



National Alliance on Mental Illness

Volume XLIII No. 4

Santa Clara County Newsletter

April 2018

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General Meeting, Tuesday, April 10, 2018

Dr. Michael Mantz, Nine Principles to Building a Stronger Mind

January 2018's general meeting speaker was **Michael Mantz, MD**. He presented the latest science on what goes into creating a strong brain, mind and nervous system. He talked about how recent scientific evidence demonstrates that what we eat, how we sleep, who we connect with, how we feel, and how we move our bodies determines our mental well-being. He discussed some of the exciting discoveries about how our brains are much more fluid and adaptable than we ever imagined. Neuroplasticity, or how the brain literally changes its own structure by creating new connections and new neurons, gives new hope on how much positive change is possible when we optimize our environment.

On **April 10** Dr. Mantz will present Part 2 of his talk. He will discuss

- ◆ key strategies on how to work with negative thoughts and difficult emotions;

- ◆ the importance of social connections and its effects on brain health;
- ◆ two powerful brain-building recipes that provide tools to empower you to be able to build a stronger brain and sharper mind.

Dr. Mantz is an integrative psychiatrist who practices in the Bay Area. He received his medical training at the University of Pittsburgh School of Medicine, graduated from UC Irvine's Psychiatric Residency Program and is a board-certified psychiatrist.

NOTE MEETING TIME CHANGE: Please join us at 7 P.M. in the auditorium of Good Samaritan Hospital (main building basement); at 7:15 our Board officers will be inducted; and our speaker will present from 7:30–8:30. (Good Samaritan is located at 2425 Samaritan Dr., San Jose. Find directions at www.maps.yahoo.com)

Calendar:

Community Events (p3)

Apr. 1 / Sun.

Nature Walk (p4)

Apr. 1, 8, 15, 22, 29 / Sun.

Connections Group (p4)

Apr. 3 / Tues.

NAMI SCC Board Mtg (p3)

Apr. 10 / Tues.

NAMI SCC General Mtg (p1)

May 4 / Fri.

NAMIWalks Kickoff Event (p1)

June 1-2 / Fri.-Sat.

NAMI Cal. Conference (p3)

June 27-30 / Wed.-Sat.

NAMI National Conf. (p3)

Sept. 22 / Sat.

NAMIWalks SV 2018 (p1)

Induction of NAMI SCC Board Officers for 2018–2019

The NAMI SCC annual election of officers for 2018–2019 was held at the March General Meeting. Installation of officers will take place at the General Meeting on **April 10**.

Co-Presidents: **Victor Ojakian, Beverly Lozoff**
 VPs: **Juan Perez, Harold Brown, Uday Kapoor**
 Treasurer: **Steve Wade**
 Secretary: **Peter Newman**

NAMIWalks Silicon Valley 2018 ~ September 22, 2018



Shanna Webb joins NAMI Santa Clara County as Development Director and NAMIWalks Manager. Prior to coming to NAMI SCC, Shanna was Communications and

Outreach Coordinator at Hope Services where she helped promote programs for the developmentally disabled. She was also CEO of her own public relations company, Webb and Associates Public Relations, where she worked with other Bay Area nonprofits such as Opera San Jose.

Sponsors: It's that time of year to recruit sponsors for NAMIWalks SV 2018, and our sponsorship brochure is now available. We're happy to email it to you, or feel free to stop by our office to pick one up. Shanna is available to make contacts and follow up. You can contact her at swebb@namisantaclara.org or (408) 453-0400 x 3125.

With Shanna's leadership and enthusiasm along with your support, we expect 2018 to be another great NAMIWalks year!

Steering Committee:

We're looking for some new members of the steering committee and we'd love to have you join us. Please get in touch with Shanna if you can participate in this way.

Kickoff Event: This event will take place on **Friday, May 4** at Maggiano's at Santana Row in San Jose from **noon to 1:30 P.M.** Look for more details in next month's newsletter.

Registration: Go to www.namiwalks.org/siliconvalley and register your team online now. 2017's Walk had 80 teams; help us surpass that number this year.

SAVE THE DATE!



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
www.namisantaclara.org
 M–F, 10 A.M.–2 P.M.

