

A question-and-answer session followed.

Q: Do you train clients in getting outside help?

A: Most clients are in board-and-care facilities, so they are guided into various activities.

Q: How many semesters do they attend?

A: About half of the clients attend more than one semester.

Q: Do most clients have psychotic diagnoses?

A: Most do; they obtain consent forms to permit disclosure.

Q: What are job opportunities for people with mental illness?

A: Dressler has worked at the clinic for 20 years and sees many individuals with jobs.

Available at the meeting were brochures entitled “San Jose State University Psychosocial Occupational Therapy and Clinic—“Improve the occupations of your life” and a chart with a long list of problems and corresponding goals.



WANTED!

Peer Pals, Peer Clients and Friends

by Lorraine Zeller

If 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! Our Peer PALS program matches peer pals with people who are feeling isolated and struggling with their mental illness. We are seeking peer pals as well as peer clients who would benefit by spending time with a pal.

Our *peer pals* are people with mental illness who have reached a substantial degree of stability and have adopted a lifestyle that minimizes the chance or severity of relapse. You can be a peer pal if you have 1) graduated from NAMI's Peer-to-Peer Recovery Education class, 2) completed a peer counseling or mentoring program, or 3) worked as a mental health service leader. The greatest reward of serving as a peer pal is knowing what a difference you make by helping your peer progress in their recovery. The bonus is receiving a stipend for your service.

Peer clients receive support from their peer pals as they visit and join in an effort to conquer the isolation that frequently stands in the way of their recovery. Peer clients are consumers who are not doing as well with their recovery and would like to be matched with a peer who can help them on their recovery journey. Because peer pals share the struggles of mental illness in common with their peer clients, they are in a unique position to relate with and understand their peer's experience.

At this writing we have nine peer pal/client pairs and expect openings for more soon as pairs “graduate” out of their six month match. This program relies on funds in order to pay stipends to our staff and peer pals, so, in addition to seeking peer pals and clients, we are also seeking funds to keep this valuable program going. We are very grateful for the funding we have received so far from Santa Clara County Mental Health, Van Loeben Sels Rembe Rock Foundation, J.H. Robbins Foundation and NAMI SCC members. And thank you to **Rich Berryessa** who donated food for our Holiday Party back in December, **Scott Fisher** for giving Starbucks gift cards to our peer pals to use during outings with their peer clients, **Margene Chmyz** who set aside special gifts for our peer pal and client partygoers and **Monica Nay** for doing a beautiful job of decorating for our party!

Expect new office location Spring 2009.

Update on SSI IN 2009

By Baron L. Miller*

In order to protect SSI benefits, it is important for those of us who supplement them to be familiar with the rules and to stay informed of changes. Following are the limitations on a recipient's resources and income effective as of January 1, 2009.

Resources

"Resources" (what Social Security calls assets owned by an SSI recipient) continue to be limited to \$2,000 in 2009. The limitation applies only to assets in the recipient's name or to which a recipient is deemed to have unfettered access. Regardless of their worth, a recipient's home, household goods, personal effects and transportation vehicle are not included in this limitation, nor are assets owned by a special needs trust.

Income

Because SSI is based on financial need, money received by an SSI recipient can adversely affect both eligibility and amount of benefits. A recipient may receive up to \$20 each month from any source (what Social Security calls "unearned income") + an additional \$65 per month as wages (called "earned income") without an adverse effect. Once these limits are reached, all unearned income and one-half of earned income per month will be deducted from the allowable SSI benefit that month.

Significantly, there is no limitation at all on payments to providers of a recipient's living expenses if they are not deemed to be for food or shelter. Some expenses that can be paid for without limitation are clothing, telephone, household goods, computer, transportation, recreation, case management, helpers, companions, travel, medical and dental, most insurance, education, rehabilitation and training.

The limitation rules do apply to payments for rent, mortgage, home insurance, real estate taxes, home utilities and gift cards for food. However, unlike cash, payments for these will not render a recipient ineligible for SSI; instead they will reduce monthly benefits by the actual amount of the payments, up to a maximum reduction of \$245. Therefore, depending on a recipient's needs and another's ability to pay for them, it can be wise to pay a provider directly for shelter and/or food.

