



National Alliance on Mental Illness

Community Resource & Support Center
2010 N. 1st Street, Suite 530, San Jose, CA 95131-2040
408.453.0400 Fax: 408.453.2100
www.namisantacalara.org

Santa Clara County

Volume XXXVI · No. 2

February 2012

COUNTY MENTAL HEALTH
EMERGENCY & REFERRALS

EMERGENCIES

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

EMERGENCY PSYCHIATRIC SERVICES (EPS)

871 Enborg Court, San Jose 408-885-6100

URGENT PSYCHIATRIC CARE UNIT 100

871 Enborg Court, San Jose 408-885-7855

Daily 8 A.M.-10 P.M.; walk in or by appointment

NOTE: For those with no medical insurance only.

SERIOUS MENTAL HEALTH HELP & COUNSELING

Suicide & Crisis Center (Central) 1-855-278-4204

MENTAL HEALTH CALL CENTER 1-800-704-0900

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

ETHNIC CULTURAL COMMUNITY ADVISORY COMMITTEES (ECCAC)

1075 E Santa Clara St, San Jose 408-792-3912

2-1-1 SANTA CLARA COUNTY

Free, nonemergency, confidential 3-digit phone number/service for access to critical services; more at www.211scc.org

EMQ CHILD/ADOLESCENT MOBILE CRISIS PROGRAM

After-hours/weekend emergencies: 1-877-412-7474

BILL WILSON CENTER Teen Crisis Line: 408-850-6140

MENTAL HEALTH ADVOCACY PROJECT (MHAP)

Free legal help for mental health patients' rights 408-294-9730

VA REFERRALS—Help for Veterans 1-800-455-0057

NAMI SANTA CLARA COUNTY OFFICE

Info/Referrals M-F, 10 A.M.-2 P.M. 408-453-0400

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

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

Juan Perez (Se habla español) 408-528-5353

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

Jen Hong (Mandarin) 408-996-1016

Upcoming Meetings & Events

Every Saturday Connect 2 U Social Group (see p. 7)

Every Sunday Nature Walks/Hikes (see p. 6)

Feb. 7/Tues. NAMI SCC Board Meeting

Feb. 14/Tues. NAMI SCC General Meeting

Feb. 20/Mon. Office closed, Presidents' Day

Feb. 23/Thurs. Newsletter Folding (see p. 6)

June 2, 2012/Sat. NAMIWalk 2012 at Lindley Meadow, Golden Gate Park (see p. 7)

NOTE: NAMI SCC Membership registration and renewal can be done at the General Meeting by paying with cash/check or online with a credit or debit card.

General Meeting, February 14, 2012
Valentine's Day NAMIWalk Celebration
Good Samaritan Hospital Auditorium
2425 Samaritan Drive, San Jose, 7-9 P.M.

On February 14, NAMI Santa Clara County's General Meeting at Good Samaritan will be a Valentine's Day NAMIWalk Celebration honoring last year's Team Captains, Walkers and Supporters as well as welcoming participants for 2012. We will have Family-to-Family and Peer-to-Peer Class Reunions and Teams, and videos from last year's walk. In addition, there will be music, food and more! And we'll remind you to Save the Date: Saturday, June 2, 2012, at Lindley Meadow, in San Francisco's Golden Gate Park. We look forward to seeing you there!

Join us at 7:30 P.M. for NAMI Announcements. NAMIWalk Celebration and Class Reunion will be from 8-9.

For directions to Good Samaritan Hospital, go to www.maps.yahoo.com. The auditorium is in the basement of the main building.

Coming in March: REACH is a new early intervention and prevention collaboration between Starlight Community Services and Momentum for Mental Health. The REACH team serves young people throughout SCC aged 10-25 who are at risk for developing a psychotic illness. More information in the March Newsletter.

Update on 2011 Holiday Gift Drive

Once again we had fantastic volunteer support and donations that enabled us to bring holiday cheer to over 350 individuals living in large Board and Care facilities, and over 100 large gift bags to people living in smaller homes. Volunteers shopped, wrapped, assembled, packed boxes and Christmas stockings with sox, toiletries and sweets. They delivered close to 450 gifts. None of that would have been possible without the more than 60 people who turned up to help. And this was all made possible, of course, by your generous donations.

A special "thank you" to Margene Chmyz & Beth Campbell for leading this project, to Francesca's office support and to the elves who delivered the gifts throughout the county.

NAMI SCC Board Officer Nominations

If you are interested in serving on the NAMI SCC Board as President, Vice President, Treasurer, Secretary or Recorder, or wish to suggest someone else for one or more of these positions, please contact the nominating committee, Navah Statman, Darrell Erb and Margene Chmyz, by calling the NAMI SCC office. Nominations will be accepted from the floor at the February and March General Meetings, installation of officers will take place at the April General Meeting, following the election in March.