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

Kate Munitillo (x3150):
Community Peer Mentor
Program Manager

Denecia Gressel (x3070):
Peer Mentor Coordinator

Nicole Rathjen (x3105):
Volunteer Coordinator

Gina Cecconi (x3130):
Volunteer Project Assistant

Programs

Barb St. Claire (x3080):
Family-to-Family / Basics /
Connections

Greg Osborn (x3050):
Provider Education

Laura Paulson (x3140):
Peer PALS Advisor

David DeTata (x3015):
Peer PALS

Barbara Thompson (x3090):
Peer-to-Peer

Eugenio Vargas (x3065):
Spanish Programs

Marc Fowler (x3100):
In Our Own Voice

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

Chris Cherry
Homefront

NAMI SCC Newsletter

Newsletter Crew:

Cole Buxbaum (Editor)

Beverly Lozoff (Coordinator)

Joanie Stein (Proofreader)

Donna-Jo (Typesetter)

February 9, 2018 General Meeting Write-Up Nolan Williams, M.D., Transcranial Magnetic Brain Stimulation

By Cole Buxbaum

When people experience severe depression, there are a number of drugs that can assist them. **Nolan Williams, M.D.** — neurologist, psychiatrist and Director of the Stanford Brain Stimulation Lab — has shown success in assisting patients with treatment-resistant depression using transcranial magnetic stimulation (TMS).

Depression of this variety has been responsive to abnormalities in the patient's functional networks that are involved in mood control, having shown decreased activity in these regions. Repetitive transcranial magnetic stimulation (rTMS) works by delivering pulses to the brain. It shows benefits typically when standard treatment such as medications and talk therapy are unsuccessful. Unlike electroconvulsive therapy (ECT), TMS does not usually cause seizures or require sedation and is usually administered on an outpatient basis.

Recently another therapy, ketamine, has shown promise in treating clinical depression in patients not responding to other approaches. This treatment uses low doses of the drug intravenously, much lower than that given for anesthesia (its past use). Dr. Williams explained that the drug may affect the neurotransmitter systems by blocking dopamine receptors and other areas. Ketamine therapy has been used in over 1,500 patients with 15,000 infusions, according to **Dr. Stephen Levine** who pioneered its use.)

The lab can be contacted through the Psychiatry and Behavioral Sciences Department at Stanford Medical Center.

For the video of the presentation, go to www.namisantaclara.org and look for "General Meeting" in News and Events



NAMI SCC Community Merit Award to Ky Le

Every year NAMI SCC recognizes an individual or group in the community that makes a difference to

those living with a mental illness and their families. In the past we have honored **State Senator Jim Beall**; **Behavioral Health Services at El Camino Hospital**; and **Patricia Gardner**, CEO of the Silicon Valley Council of Nonprofits. And last year we honored **SCC Supervisor Cindy Chavez**.

The 2017 Community Merit Award has been given to **Ky Le**, Santa Clara County Director of Supportive Housing (shown at left surrounded by **Alexia Worsham**, NAMI SCC Deputy Director, and **Uday Kapoor**, NAMI SCC Board member). He has done an outstanding job administering the County's \$950 million Affordable Housing Bond and other housing development programs with the goal of creating affordable/low-income housing in Santa Clara County for many including those living with serious mental health conditions. Ky gained valuable experience in his previous position as manager of a small permanent supportive housing program for 24 homeless persons with mental illness in the County.

A Tribute to Laurie Williams, SF Bay Area NAMIWalks Director 2006–2015

By Gini Mitchem

On **February 16**, **Laurie Williams** wrote on her Facebook page: "I want people to know that my life has been filled with love, and the joy our connections has brought us is worth everything." Laurie, our SF Bay Area NAMIWalks Director for 9 years, passed away the morning of that post following a valiant 13-month struggle with cancer.

Laurie did not direct NAMIWalks Silicon Valley, but she trained us well and provided support and encouragement as we bade farewell to most of our NAMIWalks Bay Area affiliates. In one walker's words, "She was so young. She was so full of energy, so kind to everyone, and always helpful with a smile." We will miss her.

As a friend to our NAMI community, Laurie dedicated incredible commitment, understanding, as well as the ability to work with challenges and achieve great success.

Harold Brown, NAMI SCC Board member, remembers her this way: "As caring and compassionate, so very competent and patient in her role. And always so positive. As we all know, managing an event with affiliates from nine different Bay Area counties was

always like 'herding cats.' She utilized all of her strengths to herd us for 9 years....Laurie was exceptional, was very much appreciated and is sorely missed. I am personally thankful for the many memories that she leaves with us."



NAMI Board Meetings are held on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., Apr. 3, 7–9 P.M.** at the NAMI SCC office.

