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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)

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.
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)

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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.namisantacolta.org and look for “General Meeting” in News and Events

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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.

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

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.”

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### NAMI SCC Board Meeting

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

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### 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](http://www.meetup.com/dbsasanjose)

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### April 2018

#### 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](mailto:southbayprojectresource@gmail.com)
   - **INFO:** [www.southbayprojectresource.org](http://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.caacscc.org](http://www.caacscc.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

   (Go to this website for registration as well as details about conference topics.)

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#### 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.

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### 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 compete registration information, go to [www.nami.org/registration](http://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](mailto:Eugenia@namica.org) or call 916-567-0167 for details. Register at [www.namicalifornia.org](http://www.namicalifornia.org) or send a check to NAMI California, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.

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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.namisantaclara.org](http://www.namisantaclara.org) or email our Executive Director at kforward@namisantaclara.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.
### NAMI SCC Warline / 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](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**

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### 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**

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**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](http://www.namisantaclara.org). Your contributions to NAMI SCC are tax deductible. Federal tax ID # 94-2430956