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Calendar:

- Feb. 2 / Tues. NAMI Board Meeting (p.3)
- Feb. 4 / Thurs. M.O.D.E.R.N Voice Hearer (p.3)
- Feb. 7 / Sun. Nature Walk (p.4)
- Feb. 7, 14, 21, 28 / Sun. Connections Group (p.4)
- Feb. 9 / Tues. General Meeting (p.1)
- Feb. 15 / Mon. Office closed (Presidents Day)
- Feb. 23 / Tues. Consumer Adv. Council (p.3)
- Feb. 24 / Wed. Momentum’s Family Night (p.1)

Contact Us:

NAMI Santa Clara County Community Resource & Support Center
1150 S. Bascom Avenue Suite 24
San Jose, CA 95128-3509
408.453.0400
www.namisantaclara.org
M–F, 10 A.M.–2 P.M.

General Meeting, Tuesday, February 9, 2016

Resident’s Rights Workshop

Disability Rights California and the Consumer Affairs program under Santa Clara County Behavioral Health will present a Residents’ Rights Workshop. This workshop will focus on informing consumers and families about their rights in licensed adult residential facilities (board and care homes), as well as relevant landlord tenant protections in licensed and unlicensed community facilities. The collective experience of various consumer providers along with stories of substandard living conditions and mistreatment of residents told by consumers, family members and clinicians informed creation of this workshop.

The agencies involved in this effort are currently focused on building a coalition of room and board operators, consumer leaders, attorneys, residents, family members and members of affiliated agencies.

Join us in the auditorium of Good Samaritan Hospital (in the basement of the main building) at 7:30 P.M. for an information meeting followed by the presentation from 8-9 P.M. including Q&A.

NOTE: Good Samaritan Hospital is located at 2425 Samaritan Drive, San Jose. For directions, go to www.maps.yahoo.com.

NAMI SCC Board Officer Nominations

In accordance with our bylaws, our annual election of officers will take place at the March, 2016 General Meeting. We need candidates for President, 4 Vice Presidents, Treasurer and Secretary. If you are interested in a position or wish to suggest someone, please contact the NAMI SCC office.

Nominations will be posted on our website at the beginning of February and nominations will be accepted from the floor at the February and March general meetings. Installation of officers will take place at the April meeting, following the election in March.

Legacy Gift — Planned Giving

To help ensure that the array of NAMI SCC’s programs are available for the generations to come, NAMI Santa Clara County encourages our supporters of all ages to consider preparing a legacy gift to us. Legacy gifts come in all shapes and sizes — not just in five or six figures! The most popular gift is a bequest in your will or living trust. You may designate a specific amount or piece of property, a percentage of your estate or the remainder of your estate. If you already have a will, bequests may be added with a simple amendment or codicil. Please contact your attorney for more information.

If you are considering such a donation, please contact Emily Wu, NAMI SCC Development Manager, at ewu@namisantaclara.org.

A Heartfelt Thank You for Another Successful Holiday Drive

Thanks to the tremendous outpouring of generous donations and many volunteers who gave us hours of help, we were able to increase our giving to an all-time record of 710 gifts! We can’t thank you enough!

Gift bags were given to patients at Valley Medical’s Barbara Arons Pavilion, our county’s Zephyr and Esperanza Self-Help Centers, Riviera Villa, ACT for Mental Health, Inn Vision’s Julian Street Inn, local Veterans Board and Care Homes, Grace Community Center, Heaven’s Gate Board and Care Home, First Presbyterian Church’s Women’s Gathering Place and Front Door Ministries, as well as our Connections Support Group attendees.

Momentum’s Family Night: An Evening with David K. Mineta

Momentum for Mental Health in collaboration with Momentum’s Family Advisory Board will host a Family Night catching up with the latest Momentum news and views and introduce David K. Mineta, Momentum’s new President and CEO. Everyone is welcome to attend!

WHEN: Wed., Feb. 24, 7–9 P.M.
WHERE: 2001 The Alameda, SJ
CONTACTS: Janna Mitchell
408-261-7777 x 2212
Lynn Dellaporta
408-247-1362
Who’s Who at the NAMI SCC Office

Kathy Forward: Executive Director
Francesca Merchant: Office Manager
Emily Wu: Development Manager
Donna Mechanic: Administrative Helper
Rita Girman: Warmline/Help Desk Manager
Indra Carlos: Volunteer Services Coordinator
Eleanor Russell: Volunteer Project Assistant
Verna Barrientos: Volunteer Project Assistant

Programs

Indra Carlos:
Family-to-Family Basics

Greg Osborn:
Provider Education

Cindy McCalmont:
Peer PALS Advisor MoD Manager FaithNet Coordinator

David DeTata:
Peer PALS

Barbara Thompson:
Peer-to-Peer

Eugenio Vargas:
Spanish Programs

Marc Fowler:
Community Programs (In Our Own Voice, Ending the Silence, Parents & Teachers as Allies)

NAMI SCC Newsletter
Published 10 times per year by the Newsletter Crew: Cole Buxbaum (Editor), Beverly Lozoff (Coordinator), Donna-Jo (Typesetter) and our great volunteers.