NAMI SCC General Meeting, Nov. 8, 2011 Innovation 08: Interactive Video Simulation Training for Law Enforcement

By Cole Buxbaum

Presenting at our General Meeting were Santa Clara County Law Enforcement Liaisons **Pat Dwyer** and **Dave Newman**. Pat Dwyer was the first law enforcement liaison with the San Jose Mental Health Department, having served for over forty years in enforcement, as the Police Chief of Palo Alto and some other cities. Dave Newman spent about 37 years in law enforcement, first in Palo Alto and then in San Jose until 2008. (The third liaison, **Kathy McKenna**, could not attend.)

Dave Newman is very active helping homeless vets while Pat Dwyer is attempting to identify a frequent abuser group and helps with high-profile individuals constantly coming to the attention of the police.

Dr. Nancy Peña, Director of San Jose's Mental Health Department, put together a team to develop a series of interactive video simulations and chose Pat Dwyer as one member along with Dave Newman to encourage training and build bridges between law enforcement and mental health. "NAMI has always been there to support the law enforcement department with CIT training over the years," Dwyer said. The Innovation Project 08 is the only successful program of its type in the country that they are aware of.

The Mental Health Services Act was passed in 2004 to take 1% of earnings from individuals with personal income over \$1 million per year to expand care of the mentally ill. From 2008-2011, over \$40 million was raised, giving enormous potential for response to mental illness. Five percent must go to innovative projects. The interactive programs were funded by this budget, enhanced by money from other sources, as determined by Dr. Peña. The Innovation Project 08 offers a new focus on recovery, a new focus involving family members and consumers and on collaboration from both. CIT was a giant step forward in helping officers learn to work with the mentally ill. However a large percentage still don't have sufficient training, and the interactive videos are very useful to this end. The liaisons are getting requests from all around the country.

More than half of prison inmates have some mental health problem. Ten to 15% of all police contacts involve the mentally ill, but only a small percentage is dedicated to training. Dave Newman described in detail how a situation is de-escalated when officers are called in. They are trying to teach the officers how they get the person on a path to recovery.

Scenarios from Innovation 08 resulted after officers were asked to describe the worst cases police contacts with the mentally ill. Scenario topics were developed by focus groups including consumers, family members (NAMI), youth, ethnic and cultural groups, police chiefs and clinicians. Scripts and preproduction work were completed by the Law Enforcement Liaisons. The Mental Health Department engaged the services of AIS, Inc., a Seattle-based company experienced in producing interactive police training videos, to film the scenarios. Innovation Project 08 represents both an innovative training strategy and a model of interagency collaboration. The project has already drawn national attention.

A key issue is the ability to recognize an emergency as well as being humane. In addition, we must increase access to people with mental illness. When he was called recently in an emergency, he said, "NAMI is the best-kept secret in the county." He gave the audience details on how to access NAMI and the right persons to reach. It's also important to train people that schizophrenia is not a violent illness in almost all cases. www.NAMI.org can give access to detailed descriptions of various mental illness and actions that can be of assistance.

The scenarios available from the Innovation Project help to train officers on how to take the various steps involved in getting an individual de-escalated. "Talk is cheap" in getting things under control," he said. "The goal is to be compassionate, cooperative and humane." HIPPA (Health Information Patient Privacy Act) includes a set of procedures from a legal standpoint.

Pat Dwyer described the kinds of acting staff that was enlisted to work on the training videos, including bilingual individuals. The topics of the videos include *The PTSD Veteran*; *Dual Diagnosis Woman*; *The Schizophrenic Male*; *Young Woman with Suicidal Ideology*; *How to Hook Up the Family Members*, "Where Can I Get Some Real Help?"

John Mitchem was recognized for his involvement in the development of the project.



Audio Recordings of Our Presentations

We have audio recordings of our General Meeting presentations on our website. Go to www.namisantaclara.org/meetings.htm to access these recordings.

Our Wish List

The NAMI SCC office is "wishing" for some things. If you can help out, please call our Office Manager.

- ◆ Computers in working condition for our consumers
- ◆ Cash donations for Connect 2 U
- ◆ Donations for the purchase of books for our Library

South County Self-Help Center Wish List:

- ◆ Bookcase – new or used (in good condition)
- ◆ New or used TV in good condition
- ◆ DVD player
- ◆ Any art supplies

Two New Brochures at the NAMI office.

Bipolar Disorder
Posttraumatic Stress (PTSD) Disorder

Media Request from *SZ Magazine*

A writer for *SZ Magazine* is looking to interview individuals living with schizophrenia who are maintaining employment. The focus of the article will be to learn how these individuals balance their work demands and responsibilities with their need to manage their personal stress and prevent relapse. The article is to represent a diversity of work situations: from people in full-time, paid positions in the competitive marketplace to those in part-time volunteer positions especially created for people with mental illness.