Cash received by an SSI recipient as reimbursement for expenses already paid for by the recipient will count as income in the month received (and will also count toward the \$2,000 limitation). Receipt of food stamps will not affect benefits, nor will loans, which the recipient is realistically expected to repay.

Medi-Cal Considerations

An SSI recipient will continue to automatically qualify for Medi-Cal. Due to the exorbitant cost of treating mental illness, Medi-Cal is often crucial. Again, while cash payments made directly to a recipient might result in ineligibility, payments made to a provider of shelter/food would at most reduce monthly benefits by \$245. If a recipient's living expenses are going to be supplemented, this must be done so that it will not render the recipient ineligible for both SSI and Medi-Cal.

Staying Diligent

SSI rules change periodically and family members, friends and trustees of special needs trusts should consult with the Social Security office or with an attorney familiar with the rules to determine what payments the current rules will allow, and what the potential loss to an SSI recipient could be.

***Baron L. Miller**, an attorney in private practice in SF who specializes in estate planning for Cal. families of the mentally ill. He is a long-time NAMI family member and advocate for the rights and interests of those with a mental illness. Mr. Miller made a presentation at the May, 2008 NAMI SCC General Meeting. He does not charge for telephone consultations on the propriety of making payments for the benefit of an SSI recipient. He can be reached at **415-522-0500**.

CMHS CONSUMER AFFAIRS E-NEWS, Dec. 08

NIMH: Not All Antipsychotics Are Created Equal; Analysis Reveals Important Differences

By John Mitchem

An analysis of studies on antipsychotics reveals multiple differences among the newer, second-generation antipsychotics as well as the older medications, and suggests that the current classification system blurs important differences, rendering it unhelpful. The analysis, partially funded by NIMH (National Institute for Mental Health), was published online December 5, 2008, in *The Lancet*.

Stefan Leucht, M.D., of Technische Universität München in Munich, Germany, and colleagues looked at 150 studies from all parts of the world with a total of 21,533 participants. By examining these double-blind studies, they were able to compare nine second-generation (also called "atypical") antipsychotics with first-generation antipsychotics. They examined symptom reduction; quality of life; side effects such as movement disorders, weight gain and sedation (sleepiness); and so on.

Four atypical antipsychotics — amisulpride (Solian), clozapine (Clozaril), olanzapine (Zyprexa) and risperidone (Risperdal) — were found to be more effective in treating overall symptoms of schizophrenia than first-generation medications. The other five studied — aripiprazole (Abilify), quetiapine (Seroquel), sertindole (Serdolect), ziprasidone (Geodon) and zotepine (Nipolept) — were found to be as effective as first-generation medications in treating symptoms of the disease. Other findings include the following:

- Although quality of life was not reported in most studies, the few that did report it indicated that only amisulpride, clozapine and sertindole improved patients' quality of life more than first-generation medications.
- All nine atypical antipsychotics caused fewer movement disorders than the first-generation medication haloperidol, which is highly potent. However, when compared with low-potency, first-generation medications such as chlorpromazine and thioridazine, studies showed that only a few atypical medications (clozapine, olanzapine, risperidone) caused fewer movement disorders, but the low-potency drugs also tended to induce weight gain and sedation like the atypicals. Few studies compared mid-potency first-generation medications, e.g., perphenazine and sulpiride, to atypicals regarding movement disorders.
- Amisulpride, clozapine, olanzapine, quetiapine, risperidone, sertindole and zotepine were associated with statistically significantly more weight gain than haloperidol. The researchers found no significant differences in weight gain between the atypicals and lower-potency, first-generation drugs.
- Clozapine, quetiapine and zotepine were significantly more sedating than haloperidol, while aripiprazole was significantly less sedating.