Dr. Nev Jones: “Engaging with Psychosis: Beyond the Status Quo”
October 13, 2015 General Meeting Write-Up

Dr. Nev Jones is a post-doctoral fellow with a Ph.D. in medical anthropology. She is first and foremost a researcher, but wears many hats, including researcher, activist, family member and peer with a diagnosis of schizophrenia. Her mother and her first husband were treated for mental illness. She knows the moral and ethical challenges faced, as well as the difficulty in finding psychosis specialists for therapy and counseling with family-focused supports.

Dr. Jones has great sympathy and empathy for family members. When she was diagnosed with a mental illness, she was suspended without cause and encountered a great deal of prejudice. When in her mid-twenties, Nev experienced delusions and psychosis and did not respond well to medication. Before she stabilized, she spent a great deal of time involved in clinical appointments, group therapy and medication management, at which point she completely gave up trying to live her life. Fortunately she was assigned to a school that believes in using psychosocial techniques when appropriate, as opposed to amelioration of symptoms. The school emphasized education and employment to better a person’s life—which was a lifesaver for Nev.

News from Blue Ribbon Commission on Improving Custody Operations at County Jails

The Blue Ribbon Commission on Improving Custody Operations has been meeting every two weeks for the past few months. The Commission reviewed several functions and processes at the jail including the Inmate Grievance and Complaint Process, the Custody Health Grievance Process, the Inmate Rule Book, Use of Force Policy, The Inmate Welfare Fund’s management and uses, and the correctional officers’ discipline process.

During the presentation on the Custody Health Grievance Resolution it was announced that the County will be adding 58 Custody Health Workers, in order to achieve more timely access to treatment. A psychiatrist will also be added to the booking and intake area.

The next commission meeting is scheduled for January 23, and the last meeting will be held on February 6. The meetings are held from 11 A.M. to 2 P.M., and include time for public comment.

I encourage NAMI members who have experience with the jail to come and have their say!

Legislative News

- The Federal Budget bill that the President just signed on December 18 includes a $400 million boost to the Mental Health budget. It allocates an additional $85.4 million to the National Institute for Mental Health (NIMH), $50 million more for the Mental Health Block Grant Program of which $15 million are allocated to a new Assisted Outpatient Program Pilot and adds additional funding to the First Episode Psychosis (FEP) program. The bill also adds a requirement on the block grant programs to ensure that the increase is focused on evidence-based programs targeted to serious mental illness.

- After unanimous Assembly and Senate support, Governor Brown signed AB 1194 into law on October 7, 2015. The law requires that in a 5150 situation law enforcement officers and evaluating clinicians actively consider the person’s mental illness history in addition to immediate: Danger to Others, Danger to Self and Grave Disability. The law further clarifies that the definition of danger is not limited to imminent danger. It is incumbent on each of us to educate law enforcement officers and county hospital evaluating clinicians on how to properly use this invaluable law.

To access audio recordings of our General Meetings, go to www.namisantaclara.org/meetings.htm
February 2016

Our first NAMIWalk Silicon Valley-Santa Clara County will take place on Saturday, September 17, 2016 at San Jose Guadalupe Park’s Arena Green WEST — the field adjacent to SAP Arena and just across the street from Diridon Station for easy access by VTA buses, light rail and CalTrain.

We are recruiting to hire an Administrator/Manager for our NAMIWalk. We also need volunteers for our Steering Committee. The excitement is already building!

Consumer Advisory Council (CAC) Conversation — February 23, 2016

February’s conversation will be with Kim Bullock, M.D., of Stanford University’s Department of Psychiatry. She will speak on Cognitive Behavior Therapy (CBT) and Dialectical Behavior Therapy (DBT). Come with your questions.

Follow-Up to El Camino Panel on Mental Illness and the Courts, Dec. 1, 2015

On December 1, a panel discussion was held at El Camino Hospital, sponsored by El Camino Hospital, SV Family & Children Services (CFS) and NAMI SCC. The conference room was filled, making “a powerful statement about the level of concern for the realities affecting people with mental health conditions in the criminal justice system.”