Should you know someone who “fills the bill” for this article and would be willing to be interviewed, please contact **Patricia Jane Teskey** at patriciajane@sympatico.ca as soon as you can.

On the subject of *SZ Magazine*, a NAMI SCC member as well as a teacher, is featured in the Winter 2012 issue. (See article below.)

Diana Guido Featured in *SZ Magazine*

Diana Guido, a teacher of our Provider and Family-to-Family classes, and her sons are featured in an article titled “Recovering Together: A Mother’s Recovery Journey to Save Her Son.” Diana learned that the magazine was interested in hearing from people and got in touch with them about her family’s journey.

Diana’s son, Riley, was diagnosed with schizophrenia about eight years ago. Since then, Diana has had to overcome personal substance addiction, abusive relationships, the death of her husband to alcoholism, as well as learn how to care for her son. The beginning of their family’s journey was very, very difficult, but once Diana began her own recovery, she learned that she not only had much to offer Riley in the way of care, but that her experiences in recovery and caregiving would be beneficial to others in similar situations.

All issues of *SZ Magazine* are available in our office. You can read Diana’s story as well as others when you’re in the office.

New Employees in the NAMI SCC Office

Two people have just joined our office staff: **Jennifer Blostein** and **Karen Fifer**. Jennifer is our new Family-to-Family Program Coordinator and Karen is a new Volunteer Coordinator who will share volunteer-coordinator responsibilities with **Justina Vega**.

Both Jennifer and Karen have been a part of our NAMI family for many years. Jennifer, a former school teacher, has taught Family-to-Family and feels that becoming the coordinator is a natural next step for her. Karen has been involved in the Peer Pals Program as a pal, gives Peer Pal presentations and will be volunteering in our Peer-to-Peer Program starting next week.

When you come to the NAMI office, be sure to say hi to Jennifer and Karen.

2nd Annual Santa Clara Valley Brain Injury Conference

The 2nd Annual Santa Clara Valley Brain Injury Conference: “Building on the Legacy of Coma to Community” will be held **February 23–25** at the historic Dolce Hayes Mansion in San Jose. The event will feature research findings produced through the TBI Model Systems of the National Institute on Disability and Rehabilitation Research (NIDRR), the VA, medical centers, universities and community agencies.

Darkness Visible: A Memoir of Madness by William Styron

Book Review by Brandon Ha

In 1985, six years after the publication of critically acclaimed and bestseller, *Sophie’s Choice*, **William Styron** was in Paris to receive the Prix Mondial Cino del Duca. The award is given annually to an artist whose work exemplifies principles in humanism, and is very highly respected in France. An American winning the award was truly a great honor.

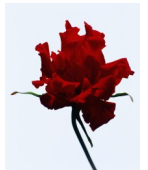
Shortly after accepting the award, Styron was invited by Simone del Duca, widow of Cino del Duca and a member of the Académie des Beaux-Arts, to attend a luncheon in his honor. Styron, however, politely refused stating he had to attend another engagement. An incredulous del Duca was left speechless, but little did she know that Styron was suffering from a major bout of depression, an illness he battled throughout his life. With his mind racing and severe insomnia, Styron was out of sorts at the reception.

Darkness Visible: A Memoir of Madness details the debilitating suicidal depression William Styron battled throughout his life. A clinician once told him, “If you compare our knowledge (of mental illness) with Columbus’s discovery of America, America is yet unknown; we are still down on that little island in the Bahamas.” Styron’s open and honest memoir allows readers to set sail in the sea of information on mental illness.

Currently available at the NAMI Santa Clara County library, *Darkness Visible: A Memoir of Madness* is a recommended read for both consumers and their families. William Styron was an American novelist best known for *Lie Down in Darkness* (1951), *The Confessions of Nat Turner* (1967), and *Sophie’s Choice* (1979). Styron died from pneumonia on November 1, 2006, at age 81. More information about William Styron can be found on his Wikipedia at http://en.wikipedia.org/wiki/William_Styron.

The Ones With Disabilities

By Steven Rodgers



I want to flip the script,
take the people
with what they’re calling disabilities,
and make those the ones
whose sensibilities are our realities.

Cause they’re scared,
they don’t know how to speak
the language the others are spurring,
not cause they don’t understand,
but cause they don’t want to accept the others plans.

And the ones who rule now,
who got us all hurt,
well they’ll be shunned
to respect a new kindness,
but when they do they’ll be astonished
to realize something they never knew.

NAMI SANTA CLARA COUNTY FREE EDUCATION PROGRAMS

Family-to-Family: 12-week program for family members. To register, call the NAMI Office, **408-453-0400**.

Spanish Speaking: Call **Luisa Perez, 408-378-6988**.

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

Provider Course: 5-week class offered to professionals who work with persons with mental illness. Call the NAMI office.

NAMI Basics: 6-week course for parents of children & adolescents 17 and under. To register, call the NAMI office.