The researchers conclude that antipsychotics are a heterogeneous group that defies generalization. Leucht and colleagues recommend that clinicians use the data in this report to determine individualized treatment plans for schizophrenic patients, keeping in mind effectiveness, side effects and cost of the various antipsychotic medications.

Reference: Leucht S, Corves C, Arber D, Engel RR, Li C, Davis JM. "Second-generation versus first-generation antipsychotic drugs for schizophrenia: a meta-analysis." *The Lancet*, Dec. 5, 2008.

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 program course for parents of 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 an information packet.

NAMI DROP-IN SUPPORT GROUPS FOR CAREGIVERS AND FRIENDS

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

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

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

Family and Friends, NAMI SCC Office, 307 Orchard City Drive, Suite 205. Contact Jennie Vaughn, 408-378-6950.

SAN JOSE — 4th Thurs. of month, 7– 8:30 P.M.

Empowerment Group for Consumers and Caregivers, Momentum for Mental Health, 2001 The Alameda. Contact Barbara Saxon, 408-229-0428.

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

Jewish Family/Children's Services office, 200 Channing Ave. Call 650-688-3046 for info.

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

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

SAN JOSE — 1st & 3rd Thurs. of month, 7– 8:30 P.M.

Christian support group for consumers coping with mental illness and the families & friends who support them. H.E.L.P. at SVBC (Blossom/Calero). Call Jerry Gruhn, 408-224-8449.

LOS ALTOS HILLS — 2nd Wed. of month, 6:15–8:30 P.M.

Jewish Support Group for those coping with mental illness and families & friends who support them. Beth Am, Beit Kehillah, 26790 Arastradero Rd. Call Carol Irwin, 408-858-1372.

DROP-IN GROUPS FOR CONSUMERS

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

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

CAMPBELL — Every Sun, 3–4:30 P.M.

Connection Recovery Support Group, NAMI SCC office, 307 Orchard City Dr., Suite 205. Call 408-583-0001 for info.

SAN JOSE — Every Wed, 10 A.M.–2 P.M. "Fireside Friendship Club," ACT for Mental Health, Inc, **Life Skills Social Club** for people with mental disabilities and physical limitations; **NEW: 1–2 P.M. Writer's Club,** Beginners Welcome!

441 Park Ave (upstairs), 408-287-2640.

LOS ALTOS HILLS — Congregation Beth Am Jewish Support Group is forming a spinoff social group for consumers. For info, call Andrea Raphael at 650-575-7043.

SAN JOSE — Every Wed. 1–2:30 P.M.

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

SANTA CLARA — PARENTS HELPING PARENTS

Every 3rd Wed. of month, 7–9 P.M. Registration required.

1400 Parkmoor, Ste. 100, SJ. 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. Info at www.billwilsoncenter.org or call 408-980-9801.

SAN JOSE — 4th Mon. of month, 6–8:30 P.M.

Understanding Mental Illness Overview for Families and Friends, Dept. of Psychiatry/Health Education, Behavioral Health Ed. Program, Kaiser, San Jose at 5755 Cottle Rd., Bldg 3, Rm 1. Call Susan Jones, MA, CMT at 408-363-4843.

DEPRESSION/BIPOLAR, MOOD/ANXIETY

LOS GATOS — 1st three Fridays of month, 7–9 P.M.

Mission Oaks Hospital in Outpatient Behavioral Health, 15891 Los Gatos-Almaden Rd. Contact Michelle Nelson at dbsascc@gmail.com

MENLO PARK — 1st Wed. 1:30–3 P.M. & every Thurs.

6:45–8:30 P.M. Christian Support Group for those coping with mental illness and/or those in a supporting role. Presbyterian Church Library, 950 Santa Cruz Ave., 650-968-5459.

SCHIZOPHRENIA

STANFORD — 1st & 3rd Mon. of month, 1–2 P.M.

Schizophrenia Patient Support Group, Stanford Psychiatry and Behavioral Sciences Building, 401 Quarry Rd, Rm 2210, 650-723-6678.

STANFORD — 1st & 3rd Mon. of month, 7–9 P.M.

