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Calendar:

July 3 / Aug. 7 / Sun.
Nature Walk (p.4)

July 3, 10, 17, 24, 31 / Aug. 7, 14, 21, 28 / Sun.
Connections Group (p.4)

July 4 / Mon.
Office closed (Fourth of July)

July 6-9 / Wed.-Sat.
NAMI National Convention

July 12, Aug. 2 / Tues.
NAMI Board Meeting (p.3)

July 24 / Sun.
NAMI SCC Picnic (p.1)

Aug. 5-6 / Fri.-Sat.
Adolescent MH Conf. (p.3)

Aug. 6 / Sat.
Mood Disorders Educ. Day (p.3)

Aug. 26-27 / Fri.-Sun.
NAMI CA Conference (p.3)

Sept. 17 / Sat.
NAMI Walk Silicon Valley (p.3)

Contact Us:

**NAMI Santa Clara County
Community Resource &
Support Center**
1150 S. Bascom Avenue
Suite 24
San Jose, CA 95128-3509
408.453.0400; Option #1
www.namisantaclara.org
M-F, 10 A.M.-2 P.M.

No General Meetings in July & August
Our next General Meeting will take place on Tuesday, Sept. 13, 2016

NAMI Santa Clara County Annual Picnic—Sunday, July 24

Please join us for our annual picnic. It's always a wonderful event! If you are available to help with setup, cooking, serving, cleanup, raffle prizes, music and/or other activities, please call the NAMI SCC office to sign up.

PICNIC DETAILS

WHEN: Sunday, July 24
12-3 P.M.

WHERE: Elks Lodge
1680 Martin Ave.
Santa Clara

TO BRING: A dish to share (See flier)



Legislative News: NAMI SCC Opposes Assembly Bill 1300

Assembly Bill (AB) 1300 that is now moving through the State Senate in the last weeks of this legislative session would allow emergency room doctors, regardless of their specialty, to determine whether any man, woman or child is a danger to themselves or others.

As written, **AB 1300** would compromise the care of individuals experiencing psychiatric crises, and leave families with loved ones in crisis with further limited resources and ability to help a family member who may be at risk of harm. Currently, when an individual with a serious mental illness experiences a significant psychiatric crisis, the local emergency department may be the only place where that individual or his/her family can find intervention and stabilizing treatment.

AB 1300 fundamentally restructures California's emergency psychiatric care. It removes county

and state oversight from the process of involuntary detention for individuals who are a danger to self, danger to others, or gravely disabled. It additionally allows all emergency department physicians, without further training or oversight, the authority to release 72-hour involuntary detentions without assessment by county-designated mental health professionals.

AB 1300 is likely to also increase the number of individuals requiring mental health care who are inappropriately housed in county jails. The State is committed to diversion for this population, and this legislation moves in the opposite direction. It does nothing to address capacity concerns with either the mental health workforce or mental health facilities.

We urge your opposition to this measure. The shaded box below has a link to an important letter about AB 1300.

<http://cqrcengage.com/namica/app/onestep-write-a-letter?0&engagementId=216853>
The link will take you to this letter: "Stop Hasty Hospital Discharges! Oppose AB 1300 Today"

Homefront: A NAMI Program for Families of Veterans

NAMI Homefront is a free peer education program specifically **for loved ones of military service members and veterans** who experience symptoms of a mental health condition.

NAMI Homefront meets for six sessions and is taught by trained family members of service members and veterans living with mental health conditions. The program includes presentations, interactive experiences and group discussions.

This program will help you:

- ◆ Gain practical, up-to-date information about mental health conditions, including post-traumatic stress disorder (PTSD), depression and substance abuse;

- ◆ Understand the latest treatment options, including evidence-based therapies and medications;
- ◆ Discover problem-solving techniques, coping strategies and communication skills;
- ◆ Find community support in a confidential setting.

Please call the NAMI SCC office or go to our website (www.namisantaclara.org) for more information about this program.

Who's Who at the NAMI SCC Office

Kathy Forward:
Executive Director

Emily Wu:
Development Manager

Dyane Hendricks:
NAMI Walks Manager

Donna Mechanic:
Administrative Helper

Rita Girman:
Warmline/Help Desk Manager

Indra Carlos:
Volunteer Services Coordinator

Verna Barrientos:
Volunteer / Outreach Administrator

Eleanor Russell:
Volunteer Project Assistant

Darcy Hudson:
Community Research Assistant

Programs

Indra Carlos:
Family-to-Family Basics
Homefront

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.