Parents & Teachers as Allies: 2-hour, inservice program for school professionals/families. Call **Kathy, 408-354-7077**.

Ongoing Peer-to-Peer: 10-week (2 hours/week) experiential course for ages 18 and over. Contact **Donna** at the NAMI office for an information packet.

In Our Own Voice: "Living with Mental Illness" (IOOV): Presentation given by trained consumer-presenters to groups of consumers, family members, community groups, colleges and professionals. Call the NAMI Office for info.

SUPPORT GROUPS FOR CONSUMERS

SAN JOSE — Every Sun., 3–4:30 P.M.

Connection Recovery Support Group, NAMI SCC office, 2010 N. 1st St., Suite 530. Info: Call the NAMI office.

SAN JOSE — Every Wed., 10 A.M.–1 P.M.

"Fireside Friendship Club," ACT for Mental Health, Inc., Life Skills Social Club for people with mental disabilities & physical limitations; Writer's Club, 1–2 P.M. Beginners welcome! 441 Park Ave. (upstairs/no elevator), **408-287-2640**.

SAN JOSE — DBSA Chapter, 1st & 3rd Mon., 7 P.M.

For info: **Kristin VandeVort, dbsa.sanjose@gmail.com or 408-858-3460**. For peers diagnosed with bipolar disorder or clinical depression, but family members/significant others are welcome to attend as support for any participant.

PALO ALTO — Every Mon., 1:15-3 P.M.

Creative Writing for people with major depression or bipolar disorder meets at Stanford Psychiatry Department, 401 Quarry Road. Registration is ongoing, please contact **Beth Schaefer** at **510-502-7770** or [//www.writingthroughthedarkness.com](http://www.writingthroughthedarkness.com).

PALO ALTO— DBSA Chapter, Every Wed., 6:30–8:30 P.M.

Mood Disorders Support Group, VA Hospital, 3801 Miranda Ave., Hospital Bldg. 101, Rm. A2-200. Info: **Katherine Lerer, dbsapaloalto@gmail.com**.

LOS GATOS — Every Wed., 1–2:30 P.M.

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

LOS GATOS — DBSA Chapter, 2nd/4th Fri., 7:30–9 P.M.

Good Samaritan Hospital @ Mission Oaks, Outpatient Behavioral Health Services, 15891 Los Gatos-Almaden Rd., 2nd FL, Rm. 292. Info: **Kristin VandeVort, dbsa.sanjose@gmail.com, 408-858-3460**. See **San Jose DBSA** above for more info.

LOS GATOS — 1st Wed. 6 P.M. & every 3rd Sun. 5 P.M.

Body Image/Eating Disorders Support Group, PlaneTree Health Library (at Mission Oaks), 15891 Los Gatos-Almaden Rd.

MORGAN HILL — 1st Thurs., 7–9 P.M.

Body Image/Eating Disorders Support Group, DePaul Health Center Conference Center, 18550 DePaul Dr., **Jennifer Moiles, 408-335-7836**. Info: **408-559-5593** or info@edrcsv.org.

SUPPORT GROUPS FOR FAMILIES & FRIENDS

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

NAMI SCC Office, 2010 N. 1st St, Suite 530. Info: **Mike & Lilly Henning, 408-264-0782**. (NAMI Format)

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., Kaiser SJ, 5755 Cottle Rd., Bldg 3, Rm. 1. Info: **Susan Jones, MA, CMT, 408-363-4843** (Kaiser members free/nonmembers \$25). Call **408-972-3340** to enroll.

MTN. VIEW — 2nd /4th Sat. of month, 9:30–11 A.M.

Eating Disorders group for Families & Friends, El Camino Hospital, Conf. Rm. A, 2500 Grant Road.

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

El Camino Hospital, 2500 Grant Rd, Conf. Rm. B (by the grand piano) on ground floor of Main Bldg. Info: **John Jacobs, 650-804-2222; Khalid Kazi, 650-823-3270; Farhana Kazi, 650-387-8532**. (NAMI Format)

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

Jewish Family&Children's Services, 200 Channing Ave. **Don Sussman, 650-688-3046** or **Laurel Woodard, 650-688-3073**.

SUPPORT GROUPS FOR CONSUMERS & FAMILIES

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

Empowerment Group for Consumers/Caregivers, Momentum for Mental Health, 2001 The Alameda. Park and enter in the back. Info: **Mike & Lilly Henning, 408-264-0782**.

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

Christian group for consumers, families & friends. H.E.L.P. at Sunrise Valley Baptist. Info: **Jerry Gruhn, 408-224-8449**.

SAN JOSE — 2nd Thurs. of month, 7–8:30 P.M.

Christian group for consumers, families, friends. Hope, Encouragement, Love and Pray (H.E.L.P.) at South Hills Community Church, 6601 Camden Ave. Info: **408-997-7284**.