Schizophrenia Family & Friends Support Group, Stanford Psychiatry and Behavioral Sciences Building, 401 Quarry Rd, Rm 1211, 650-723-6678.

DEPRESSION/BIPOLAR, MOOD DISORDERS

PALO ALTO — Depression Bipolar Mood Disorder Support Group for consumers only. Group meets the **1st three Wednesdays of each month, 6:30–8:30 P.M.** at 4153A El Camino Wy. For information, email www.DBSAPaloAlto@gmail.com. Katherine Lerer, Facilitator.

SAN JOSE — NEW DBSA Chapter, 1st & 3rd Monday,

7 P.M. For more info and details on meeting location, please contact DBSA.SanJose@Gmail.com or call 408-858-3460. We welcome all who are currently under treatment by a medical professional for clinical depression or bipolar disorder.

CHINESE AND VIETNAMESE-SPEAKING

SAN JOSE — 1st Thurs. of month, 7–8:30 P.M.
Momentum for Mental Health, 2001 The Alameda. Contact **Jill Chen-Kuendig, 408-260-4040** or **Chia-Ling Mao 408-924-3152**.

SAN JOSE — AACI (Asian Americans for Community Involvement), mental health counseling services for Asian-Pacific children, adults and seniors. Call **408-975-2730**.

SAN JOSE — Every Monday, 6–8 P.M.
Vietnamese Family Support Group for consumers and family members, Downtown Mental Health Clinic/Zephyr Self-Help Center, 1075 E Santa Clara St, San Jose, 1st floor in the back. Contact **Thao Hien Mullin, 408-849-0487**.

MTN. VIEW — 3rd Thurs. of month, 7–9 P.M.
Christian Group, Mtn. View Chinese Christian Church, 175 E. Dana St. (Hwy 237 & 85). Contact **Jen Hong at 408-996-1016**.

SE HABLA ESPAÑOL in San Jose

Familia a Familia, en Español (September to June) Centro de la Cominidado Dorsa, 1290 Bal Harbor Way (near Story & King). Llame á **Luisa Perez** at **408-378-6988**.

Every Fri, 10 A.M.–Noon Grail Community Center, 2003 E. San Antonio St. (Sunset & San Antonio). Llame á **Stella Martinez** at **408-347-7892**.

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

ACT en Español, 441 Park Avenue. **ARRIBA Armenda Sousa**, Psy.D.D. Psicologa en Español, **408-287-2640**.

THERAPEUTIC RECREATION

SAN JOSE — GRACE COMMUNITY CENTER
484 E. San Fernando Street, **408-293-0422**

For a full calendar of events and information on how to become a member or to volunteer, call or stop by.

MON: Basketball **10 A.M.–Noon**; Anger Management **10:30 A.M.–Noon**; Art Studio **1–3 P.M.**

TUES: Beading **10:30 A.M.–Noon**; Life skills **10:30 A.M.–Noon**; Yoga **1–2 P.M.**; Sewing **1:30–3:30 P.M.**

WED: Basketball **10 A.M.–Noon**; Dance Party/Art Witness **1:30–3 P.M.**

THURS: Nature Outing **10:30 A.M.–4 P.M.**; Arts & Crafts **10:30 A.M.–Noon**; Sewing **1–3 P.M.**; Art Therapy **2 P.M.–3:30 P.M.**

FRI: Karaoke **10:30 A.M.–Noon**; Art Studio **1:30–3:30 P.M.**

Dancing & Music on Friday, February 13,
from **7–9 P.M.** Cost is **\$2**.

Come and join in on the fun! Snacks provided.



Community Art & Craft Faire

February 10, 2–5 P.M.

2001 The Alameda, SJ

Momentum for Mental Health will be hosting an art and craft faire for client members of the organization to show and sell their art, crafts, jewelry, poetry and music to the community. Please come and join us! For more info, call **408-261-7777**.

SELF-HELP CENTER GROUPS

SAN JOSE — ZEPHYR CENTRAL COUNTY CENTER
Downtown Mental Health, 1075 E. Santa Clara St, 1st floor, enter at rear of bldg, **408-792-2140**. All are welcome.

