



National Alliance on Mental Illness

Volume XLIII No. 9

# Santa Clara County Newsletter

September 2018

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## Calendar:

### Community Events (p3)

Sept. 2 / Sun.

Nature Walk (p4)

Sept. 2, 9, 16, 23, 30 / Sun.

Connections Group (p4)

Sept. 3 / Mon.

Office Closed (Labor Day)

Sept. 4 / Tues.

NAMI SCC Board Mtg (p3)

Sept. 11 / Tues.

General Meeting (p1)

Sept. 22 / Sat.

NAMIWalks SV (p1)

Oct. 9 / Tues.

General Meeting (p1)

Nov. 13 / Tues.

General Meeting (p1)

## Contact Us:

NAMI Santa Clara County  
Community Resource &  
Support Center  
1150 S. Bascom Ave, Ste 24  
San Jose, CA 95128-3509  
408.453.0400, Option #1  
M-F ~ 10 A.M.-6 P.M.  
[www.namisantaclara.org](http://www.namisantaclara.org)

## General Meeting, Tuesday, Sept. 11, 2018

### Barbara Loebner, Attorney, and Gary Loebner, Fiduciary Estate Planning and Special Needs Trusts

September's General Meeting speakers will be **Barbara and Gary Loebner**. **Barbara**, an experienced attorney and Certified Specialist in Estate Planning, will discuss the importance of basic **estate plan documents** to managing your long-term needs and those of your children. You will learn how planning can avoid probate and how to authorize people you trust to manage your financial and health care needs during incapacity and those of children, minors or adults, who require lifetime financial oversight. Focus will be on **Special Needs Trusts** and **ABLE accounts** for children and adults who use or might rely on public benefits and programs.

**Gary Loebner**, a licensed private professional fiduciary, will talk about **when and why a fiduciary is chosen to serve as a trustee** of a trust or as an agent whether currently, upon one's incapacity, or at death. You will learn about the

high standards required of a private fiduciary along with some real case examples.

Please join us at **7 P.M.** in the auditorium of Good Samaritan Hospital (main building basement). At **7:15** we will honor **Susan Sidel**, recently retired therapist (after 35 years) in the SCC Drug Treatment Court for Mental Health, followed by our speakers from **7:30-8:30**. (Good Samaritan is located at 2425 Samaritan Dr, San Jose. You can find directions at [www.maps.yahoo.com](http://www.maps.yahoo.com))

### Upcoming General Meeting Speakers

**Oct. 9: Mary Barrea** of the Silicon Valley Independent Living Center will present on Supportive Housing.

**Nov. 13: Carolyn Rodriguez, MD, PhD**, Assistant Professor at Stanford University, will present on improving Outcomes for Mood Disorders.

## NAMIWalks Silicon Valley 2018 Welcomes New Sponsors

The clock is ticking, and as the walk draws near we would like to welcome our newest sponsors:

- ♦ **The Ford Store**, located in Morgan Hill, is the largest Ford automobile dealership in Northern California and sells over 400 cars per month! They have become a Gold Sponsor.
- ♦ **Hope Services** joins us as a Silver Sponsor. Hope Services provides programs and employment opportunities to the developmentally disabled throughout Santa Clara County.
- ♦ **Behavioral Health Resource Network (BHRN)** provides behavioral health providers, consumers, advocates and navigators with services and resources to improve care. BHRN joins NAMIWalks

Silicon Valley as a Silver Sponsor.

We have also received many generous **gifts in kind** and would like to send a special thank you to **KFOX, KOIT and Facebook** for their media sponsorship of our event.

**Registration:** Go to [www.namiwalks.org/siliconvalley](http://www.namiwalks.org/siliconvalley) and register your team online or register as a participant on an already-existing team.

For additional information or questions about NAMIWalks Silicon Valley, please contact **Shanna**. (See her contact info below.)