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

Consumers, families & friends, Nueva Vista Activity Room, 18225 Hale Ave. Info: **Barbara, 408-229-0428** (NAMI Format)

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

Jewish support group for those coping with mental illness & families & friends. Congregation Beth Am, Beit Kehillah, 26790 Arastradero Rd. Info: **Carol Irwin, 408-858-1372**.

MENLO PARK — Every Thurs. 6:45–8:30 P.M. (Optional dinner, 6 P.M.)

Christian support group for those coping with mental illness & those in supporting role. Presbyterian Church, Garden Ct., 950 Santa Cruz Avenue. Info: **650-464-9033**.

MTN. VIEW — 1st & 3rd Mondays, 7–8:30 P.M.

Christian group, Abundant Life Christian Fellowship, 2581 Leghorn Street, Fellowship Hall. Info: **650-625-1500**.

OTHER SUPPORT GROUPS

SAN JOSE — 3rd Wed. of month, 11 A.M.–1 P.M.

PARENTS HELPING PARENTS, Support group for parents & caregivers of children & teens with bipolar disorder. Sobrato Center for Nonprofits, 1400 Parkmoor Ave., #100. Info: www.php.com or **408-727-5775**.

SANTA CLARA — CENTRE FOR LIVING WITH DYING

Individual & small-group grief support for those dealing w/life-threatening illness or death of a loved one. Info: **408-980-9801**.

ASIAN-COMMUNITY SUPPORT GROUPS

CUPERTINO (Korean) — 4th Tues./month, 6:30–8:30 P.M.
Fam./Consumer Group, Full Gospel Mission, 20920 McClellan Rd. (opp. De Anza College). Info: **Kyo, 408-253-9733.**

CUPERTINO (Cantonese) — 2nd Thurs./month, 7–9 P.M.
Family (primary) & Consumer Group, Valley Church of Cupertino, 10885 N. Stelling Rd. Info: **Katherine Fok, 650-961-2751.**

MTN. VIEW (Mandarin) — 3rd Thurs. /month, 7–9 P.M.
Christian Group, Mtn. View Chinese Christian Church, 175 E. Dana. (Hwy 237/85). Info: **Jen Hong, 408-996-1016.**

SANTA CLARA (Mandarin) — 4th Thurs./month, 7–9 P.M.
River of Life Christian Church (ROLCC), 1177 Laurelwood Rd. Info: **Chiao-Wen Chen, 408-338-9161.**

SAN JOSE (Mandarin) — 1st Thurs./month, 7–8:30 P.M.
Momentum, 2001 The Alameda. Info: **Jill Chen-Kuendig, 408-261-7777 x2207; Chia-Ling Mao, 408-924-3152.**

SAN JOSE (Vietnamese) — Every Mon., 6:30–8:30 P.M.
Family Support Group for consumers & families. Asian Pacific Family Resource Ctr, 591 N. King #8; **Thong Le 408-792-3919.**

SUNNYVALE (English) — 1st, 3rd Wed./month, 7–9 P.M.
API (Asian Pacific Islanders) Adult & Young Adult Peer Support Group. Info: **Sophia Huang, 408-623-9711.**

NOTE: Call **408-975-2730** about counseling for API.

SE HABLA ESPAÑOL IN SAN JOSE

Every Friday, 11:30 A.M.–1:30 P.M.

Grail Community Center, 2003 E. San Antonio St. (Sunset & San Antonio). **Llame á Luz Santa Cruz at 408-347-7892.**

4th Fri. of month, 7–9:30 P.M.

Dorsa Centro de la Comunidad, 1290 Bal Harbor Way.

Llame á Luisa Perez at 408-378-6988.

ACT for Mental Health, Inc. en Español, 441 Park Ave.
Armenda Sousa, Psy.D.D., 408-287-2640.

NOTE: Depression and Bipolar Support Alliance has launched a Spanish language website, www.dbsalianza.org.

THERAPEUTIC SRVS/MENTAL HEALTH SUPPORT**SAN JOSE — GRACE COMMUNITY CENTER**

484 E. San Fernando Street, 408-293-0422

NOTE: If you need extra support on your Mental Health Goals & you receive Medi-Cal, you may be eligible for our Day Rehabilitation Program.

M: Basketball 10 A.M.; Anger Mgt 10:30 A.M.; Women's and Men's Group 1:30 P.M.; Gamers Delight 2 P.M.

T: Beading 10:30 A.M.; Stained Glass (\$2) 10 A.M.; Yoga 1 P.M.; Sewing 1:30 P.M.

W: Center Closes at 1 P.M. ; Basketball 10 A.M.; Creative Writing 10:45 A.M.

TH: Hair Salon 10 A.M. (call for Appt.); Arts/Crafts 10:30 A.M.; Relaxation Skills Grp 11:30 A.M.; Sewing 1 P.M.; Entertainer 1:15 P.M. Therapy 2 P.M.