MON: CLOSED

TUES: 9 A.M.–5 P.M: Inside/Outside Peer Support **11 A.M.**; Current Mental Health Issues **Noon**; Meditation/Relaxation (English/Vietnamese) **12:30 P.M.**; DBSA Support **1P.M.**; Beading (Bilingual) **2 P.M.**; Basic Computer Class **3 P.M.**

WED: 9 A.M.–5 P.M: Men's/Women Group **11 A.M.**; Circle of Trust Women's Group **11 A.M.–noon**; Grief Group **noon–1 P.M.**; Dual Recovery Anonymous (DRA) **noon**; Anger Management **1 P.M.**; Schizophrenia Support **2 P.M.**; (Spanish) Mental Health Support **2 P.M.**; Basic Computer Class **3 P.M.**

THUR: 9 A.M.–5 P.M: Arts & Crafts/Beading **10:30 A.M.**; Nutrition (English) **11 A.M.**, (Vietnamese) **11:30 A.M** Community Involvement Mtg. (English/Vietnamese) **2nd & 4th Thurs. noon–1 P.M.**; **4th Thurs.** New Member Orientation **2 P.M.** Mental Health Support Grp **1 P.M.**; Basic Computer Class **3 P.M.**

FRI: 9:00 A.M.–5 P.M: Depression Support Group **10 A.M.**; Knitting and Ceramics **11 A.M.**; Healing w/Music **11:30 A.M.**; Dual Recovery Anonymous (DRA) **noon**; ; Karaoke **1 P.M.**; Movie Day **3 P.M.**

GILROY — CENTRO DEL VALLE SOUTH COUNTY CTR
So County Mental Health Clinic, 1235 First St., **408-686-2365**

MON: CLOSED; **TUE–FRI**, OPEN 1–5 P.M.

TUES, WED, FRI: Call for current schedule.

THUR: Peer Support Available by appointment only in person or by phone.

Valentine's Day Party – Afternoon of Love
Feb. 13, 2–4:30 P.M.



PALO ALTO — PHOENIX NORTH COUNTY CENTER

231 Grant Ave, **650-462-2811**; **MON–FRI** 1–5 P.M.

MON: Relationship Group **1–2 P.M.**

TUES: Open Check-in Group **1–2 P.M.** All welcome!; Young Adult (18-27 year old) Group **2–3 P.M.** every other Tuesday.

WED: Depression Group **1:30–2:30 P.M.**

THURS: Schizophrenia Support Group **3–4 P.M.** Dual Recovery Anonymous (DRA) **1:30–2:30 P.M.**

FRI: Creative Expressions **2–3 P.M.**

Feb. 11, Unity of Sweethearts Day 1:30–4 P.M.

NAMI SCC Volunteer Meeting on Tuesday, February 17, 2009



Come to our next Newsletter Folding "Party" **10 A.M.–2 P.M.** Then at **2:30**, **Paul Taylor, CEO Momentum for Mental Health**, will be speaking with our phone volunteers about the types of services they provide. All are welcome!

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. It's fun and provides a great service!

NAMI SANTA CLARA COUNTY OPEN BOARD MEETING — The NAMI SCC Board Meeting is held the first Tuesday of the month. The next meeting is **Tuesday, Feb. 2, 2008 at 7 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

February 2009 **Open to the public!**

All meetings are held at **Downtown Mental Health Clinic, 1075 E. Santa Clara St., San Jose.**

Th	2/5	3 P.M.	System Planning & Fiscal Committee
M	2/9	9 A.M.	MHB Older Adult Committee
M	2/9	Noon	Mental Health Board
Th	2/12	3 P.M.	Family/Adolescent/Children's Committee
T	2/17	Noon	Minority Advisory Committee
Th	2/19	9 A.M.	Adult System of Care Committee

In Memory of John C. Burns, Housing Leader

Visionary founder of the SCC Housing Authority, **John C. Burns**, died recently at age 76. His 33 years of leadership at the Housing Authority helped to provide affordable housing to many low-income residents, including many NAMI members.