Felicia Hermle, Dual Diagnosis May 10, 2016 General Meeting Write-Up

By Cole Buxbaum

Ms. Hermle discussed her program that concerns itself with the care of individuals who suffer from the combination mental illness and substance use disorders (dual diagnosis). It appears that in 2014, of the 20.2 million mentally ill people over the age of 18, 7.9 million (39 percent) had a co-occurring substance use disorder. Research shows integrated treatment of both conditions improves the outcome of both. Regulations concerning bylaws affecting each are at the present time quite different, and communication is poor. The barriers for integration are different personnel, different training, different sites and different cultures.

Ms. Hermle is working at Family and Children Services of Silicon Valley on a pilot program that utilizes one competent treatment team at the same facility to recognize and address all mental health and substance abuse disorders at the same time (integrated care).

Positive outcomes of integration are

- ◆ reduced substance abuse
- ◆ improvement in psychiatric symptoms and

function

- ◆ decreased hospitalization
- ◆ increased housing stability
- ◆ fewer arrests
- ◆ improved quality of life

Consumers receive one consistent message about treatment and recovery. At the present time, funding availability is a major impediment to integrated care.

Ms. Hermle gave references that include the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (2014). Integrating Mental Health and Substance Abuse Treatment. Retrieved from <http://media.samhsa.gov/co-occurring/topics/healthcare-integration/index.aspx>

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

Consumer Advisory Council Conversation: the WIPA Program

You are invited to a conversation with **Kate Brune, M.A.**, with the **Center for Independence of Individuals with Disabilities**.

This conversation will be the **WIPA (Work Incentives Planning and Assistance) Program** for those who receive Social Security disability benefits and are interested in how work affects those benefits.

The program does not work if you are a Social Security retirement beneficiary or if you are applying for any kind of Social Security benefits.

NOTE: The conversation will not cover *non-work* related issues.

EVENT DETAILS

WHEN: Tuesday, July 26; 4-5 P.M.

WHERE: NAMI SCC Classroom

RSVP: Please call the NAMI office.

Volunteer Spotlight: Lisa duTrieuille

"I have been a volunteer at NAMI for the past three months and find it very rewarding. I am a "parent" to a 20-week-old smooth-haired Chihuahua mix named Bear, that I take everywhere I go. I aspire to be involved in NAMI's In Our Own Voice program to give hope and inspire others who struggle with similar mental illnesses.

In January of this year, I was in NAMI's Peer to Peer class, and I would encourage anyone who has mental health challenges to take it.

I felt a kinship and developed a very special bond with other classmates and my instructors in the class.

I am forever grateful for such a very important and much-needed organization such as NAMI to help erase stigma and help educate the public about mental health issues."



NAMI SCC Board Meeting

First Tuesday of the month. The next two Board Meetings will take place on **Tuesday, July 12** and **August 2** from 7–9 P.M. at the NAMI SCC office.

NAMI SCC Board Officers

President:

Vic Ojakian

Past President:

Jen Hong

Vice Presidents:

Beverly Lozoff (1st VP)

Juan Perez (2nd VP)

Gerry Larvey

Harold Brown

Treasurer:

Steve Wade

Secretary:

Peter Newman

July/August 2016



Save the Date: Saturday, Sept. 17, 2016!

2016 NAMIWalks Silicon Valley

As the summer heats up, so is 2016 NAMIWalks Silicon Valley! We're ranked first place in fundraising of all the fall NAMIWalks across the U.S. To date, our teams, walkers and sponsors have raised over 25% of our \$210,000 goal.

Register now to start winning prizes. Go to <http://namiwalks/siliconvalley>. Look for weekly emails with information about contests, prizes and special events. And the website will be updated regularly with photos and information. Virtual teams and walkers are eligible for prizes, too. Prizes include gift cards, electronic devices, pizza parties --- with grand prizes going to any team or individual raising \$25,000 or more.

The **Team Captain Kickoff** will be **Tuesday, July 19, at 6:30 P.M.** at the home of **Navah and Meir Statman** in Cupertino. Team captains from NAMI San Mateo and NAMI Alameda are also invited.

This is a great opportunity to ask questions, learn new FUNdraising ideas and have a great time. It's all free!

If you know of a company, organization, school or place of worship interested in learning more about NAMIWalks Silicon Valley, please contact **Dyane Hendricks**. Dyane can also be contacted for information about registration, tips on fundraising as well as general information about the walk. Please send your photos and stories to her as well. Dyane can be reached at dhendricks@namisantaclara.org or **408-453-0400 x 3125**.

Remember to Save the Date --- **September 17** --- for the very first NAMIWalks Silicon Valley at Arena Green West in San Jose

Let's stay in first place, raise funds for our programs, help reduce stigma and have a great time doing it!

Adolescent Mental Wellness Conference: August 5-6, 2016

The focus of this conference is on **Breaking Down Stigma and Building Support for Youth Mental Health**. Professionals, family members and youth will come together to explore ways to support mental health needs of children, adolescents and young adults. Space is limited.