F: Gardening 10 A.M.; Voices/Delusions Support/Addiction Group 10:30 A.M.; Leisure Walk/Clothes Closet/Open Art Studio 1:30 P.M.; Gamers Delight 2 P.M.

Sat: Aerobics 10:15 A.M.; Movie Morning 10:30 A.M. Art & Live Music 11 A.M.; Eat/Art 12:30 P.M.; Bingo 12:45 P.M.

M–F @ noon: Nutritious lunch for \$.75/Sat. \$1.

Call Grace Community Center for information about Friday evening programs from 5–7 P.M. at 408-293-0422.

**SELF-HELP CENTERS for Consumers by Consumers
(CALL ALL CENTERS FOR UPCOMING EVENTS)**

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 (One-on-one available 10 A.M. T,W,TH,F)

TUES. (9 A.M.–3 P.M.): Veterans Only Group 10 A.M.; Bilingual Group 10:30 P.M.; Check-In /Walking 11 A.M.; Off-site Bible Study/Guided Imagery & Relaxation **Noon**; Older Adult Self-Help Group (59+) 12:30 P.M.; New Beginnings /Positive Thinking 1 P.M.; Wellness Recovery Action Plan (WRAP) 1:30 P.M.; Word Search 2 P.M.; Basic Computer* 3 P.M.

WED. (9 A.M.–3 P.M.): Comfort Support Group/Veterans Only Group 10 A.M.; Men's/Women's Groups 11 A.M.; Let's Get Moving 11:30 A.M.; Dual Diagnosis **Noon**; Money Management 12:15 P.M.; Older Adults Self-Help Grp (59+)/Anger Mgt. 1 P.M.; Sharing & Caring 2 P.M.; Basic Computer* 3 P.M.

THURS. (9 A.M.–3 P.M.): 3 Principles—State of Mind 9:15 A.M.; Guided Imagery/Relaxation 10 A.M.; Beading 10:30 A.M.; Community Meeting 2nd & 4th Thurs, 10:30 A.M.; Arts & Crafts/Collage 11:30 A.M.; Nutrition 1st Thurs@ Noon; Bipolar Chat **Noon**; Word Search 1 P.M.; What's Bugging You/Color Pencil Drawing/Music 2 P.M.; Basic Computer* 3 P.M.

FRI. (9 A.M.–3 P.M.): Writing Your Life Story 10 A.M.; Let's Feel Better Group 11 A.M.; Suicide Prevention 11:30 A.M.; Dual Diagnosis Group/Beading Group **Noon**; Thank God It's Friday (TGIF)—A Check In Group 12:30 P.M.; Karaoke 1 P.M.; Positive Thinking 1:30 P.M.; Board Games 2 P.M.

*Basic Computer located upstairs at Learning Partnership

GILROY— CENTRO DEL VALLE SO. COUNTY CENTER
1235 First St., 408-686-2365

One-on-one available Mon. through Fri.

MON.: Closed

TUES. (1 P.M.–4:30 P.M.): Psychosis Support 2:30 P.M.; Depression Group 3:30 P.M.

WED. (10 A.M.–3 P.M.): Women's Beading /Craft Grp 10 A.M.; Check-In Group **Noon**; Native American Talking Circle, **Every 2nd Wed. @ Noon**

THURS. (10 A.M.–3 P.M.): Anger Management 1 P.M.; WRAP (Wellness Recovery Action Plan) 2 P.M.

FRI. (10 A.M.–3 P.M.): Consumer Voices 2 P.M.

DAILY: Peer Support, call for appointment

PALO ALTO — PHOENIX NORTH COUNTY CENTER
231 Grant Ave., 650-462-2811; MON, WED, FRI. 1–5 P.M.

The opening of **Phoenix Self Help Center** is To Be Determined at a later date and the Consumer Affairs Program will let everyone know as soon as they find out.

SAN JOSE — INDIAN HEALTH CENTER
Corner of 13th and E. Santa Clara streets

Weekly schedule, no charge to exercise. For more info, call 408-445-3400 x 235.

NAMI SCC Board Meeting — The Board Meeting is held the first Tuesday of the month. The next Board Meeting will be on **Tuesday, February 7, at 7 P.M.**, at the NAMI SCC office, 2010 N. 1st St., Suite 530, SJ. All are welcome!

SCC Mental Health Board February, 2012

Meetings are open to the public!

Meetings are held at the Downtown Mental Health Clinic,
1075 E Santa Clara St., *unless* specified below.