Board and Care Licensing Information

Reported by Rex Naden

On Dec. 16, 2008, a workshop on licensing for Adult Board and Care (B&C) facilities was held. The organizer of the workshop was "Mr. Housing" in SCC, **Robert Dolci (408-793-6451, Robert.dolci@hhs.sccgov.org)**. About 40 people attended, including state and county employees, consumers, NAMI and Momentum staff.

The meeting was chaired by **Ellen Martin**, Regional Manager, Community Care Licensing Division (CCLD), **510-286-4201**. Their San Jose manager can be reached at **408-324-2112**. The website is www.cclcd.ca.gov

Salient points covered are as follows:

- Use your Case Manager and 24-Hour Care manager, **Margaret Oblor 408-885-7580** to help select a B&C. You can look at files for each licensed facility on the CCLD website, as well as licensing forms and so on. To date there is no "open board and care" listing, nor are any ratings/reviews available—these are planned for the CCLD website in the future.
- There are Licensed and Unlicensed B&Cs. The workshop dealt with Licensed B&Cs. There are some good unlicensed B&Cs according to 24-Hour Care. The client will receive (indirectly) more financial benefit from SSI/SSP (SSP is the state supplement for SSI recipients) for a licensed facility, but note that the additional payments go directly to the facility not to the client.
- Licensed facilities pay \$750/year license fee to the State. In exchange they get certain protections, as long as they operate within the guidelines and rules.
- The Community Residential Care Association of California publishes a rate chart showing the 2007-2009 SSI/SSP

Residential Care Rates (\$/month); **Charles W. Skolen**, Director (crcac@comcast.net, **916-455-0723**). I could not find this chart online but it is in the December, 2008 issue of California Community Care News.

- Supplemental, or "Patch," fees funded by SSC (incremental to SSI/SSP) may be available for clients with special needs.
- Complaints against a B&C can be filed with the CCLD. Typical complaints include no snacks, kicked out 9 A.M.–2 P.M., staff unqualified, too cold, not getting medication, not complying with special diet, too much rice and so on.
- The B&C is obligated to either provide, or arrange transportation for the client.
- If a client wishes to do volunteer work, he/she can work with the Case Manager and B&C to arrange to do so.
- If it is necessary to call 911 for police assistance with a person who has/may have a mental illness, ask for a "CIT Officer." These officers have undergone 40 hours of training to provide the skills needed to calmly take charge and convince the individual to accompany them to the hospital, if appropriate.
- The B&C is supposed to interview the client and prepare a yearly "Needs & Services Plan." This plan is to cover items such as special diets, special needs, transportation needs, payments/terms, rules, and a transition to independent living plan if appropriate.
- There is a Residence Agreement that differs by B&C and is signed by each client. This document covers rules, eviction, rate increases and payments.
- There are two ways in which the B&C may evict the client: **1) 30-day eviction:** typical reasons are failure to make payment, failure to comply with house rules or needs changed and B&C cannot meet the new ones (e.g., insulin injections); **2) 3-day eviction:** immediate health and safety risk to the client or others. This type of eviction needs approval by CCLD.

NAMI SCC Board for 2008–2009

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Secretary: Isabel Romero Recorder: Cathy Pasek

The NAMI SCC Newsletter is published monthly by the Newsletter Crew: **Cole Buxbaum**, Editor; **Donna-Jo**, Typesetter; and volunteers. Come for newsletter folding and volunteer

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.



National Alliance on Mental Illness

NAMIWALK on Saturday, May 30, 2009!