NAMI SCC Board Officers

Co-Presidents:
Vic Ojakian / Beverly Lozoff
 Past President:
Navah Statman
 Vice Presidents:
Juan Perez
Harold Brown
Uday Kapoor
 Treasurer:
Steve Wade
 Secretary:
Peter Newman

**NEW Support Group:
 DBSA Young Adults
 (18-29)
 Peer-Led**

WHEN: EVERY Sat., 1–3 P.M.
WHERE: Cambrian Branch, SJ Public Library, Study Rm. B
 Walk-ins are welcome; however, given limited space we appreciate an RSVP by going to:
www.meetup.com/dbsasanjose



NAMI SCC is grateful to our many generous supporters. We could not continue to provide the wide range of programs free of charge without this support. If you are interested in supporting us, please visit our website at www.namiantaclara.org or email our Executive Director at kforward@namiantaclara.org

- We would like to thank
- ◆ **Italian Men’s Club of San Jose** for their \$2,000 grant;
 - ◆ **Consumer Youth Advisory** for donation of \$612.00 for Ending the Silence;
 - ◆ **Vincent Lefferts Estate** for his donation of \$10,911.60.

Community Events — April 2018

1. South Bay Project Resource

“Families FIRST”— **Cognitive Behavioral Therapy for psychosis skills for families (CBTpf)**
 Peers, Family Members, Caregivers, Mental Health Workers or anyone who has been affected by a psychosis crisis; presented by **Kate Hardy, PsyD**

WHEN: Sat., Apr. 7 ~ 10 A.M.–5 P.M. (Registration starts at 9:30 A.M.)
WHERE: Cypress Community Center, Rm. 6; 403 Cypress Ave., San Jose
REGISTRATION: Required; email southbayprojectresource@gmail.com
INFO: www.southbayprojectresource.org

2. Mental Health First Aid

Free Class: Learn how to help someone in emotional distress.

WHEN: Mon., April 9 & Thurs., April 12 ~ 12:30–4:30 P.M.
WHERE: Learning Partnership, 1075 E Santa Clara St., San Jose
INFO: Michael Sharpe, 408-792-2167, or Leticia Medina, 408-792-3921

3. Child Abuse Prevention Council Symposium

WHEN: Fri., April 27 – 7:30 A.M.–4 P.M.
WHERE: Villa Ragusa, 35 S. 2nd St, Campbell
REGISTRATION: www.cacsc.org

4. Adolescent Mental Wellness Conference: Overcoming Cultural Barriers to Access-

WHEN: Fri.–Sat., April 27–28, 2018
WHERE: Santa Clara Convention Center, 5001 Great America Pkwy, Santa Clara
REGISTRATION: www.stanfordchildrens.org/en/landing/adolescent-conference
 (Go to this website for registration as well as details about conference topics.)

Please Share: Talking Points About Mental Illness and Gun Violence

- ◆ The contribution of mental illness to overall **violence** in the U.S. is very small, 4%; and the contribution of mental illness to overall **gun violence** in the U.S. is even smaller, 2%.
- ◆ 98% of domestic gun violence does not involve mental illness.
- ◆ In general, a diagnosis of serious mental illness does **not** increase the risk of violence. Most people with mental illness will never become violent, & most gun violence is not caused by mental illness.
- ◆ Risks of violence may increase slightly with: Co-occurring substance use or dependence; a past history of violence; being young and male; perceived threats from others.
- ◆ Impulsivity, anger, traumatic life events such as job loss or divorce, and problematic alcohol use are all stronger than mental illness as risk factors for gun violence.
- ◆ More than 60% of U.S. gun deaths are suicides; mental illness is a significant underlying cause of suicide.
- ◆ Current federal law prohibits gun dealers from selling guns to certain categories of people with mental illness. There is no evidence that expanding these prohibitions will reduce gun violence in the U.S. However, expanding these prohibitions could reinforce stigma towards mental illness and further discourage people from seeking help when needed.

NAMI National Convention and California Conference

**NAMI National Convention
 June 27–30**

The 2018 NAMI National Convention will convene at the Sheraton New Orleans on Canal St in New Orleans! The theme is **Live. Learn. Share Hope**. Our collective voice spreads hope that recovery is possible and families can be whole again. For complete registration information, go to www.nami.org/registration

**NAMI CA Conference
 June 1–2**

This year’s conference will take place at the Hyatt Regency Monterey Hotel & Spa on Del Monte Golf Course. The theme is **United Voices: A Stronger California**. Contact **Eugenia** at Eugenia@namica.org or call 916-567-0167 for details. Register at www.namicalifornia.org or send a check to NAMI California, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.

**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.namisantaclara.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 nrathjen@namisantaclara.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.–2 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

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 800-869-9549**



We're on Twitter!

Be part of our online community & engage in Mental Health conversations at [twitter@namisantaclara.org](https://twitter.com/namisantaclara.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/namisantaclara.org

MEMBERSHIP/DONATION FORM

You can make a donation, renew or join NAMI SCC at namisantaclara.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.namisantaclara.org. Your contributions to NAMI SCC are tax deductible. Federal tax ID # 94-2430956