TH	2/02	3 P.M.	System Planning & Fiscal Committee
M	2/13	9 A.M.	Older Adult Committee
M	2/13	Noon	Mental Health Board
TH	None		Family, Adolescent & Children's Committee
T	2/21	Noon	Minority Advisory Committee
TH	None		Adult System of Care Committee

Who's Who at the NAMI SCC Office

Francesca Merchant: Office Manager

Donna Mechanic: Office Support

Monica Nay: Accounting/Contracts Manager

Justina Vega and Karen Fifer: Volunteer Coordinators

Program Coordinators

Jennifer Blostein: Family-to-Family

Greg Osborn: Provider Classes

Sharon Ruhl: Basics/Parent & Teachers as Allies

David DeTata: Peer PALS

Barbara Thompson and Eileen Wu: Peer to Peer

Raschell Lade: In Our Own Voice (IOOV)

Officers of the NAMI SCC Board

President: **Kathy Forward**

VP's: **Juan Perez, Victor Ojakian, Carol Irwin, Jen Hong**

Immediate Past President: **John Mitchem**

Treasurer: **Jerry Gruhn** Secretary: **Barbara Perez-Diaz**

Recorder: **Meg Stein**

Members-at-Large: **Alan Cade, Lowanda Pierson**

NAMI SCC Newsletter is published monthly by the Newsletter Crew: **Cole Buxbaum** (Editor), **Beverly Lozoff** (Coordinator), **Donna-Jo** (Typesetter) and our great volunteers.

Deadline for Article Submission: 1st Tuesday of the month

NAMI Santa Clara County Mission Statement

NAMI SCC's mission is 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 mental health professionals and families.



NAMI Santa Clara County
is now on Facebook!

Paid Opportunities

- ♦ **Catholic Charities of Santa Clara County** is looking for an **Activity Assistant/Peer Mentor** to work in its new Primary and Behavioral Health Care Program, set to open in Feb, 2012. Part-time position providing outreach, engagement, support, role modeling and/or aftercare to dually diagnosed participants. For details go to http://catholiccharitiesscc.org/jm/jobs/job_872.html.
- ♦ **Live-in Aide:** Rent free + \$12.75 per hour. Call **Claire Gruener** at 408-469-6258.

Need for Consumer Housing Information

NAMI SCC is working to improve communication with board and care homes that dispense medication. Please send name, address and contact information for any such facility that you or your family member has experience with to NAMI volunteer, **John Jackson**, john.jackson007@gmail.com.

NAMI SCC Nature Walks

WHEN: Every Sunday, 9–11 A.M. **Rain or Shine!**

WHERE: Meet at **Campbell Park**, next to the picnic tables near the Playground

(The Park is located at the intersection of Campbell and Gilman avenues, between downtown Campbell and Hwy 17.)

Monthly Healthy Trails Hikes:

NAMI & SCC Parks Healthy Trails Program

Please meet us on **Saturday, Feb. 18**, at **Almaden Quicksilver Park** (at the Woods Road parking lot on Hicks Road) for the SCC Parks Healthy Trails hike from **9 A.M.–1 P.M.**

Join a Park Docent on a moderately challenging 4.5-mile hike along the Woods Road, Castellero and Mine Hill trails. View remnants of the expansive mercury mining operation as you explore nature and history. Wear sturdy hiking shoes and sunscreen and bring a camera.

NAMI is providing the usual healthy trail snacks and water at start and finish, but you may want to bring your own favorite snacks on this fascinating and beautiful hike. A second, shorter hike is also scheduled for those not wanting to go the full distance.

Call **Joe Flood** at 408-529-5369 for details.

All Is Full of Love!
Happy Valentine's Day,
Tues, Feb. 14, 12–2 P.M.



South County Self-Help Center in Gilroy will be hosting a Happy Valentine's Day event on **Tues, Feb. 14**. Food will be provided.

RSVP: adrianaavega@hhs.sccgov.org or 408-686-2365.

Warm Hearts/New Friends are welcome!



NAMIWalk 2012

By Gini Mitchem

NAMIWALK SF Bay Area Steering Committee Co-Chair
and NAMI SCC Walk Committee

Peer-to-Peer, Family-to-Family and 2011 Teams, Our NAMI-Walk Valentine's Party is for YOU! We are excited to have this reunion opportunity, and we hope many of you will join us on **Feb. 14** in the auditorium at Good Samaritan Hospital.

Our weeks together in the classes are so intense, and then we get busy with other things and often lose track of each other. What better way to renew our contacts than through a P2P or F2F team of our classmates (or a combination of several classes)! Last year **NAMI in Motion**, **The Advocates**, **Never Give Up!** and **Wiegart Walkers** set the stage, along with our other great Santa Clara teams. **Brave Hearts**, our office team led by **Barbara Thompson** and **Rick Vierhus**, has been a wonderful rallying point; let's give them some friendly competition this year!

On February 14, we'll talk about how easy it is to register and set up your Walker and Team pages, and we are here to help every step of the way. Don't forget that the Sunday Nature Walks in Campbell are a fun way to rally team members and get in some training. We'll let know about other NAMIWalk activities along the route to Saturday, June 2, in Golden Gate Park. Info: **Gini Mitchem**, 408-259-2256 or vmitchem@hotmail.com, www.namiwalksfbay.org.