EVENT DETAILS

WHEN: August 5-6, 2016

WHERE: South San Francisco Conference Ctr
South San Francisco

The shaded box below has a link to the website.

<https://app.certain.com/profile/web/index.cfm?PKwebID=0x798704e703>

Mood Disorders Education Day at Stanford Saturday, August 6 ~ 8:30 A.M.-2:30 A.M.-P.M.

The **12th Annual Mood Disorders Education Day** will be held at the Frances C. Arrillaga Alumni Center 326 Galvez St., Stanford, 94305 It is an excellent opportunity for all community members to learn about bipolar disorder and depressive disorder from experts in the field.

This event is free to the community, but the organizers would like attendees to register. Visit www.bipolar.org for more information, including the agenda and link to register. Free parking may be found within walking distance (there is no parking at the building).

Adrian Camp: "Madness and Voices of Understanding"

South Bay Project Resource (SBPR) is hosting an evening with **Adrian Camp** (a.k.a. Adrian Bernard) who will share his connection through varying states of madness, delusions, voices, broadcast thoughts and any number of experiences of Extreme States toward Mental Health.

Adrian spent 20 years finding his way through the tumult of breakdowns, hospitalizations and persecution by others and self. Through good fortune and good faith, he survived the nightmares. He found common ground with others and perceives his life through the mental health

community. He aims to share his story and understanding with you.

Adrian graduated from UC Santa Cruz over 10 years ago. Over the past five years he has worked at **2nd Story Peer Respite House** in Santa Cruz, where he currently serves as manager. He has also taught every NAMI class that one can. NAMI helped him find his voice.

EVENT DETAILS

WHEN: Wed., August 10; 7-9 P.M.

WHERE: Cypress Community Center, Rm 1
403 South Cypress Ave, San Jose



NAMI California Conference August 26–27, 2016

This year's conference will be held at the SFO Airport Marriott Waterfront, in Burlingame. The theme is **Back to the Future: Building on the Past for a Better Tomorrow**.

Contact **Eugenia Cervantes** at Eugenia@namica.org or call **916-567-0167** for info.

Go to www.namicalifornia.org to register or send a check to NAMI CA, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.

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—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 info, call the Davé family at **408-946-4379**.

Reminder:

SHARES is no longer available.



Please register with **escrip**:
escrip.com/shares



O'Connor Farmers Market

Fresh, Locally Grown Produce

WHEN: Thursdays, 3-8 P.M.

WHERE: 2105 Forest Ave.
San Jose
(near Parking Garage)

New Support Groups

Psychosis Peer Support Group

Date/Time: Last Wed. of the month, 5–7 P.M.

Location: Santa Clara City Library
2635 Homestead Road,
Sycamore Conference Room
Santa Clara

Group Facilitators: Neomi Wesley and Sophia Huang

Psychosis Family Support Group (2 locations)

◆ Palo Alto Location:

Date/Time: Last Tues. of the month; 7:00–8:30 P.M.

Location: Mitchell Park Library
Fairmeadow Room
3700 Middlefield Road
Palo Alto

Group Facilitator: Corinne Collins

◆ San Jose Location:

Date/Time: Last Wed. of the month; 7:00–8:30 P.M.

Location: Cypress Community Center, Rm. 1
403 Cypress Ave.
San Jose

For more information about the above groups, go to
southbayprojectresource@gmail.com OR
www.southbayprojectresource.org

◆ New DBSA Support Group

This group is for diagnosed individuals under medical treatment for clinical depression or bipolar disorder. Participants are welcome to bring a support person with them.

NOTE: DBSA is looking for new peer facilitators. For info, call **408-657-9977** or email info@dbsasanjose.org

Date/Time: 2nd & 4th Thurs. of the month; 7:00–8:30 P.M.

Location: Calvary Church Los Gatos
Large Chapel
16330 Los Gatos Boulevard
Los Gatos

For detailed information about all support groups throughout Santa Clara County, please see our **Resource Guide**.



We're on Twitter!

Be part of our online community and engage in Mental Health conversations on [Twitter@ NAMISantaClara](https://twitter.com/NAMISantaClara)



On our Facebook page at NAMI Santa Clara County you'll find lots of articles that have been posted recently, as well as links to other mental health organizations. And be sure to like us!

www.facebook.com/namisantaclara.org



Free Showers and Laundry Service
Every Tuesday from 9 A.M.—1 P.M.
Social Services Agency—1919 Senter Rd, San Jose

How it works:

- ◆ Showers and laundry available on a first-come basis.
- ◆ Check in at the Dignity on Wheels table, receive a number and wait your turn
- ◆ Take a 7-minute timed shower in a private shower room
- ◆ Wash up to 2 sets of clothing (no shoes, sleeping bags, heavy items)
- ◆ For adults 18-years and older at this time

www.dignityonwheels.org