Shanna Webb: [swebb@namisantaclara.org](mailto:swebb@namisantaclara.org) or (408) 453-0400 x 3125

SAVE THE DATE!



## New National Law: National Suicide Hotline Improvement Act

On **August 14** the **National Suicide Hotline Improvement Act (HR 2345)** was signed into law.

**HR 2345** directs the Federal Communications Commission (FCC) in conjunction with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Department

of Veterans Affairs (VA) to study the current effectiveness of the National Suicide Prevention Lifeline (**1-800-273-TALK**) and determine the feasibility of utilizing a 3-digit phone number for a national suicide prevention and mental health crisis hotline system.

## Who's Who at the NAMI SCC Office 408-453-0400

**Kathy Forward (x3025):**  
Executive Director

**Alexia Worsham (x3120):**  
Deputy Director

**Shanna Webb (x3125):**  
Development Director

**Stacy Badgis (x3030):**  
Administrative Manager

**Donna Mechanic (x3040):**  
Administrative Helper

**Rita Girman (x3020):**  
Warmline/Help Desk Manager

**Nicole Rathjen (x3105):**  
Assistant Warmline Manager

**Lourdes Robles (x3020):**  
Community Peer Mentor  
Program Manager

**Stephanie Schonian (x3095):**  
Volunteer Outreach Manager

### Programs:

**Barb St. Clair (x3080):**  
Family-to-Family / BASICS /  
Connections Coordinator

**Greg Osborn (x3050):**  
Provider Education Coordinator

**Laura Paulson (x3140):**  
Peer PALS Advisor

**David DeTata (x3015):**  
Peer PALS Coordinator

**Barbara Thompson (x3090):**  
Peer-to-Peer Coordinator

**Eugenio Vargas (x3065):**  
Spanish Coordinator

**Jemerson Diaz (x3100):**  
In Our Own Voice Coordinator

**Indra Carlos (x3000):**  
Ending the Silence / Family  
Support Groups Coordinator

**Chris Cherry (x3145):**  
Homefront Coordinator

### NAMI SCC Newsletter

Newsletter Crew:

**Cole Buxbaum** (Editor)  
**Beverly Lozoff** (Coordinator)

**Joanie Stein** (Proofreader)  
**Donna-Jo** (Typesetter)

## June 12, 2018 General Meeting Write-Up Compassionate Mental Health Crisis Response, John Costa By Cole Buxbaum

**John Costa** serves as a law enforcement liaison and consultant for Santa Clara County Behavioral Health Services; he is also an adjunct professor at West Valley College. Costa was with the Palo Alto Police Department for 31 years where he had a myriad of specialized assignments including collaboration with organizations dealing with direct patient care and mental illness.

John understands that officers need training to best interact and respect those experiencing a mental health crisis. He reminded the audience that officers are “everybody’s cop all the time.” He feels that it is a privilege to be the first responders when emergency situations arise, and while very stressful it is highly rewarding to be given the responsibility. Their mission is to be the bridge between law enforcement and clinical support. Costa noted that the Los Angeles County police force provides more mental health services than any organization in the country.

Costa presented a look at the Interactive Video Simulation Training (IVST) program developed in Santa Clara County and that has been delivered to

thousands of officers statewide who learn how to de-escalate and improve challenging interactions with individuals.

John Costa shares training responsibilities with **Tony Lopez**, a retired captain of the Mountain View Police Department. Lopez also serves as liaison between mental health consumers and the system of services. John and Tony work together to reduce stigma in the community, which is still very prevalent. Nothing is more rewarding, he says, than to give support and hope to those suffering with mental illness, providing empathy, compassion and sympathy.

Each year all officers in Santa Clara County are given four hours of refresher training in the IVST program.

For the video of the presentation, go to [www.namisantaclara.org](http://www.namisantaclara.org) and look for “General Meeting” in **Programs and Services**.