The panelists included Assistant District Attorney David Angel; Executive Director of Behavioral Health Services at El Camino, Michael Fitzgerald; Executive Director of NAMI SCC, Kathy Forward; SCC Superior Court Judge (retired) Eugene M. Hyman; Deputy Public Defender Malorie Melrose Street; and special guest Judge Stephen Manley.

Gini Mitchem Honored at SV Philanthropy Day

On Friday, November 20, 2015, the Association of Fundraising Professionals Silicon Valley held its 28th Annual Philanthropy Day Awards luncheon. Our very own Gini Mitchem was an honoree, in recognition of all the fundraising leadership she has provided NAMIWalks for ten + years.

Congratulations, Gini, for all your efforts and dedication. NAMI Santa Clara County could not have done it without you!

M.O.D.E.R.N Voice Hearer: An Innovative Approach for People Who Experience Distressing Voices

Debra Lampshire has heard voices since childhood and spent several decades in mental institutions. She discovered a way to get her voices under control and reclaimed her life, leaving mental health services behind. Her approach has now been adopted by mainstream Mental Health Services in New Zealand.

In this presentation, she will discuss her approach to dealing with distressing voices and also the current mental health environment with an emphasis on recovery.

EVENT DETAILS

WHEN: Thursday, Feb. 4, 7-9 P.M.
WHERE: Sunnyvale Community Center Recreation Center Building Community Room
550 E. Remington Dr., Sunnyvale
Ongoing Activities
NAMI SCC
Supporting others is part of the recovery process.

Connection Recovery Support Group
This group—for people over 18 with a mental illness—now meets every Sunday from 3–4:30 P.M. at the NAMI office. (To reduce group interruptions, arrive between 2:45–3:10 P.M. when the building door is open.)

Nature Walks
Join the group 9–11 A.M. on the 1st Sunday of the month at Campbell Park in Campbell. For more information, call the Davé family at 408-946-4379.

Support Group Changes
♦ Stanford Family and Friends Support Group will now meet on the 2nd and 4th Weds. of month 7-8:30 P.M., 401 Quarry Road, Rm. 2211. Info: Pamela, 650-862-2886, pamelapalos@comcast.net
♦ Morgan Hill Support Group that meets on the 2nd Thurs. of the month will meet at a new location thru May, 2016: In Gilroy at St. Louise Reg. Hosp., 9400 No Name Uno, Board Rm.

NAMI Santa Clara County Warmline Help Desk
[Offers nonjudgmental support to individuals & families during times of need as well as guidance on how to begin a path of recovery.]
Hours — M–F, 10 A.M.–2 P.M. 408-453-0400
For Information in Other Languages:
Eugenio Vargas (se habla español) 408-453-0400 x3065
Juan Perez (se habla español) 408-528-5353
Athen Hong (Mandarin) 408-996-1016

SCC Emergency & Referral Information
Dial 911 and request a Crisis Intervention Team (CIT) officer.
NOTE: For nonemergency situations, call your local police department and ask for a CIT Officer.
Emergency Psychiatric Services (EPS) 408-885-6100
Urgent Psychiatric Care Unit 100 408-885-7855
Daily 8 A.M.–10 P.M.; walk in or by appointment
NOTE: For those with no medical insurance only
Suicide & Crisis Center Hotline (Central) 855-278-4204
Mental Health Call Center 800-704-0900
24-hr. on-call staff; Provides info/referrals M–F, 8 A.M.–5 P.M.
Gateway, Dept. of Alcohol & Drug Services 800-488-9919

211 Santa Clara County
Free nonemergency, confidential 3-digit phone number/service for access to critical services (multilingual); www.211sc.org
EMQ Child/Adolescent Mobile Crisis Program 408-379-9085
EMQ Families First Crisis Stabilization Unit 408-364-4083
After-hours/weekend emergencies 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 800-455-0057

NAMI Santa Clara County Community Resource & Support Center
1150 S. Bascom Ave, Ste 24, San Jose, CA 95128-3509
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: ___________________________

**You will receive your newsletter via email. Please provide us with an email address.**
Would you be interested in doing volunteer work at NAMI? If interested, call 408-453-0400.

Please accept my annual individual membership at the following level: Please check one: □ New □ Renewal
$35 Membership Type: □ Standard Membership How did you hear about us? ___________________________
$3 Membership Type: □ Open Door
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 $10) ___________________________ □ Resource Guide Available online

Total Amount Enclosed: $________________ (Make checks payable to NAMI Santa Clara County.)
To pay online, go to www.namisantaclara.org and click on “Join NAMI.”

Donate a vehicle today. To find out more, call 800-240-0160 or go to www.namisantaclara.org

NAMI SCC 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.) Additional donations help ensure that we can maintain our office, as well as our education programs. Your membership and donations are tax deductible. Tax #94-2430956