Now is the perfect time to start assembling your teams and to sign up online at www.namiwalksfbay.org. When you get to the NAMIWALK website, select "Form a Walk Team or Join a Team" and then log in to register. Check out the list of existing teams review before registering: **BraveHearts**, **NAMI en Español** and **Weekend Walkers** are all up and running from Santa Clara. **Yay Sophia, Lorraine and Kathy** as well as **Barbara Diaz and Luisa**, and **John**. Our BraveHearts team is in serious training (see Walk-n-Talk Group article below), so I expect they'll be out in full force. Next month, look for details on the Kickoff Luncheon, and we'll get the date and place published as soon as it is confirmed. Let me know if you'd like to help us with planning. There's lots to do. As always, call **Gini Mitchem** at 408-259-2256 with questions or to request materials, or contact the NAMI office at 408-583-0001 and they'll find me; ymitchem@hotmail.com works just fine!

Walk-n-Talk Group

The Walk-n-Talk Group is here to help you help yourself, whether it's to prepare for NAMIWalks, a way to stay connected with other people, part of a total fitness plan or what have you.

"I'm not ready. It's too cold. Too far. Too much. Too late. Too busy. Too tired. Too hard. Too hot. I can't."

Excuses getting in the way? Think you lack willpower? Think your problem is with self-discipline? Procrastination got the best of you? There's a line that I like from a book by Cheri Huber, a Zen teacher, "Watch what you *do*, not what you say." It helps me focus on the present rather than staying stuck in old, habitual and unconscious negative thoughts/emotions. Then there's the line my former psychiatrist often said at the end of virtually each visit, "Just do it!"

Some tips that might help you to change for good:

- **Start small.**
- **Make it pleasurable.**
- **Lay out your gear.**
- **State your goals clearly.** Instead of "lose weight" you might say, "Lose 5 pounds in ___ months."
- **Just head out the door.** Don't worry or think about how long you'll have to walk or how hard it will be.
- **Keep a Fitness Journal/Log.** Seeing progress over time can motivate you, and you can use it to show your doctor.
- **Go for the long haul.** See exercise as a life-long habit, and your goals will come to you eventually.

Most importantly, if you slide, just...REcommit!

Happy Walking!

Teen Hotline 650-579-0353 4-10 P.M., M-TH
www.onyourmind.net Chat Room Just for Teens
 Teens answer phones & questions online.

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



Check NAMI groups online at www.NAMIsantaclara.org under "Local Resources" or listings in the centerfold of the newsletter for times and locations.

You are always welcome at these drop-in groups!

12 SCC Facilitators Trained!!

On December 12 and 13, a NAMI Support Group Facilitator Training was held in San Jose. With the support of NAMI California, 16 facilitators received training with 12 of those from Santa Clara County. These facilitators will join ongoing support groups for the time being.

These are the wonderful folks who spent two 12-hour days in training: **Hien Dang, Paul Mullin, Jackie Gutierrez, Lilly & Mike Henning, Carol Irwin, Hee Soon Kwon, Aileen Lau, Pam Polos, Ron Roth, Sharon Roth and Alicia Williams.**

Special thanks to **Alicia Williams** for arranging for the use of the Maranatha Outreach Center where she is currently the Administrative Pastor.

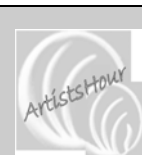
Thanks also to **Janssen Pharmaceuticals** for providing dinners in support of the training.

	Every Sun, 3-4:30 P.M. NAMI SCC Campbell Office
	Celebrating 1 year

No preregistration required. Who can attend? All adults with mental illness. A **NAMI WALKING GROUP** follows each Connection Group meeting. A **SOCIAL ACTIVITY** occasionally is organized after the group.

The peer-facilitated Connections Recovery groups continue to be well attended and supportive. By sharing similar experiences, differences of ethnicities, age, and type of mental illness meld and create supportive open-mindedness.

If you are attending the groups and interested in helping out on a regular basis, let the Connection Facilitator know. Help is needed primarily for chairs, name tags, and hanging charts.



Artists Hour Feb 22, 2-3 P.M., NAMI Office

Consumers with an interest in art or in sharing art are invited every 4th Sunday to an hour of creative interaction. This month will highlight the creative plans for 2009 and lists of ideas for future workshops.

If you have a skill you would like to share as a 45-minute Art Workshop, please contact **Barbara** at 408-229-0428.

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 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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