## South Korea Learns About Peer Mentor Programs

On **August 2**, Executive Director **Kathy Forward** and Peer Mentor Program Manager **Lourdes Robles** had a wonderful visit with **Dr. Cheo-lung Je**, a law school professor in South Korea who is working with the South Korea Ministry of Health and Human Services (MHHS) to help develop and implement programs and policies related to consumer/peer advocacy services. Also present at this meeting were **Dr. Lee**, a colleague of Dr. Je, **Kyo Phu** and **Debbie Yang** who provide support and education to the local Korean community, and **Dr. Meekyung Han**.

The visit was arranged by **Dr. Meekyung Han**, a professor in the School of Social Work at San Jose State University. Dr. Han arranged for several agency visits for Dr. Je, and we were honored that one of his visits was with NAMI SCC. Dr. Je wants to learn from mental health experts in the United States about diverse mental health policies and services such as peer support and advocacy, as well as various community-based mental health

services involving consumers, peers & family members.

Information was shared about the founding of NAMI, support groups & education programs, and how the Peer Pals program began and has grown into the Peer Mentor Program we have today. Several success stories were related about how peer mentors are mentoring their participants to find more meaningful lives with wellness and recovery.

It was a very informative discussion with many questions from our guests.



### Staff Spotlight: Paul Thompson

Paul found NAMI SCC in 2004 when he attended the Peer to Peer class. This class had a great impact on him as it showed him that he was not alone. Since then he volunteered for various NAMI events, including the yearly holiday gift drive. He has also been a presenter for NAMI's In Our Own Voice

(IOOV) Program and has manned the NAMI booth at Barbara Arons Pavilion.

After working as the accounting manager at one company for 29 years, Paul decided it was time for a change to something more meaningful. When NAMI SCC expanded its Warmline at the beginning of July, he became a NAMI staff member.

In his spare time Paul enjoys working in his yard, exercising and spending time with his family.

## NAMI SCC Board Meeting

NAMI Board Meetings are held on the **first Tuesday** of the month; however, we have had to change our June meeting to **Tues.**, **September 4, 7–9 P.M.** at the NAMI SCC office.

### NAMI SCC Board Officers

Co-Presidents:  
**Victor Ojakian / Beverly Lozoff**

Past President:  
**Navah Statman**

Vice Presidents:  
**Juan Perez**  
**Harold Brown**  
**Uday Kapoor**

Treasurer:  
**Steve Wade**

Secretary:  
**Peter Newman**

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## Community Events in September and October

### 1. Healthy Boundaries Group

This group will discuss the benefits of having healthy boundaries and explore strategies in establishing healthy boundaries in recovery and maintaining wellness.

**WHEN:** Thursdays ~ 2–3 P.M.

**WHERE:** Zephyr Self-Help Center, 1075 E Santa Clara St (back of bldg), San Jose

**INFO:** 408-792-2140

### 2. Presentation by Recovery Café

**WHEN:** Wednesday, Sept. 12 ~ 12–1 P.M.

**WHERE:** Zephyr Self-Help Center, 1075 E Santa Clara St (back of bldg), San Jose

**INFO:** 408-792-2140

### 3. Spanish Youth Mental Health First Aid Training at Carnegie Library

**WHEN:** Wednesdays, Sept. 19–Oct. 10 ~ 10 A.M.–12 P.M.

**WHERE:** East San Jose Carnegie Branch, 1102 E Santa Clara St, San Jose

**INFO:** 408-808-3075

### 4. Presentation by Mental Health Advocacy Project (MHAP)

Topic: Working While on Benefits

**WHEN:** Wednesday, Sept. 26 ~ noon

**WHERE:** Zephyr Self-Help Center, 1075 E Santa Clara St (back of bldg), San Jose

**INFO:** 408-792-2140

### 5. 2018 Northern Regional Multicultural Symposium

**WHEN:** Thursday, Oct. 4 ~ 9 A.M.–3:30 P.M.

**WHERE:** Sobrato Redwood Shores Center, 350 Twin Dolphin Dr, Redwood City

**INFO:** Registration Link:

<https://41339.thankyou4caring.org/2018-northern-california-regional-multicultural-symposium>

**NOTE:** General volunteers and volunteer interpreters in Mandarin and Spanish are needed. If you are interested in volunteering, go to <https://www.surveymonkey.com/r/5DSK58H> to complete an application. (All volunteers will receive a **\$20 Target Gift Card** as a token of gratitude.)