NAMIWalk 2012 Brave Hearts Team

We need you! For NAMI Walk 2012. Our award-winning Brave Hearts team will be that much better with your help as a walker, a virtual walker and/or a T-shirt designer. Register today. Use this link and follow the directions: <http://www.nami.org/namiwalks12/SFO/BRAVEHEARTS>

Becoming a member of our powerful team and donating just \$10 (or more) online earns you one of our designer T-shirts (that you can still create by sending your idea to vierhus@yahoo.com by March 15).

In Our Own Voice

In Our Own Voice is looking for places where they can present. Currently IOOV presentations are being made regularly at El Camino and Stanford hospitals. If you can suggest a place or you are interested in scheduling an IOOV presentation, (at churches, community groups and schools), please call **Raschell Lade** at the NAMI office any Monday when she is in the office.

NAMI SCC Newsletter Folding
Thursday, Feb. 23, 10:30 A.M.–2 P.M.

Join the Newsletter folding group at our office. Chat while you fold. See the news first! All are welcome!

More About NAMI Support Groups

I need to be with people who understand.

Family Facilitator Is Needed for New Group!

Please call **Barbara**, 408-229-0428, if you are interested. This group will have two (2) facilitators; one is already interested. The group will meet one night per month for 1½ hours.

For those interested in support groups, please pick the support group best for your needs from the list in the center fold of this newsletter or go to www.namisantaclara.org where locations, contact persons and maps are available.

All of these groups are drop-in and require no registration.



Ongoing Activities at the NAMI SCC Office

Supporting others is part of the recovery process



Every Sunday
3-4:30 P.M.

*Please arrive between 2:45 and 3:10 P.M.
when doors for the building are unlocked.*

People of over 18 years of age with a mental illness are welcome. Family members and consumers will find the other NAMI support groups listed in the newsletter more appropriate when attending together.

This is a "drop-in" group and require no pre-registration. For further information or questions, please call **Barbara** at 408-229-0428.

Connect 2 U!

This social group meets every **Saturday**, 2–4 P.M. at the NAMI office. Come for board games, art projects and light snacks. Info: **Kathy**, 408-354-7077, or **Cindy**, 408-460-8461.

Seeking House to Rent

Uriel House is looking for a 4-6 bedroom house to rent due to a coming foreclosure in early February. The Uriel House is for those with dual diagnosis and seniors recovering from serious mental illness. They are looking for rent of around \$2,400 a month and a house in West San Jose or the downtown area.

The program started in 1979 by local NAMI and clergy. If you can help in any way, please call **Michael Whitney** at 408-561-3551.



NAMI Santa Clara County
Community Resource & Support Center
2010 N. 1st Street, Suite 530
San Jose, CA, 95131-2040

MEMBERSHIP APPLICATION OR RENEWAL

NOTE: If this is a renewal, please indicate any changes in the following:

Name: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-Mail Address: _____

*** NAMI SCC is going green. If you are a Member,
please consider signing up to receive your Newsletter by email. ***
___ Yes, I would like to receive the newsletter by email.

Please accept my annual membership at the following level: Please check one New Renewal

\$ 50 Membership Type: Single/Family Mental Health Professional Consumer

\$ 5 Membership Type: Low Income Consumer

\$100 Membership Type: Mental Health Agency Business

Please accept my additional donation(s): General Fund _____ Education Program _____ Other: _____

In Memory of _____ In Honor of _____

Resource Handbook (Donation of \$25, w/postage add \$5) _____

Total Amount Enclosed: \$ _____ Make checks payable to NAMI Santa Clara County.

To pay online, go to //www.namisantaclara.org and click on "Join NAMI."

NAMI Santa Clara County welcomes your membership. Memberships are valid for one year. Part of your membership dues enrolls you at NAMI State and National, which, in turn, automatically registers you as a member at all levels.

RETURN SERVICE REQUESTED

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INSIDE THE FEBRUARY 2012 ISSUE

General Meeting on Tues., Feb. 14, 2012 p. 1

Upcoming Meetings and Events p. 1

NAMI Board Officer Nominations p. 1

"Innovation 08," General Meeting Write-Up p. 2

Media Request from *SZ Magazine* p. 3

NAMI Member and Teacher *Diana Guido* in *SZ Magazine* p. 3

New Employees in Our Office p. 3

Brain Injury Conference p. 3

Book Review: *A Memoir of Madness* p. 3

Education Programs & Support Groups Calendar p. 4-5

SCC Mental Health Board Calendar p. 6

Paid Opportunities p. 6

Nature Walks and Trail Hikes p. 6

NAMiWalk Update p. 7

Brave Hearts NAMiWalk Team p. 7

In Our Own Voice p. 7

Ongoing Activities/Groups at NAMI SCC p. 7

Connect 2 U Saturday Social Group p. 7

House to Rent Needed p. 7

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