NAMI SCC is grateful to our many generous supporters. We can provide a wide range of programs free of charge because of this support. If you are interested in finding out how to support us, please visit [www.namisantaclar.org](http://www.namisantaclar.org) or email our Executive Director at [kforward@namisantaclar.org](mailto:kforward@namisantaclar.org)

We would like to thank:

- ◆ **Los Gatos Rotary:** \$1,000 grant
- ◆ **Pastor and Care Counseling:** \$10,000 2018 Community Partnership grant

## Picnic 2018 Pictures



**Ongoing Activities  
NAMI SCC**

*Supporting others is part  
of the recovery process.*

**NAMI Education Classes**

Classes (Family-to-Family, Provider, Peer-to-Peer, BASICS, Homefront) are offered throughout the year. In addition to English, some classes are available in Spanish and Korean. For more info, please call the NAMI Warmline at **408-453-0400, Opt #1** or go to [www.namiantaclara.org](http://www.namiantaclara.org)

**Connections Recovery  
Support Group**

This group — for people over 18 with a mental health condition — meets every **Sunday 3–4:30 P.M.** at the NAMI office. (Please 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.**

**Magazine & Sticker  
Donations**

The Volunteer Project needs magazines & stickers for making **NAMI bookmarks**—they are used at outreach events and are very popular. Drop off items at the NAMI SCC office. Questions:  
Email [sschonian@namiantaclara.org](mailto:sschonian@namiantaclara.org)

**NAMI SCC Warmline / Help Desk**

[Offers nonjudgmental support to individuals & families during times of need as well as guidance on how to begin a recovery]

**Hours — M–F, 10 A.M.–6 P.M. / 408-453-0400, option #1**

**For Information in Other Languages:**

Eugenio Vargas (se habla español) **408-453-0400x3065**  
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 non-emergency 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.

**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 non-emergency, confidential 3-digit phone number/service for access to critical services (multilingual); [www.211scc.org](http://www.211scc.org)

**Uplift Family Services Child/Adolescent**

**Mobile Crisis Program 408-379-9085**

**Uplift Family Services (formerly 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**

**New Lifestyles—The Source for Senior Living Magazine  
[www.NewLifeStyles.com](http://www.NewLifeStyles.com) 800-869-9549**



**We're on Twitter!**

Be part of our online community & engage in Mental Health conversations at [twitter@namiantaclara.org](mailto:twitter@namiantaclara.org)



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/namiantaclara.org](http://www.facebook.com/namiantaclara.org)

**MEMBERSHIP/DONATION FORM**

*You can make a donation, renew or join NAMI SCC at [namiantaclara.org](http://namiantaclara.org)*

Primary Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Membership:**  New  Renewal

\$60 Household Membership  \$40 Individual Membership  \$5 Open Door (low income)

Names of Household Members \_\_\_\_\_

**I would like to donate:**  \$50  \$75  100  \$250 Other: \_\_\_\_\_

In  Honor of  Memory of \_\_\_\_\_

**Payment Information:**  Check (payable to NAMI SCC)  Cash  Credit Card

Name on Card: \_\_\_\_\_

Account Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

**Thank you for being a part of the NAMI Family! Memberships are valid for one year. Visit us online or donate at [www.namiantaclara.org](http://www.namiantaclara.org). Your contributions to NAMI SCC are tax deductible. Federal tax ID # 94-2430956**