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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

General Meeting, Tuesday, Oct. 9, 2018
Supportive Housing, Mary Barrea of SV Independent Living Center (SVILC)

October’s General Meeting speaker is Mary Barrea, Housing Coordinator at the Silicon Valley Independent Living Center (SVILC), a disability justice organization that creates fully inclusive communities. SVILC offers a variety of services. Among these are their housing program which assists community members in their search for affordable and accessible housing in Santa Clara County. SVILC offers year-round housing workshops where community members receive an introduction to the work of the center and get training and assistance to navigate the affordable housing application process.

Mary will provide advice on what to expect through the application process, including a review of the application and other documents, information on financial empowerment and managing credit and debt portfolios.

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 speaker from 7:30–8:30. (Good Samaritan is located at 2425 Samaritan Dr., San Jose. Find directions at www.maps.yahoo.com)

Upcoming General Meeting Speaker
Nov. 13: Carolyn Rodriguez, MD, PhD
Assistant Professor at Stanford University,
Improving Outcomes for Mood Disorders
Jan. 8, 2019: Steven Sust, MD
Working with SCC Emergency Psychiatric Services (EPS)

NAMIWalks Silicon Valley 2018

We are so gratified that so many new sponsors (individuals, companies, organizations) have joined us this year. Here are our most recent NAMIWalks Silicon Valley 2018 sponsors:

♦ EVOLVE Treatment Centers joined us for the first time as a Silver Sponsor. EVOLVE offers the highest quality care available for adolescents 12–17 years old struggling with mental health, substance abuse and/or behavior issues.

♦ The City of Palo Alto’s Project Safety Net has joined us as a Supporter Sponsor this year. Project Safety Net is a collaborative community network held together by a common interest of fostering youth well-being in Palo Alto. Their mission is to develop and implement a community-based mental health plan that includes education, prevention and intervention strategies that together provide a “safety net” for youth in Palo Alto, and defines their community’s teen suicide prevention efforts.

♦ We have also received many generous gifts in-kind and would like to send a special thank you to Alameda Family Funeral and Cremation, Zone Bars, Cresco Equipment Rentals, and Karen Meadows for donating copies of her book to the event.

For additional information or questions about NAMIWalks Silicon Valley 2018, please contact Shanna. (See contact info below.)

SAVE THE DATE!

NAMI Walks Silicon Valley
September 22, 2018
2425 Samaritan Drive, San Jose, CA 95125
www.namisantaclara.org

Mental Illness Awareness Week: Oct. 7–13, 2018

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. Despite mental illnesses’ reach and prevalence, stigma and misunderstanding are also widespread.

That is why each year, during the first full week of October, NAMI and participants across the country raise awareness of mental illness, educate the public, fight stigma and provide support. And each year, the movement grows stronger.

We believe that mental health conditions are important to discuss year-round, but highlighting them during one week provides a dedicated time for mental health advocates across the country to come together as one unified voice. Since 1990, when Congress officially established the first full week of October as Mental Illness Awareness Week (MIAW), advocates have worked together to sponsor activities to educate the public about mental illness. NAMI will promote the theme of “CureStigma” throughout all awareness events.

(Continued on page 2)
Overlap Among Mental Health Conditions
Excerpted from Scientific American July 2018
by Cole Buxbaum

A distinct set of genes may underlie several psychiatric conditions. People who have autism, schizophrenia and bipolar disorder may have different challenges, but the ailments might arise from a common set of genes.

Researchers compared genetic analyses of 700 human brains from deceased individuals who had autism, schizophrenia, bipolar disorder, major depression or alcoholism to those of individuals who had none of these conditions.

Certain genes in the brain tend to work as a preferred unit and together become more or less active in particular types of brain cells, such as astrocytes or neurons. The researchers examined 13 groups of genes thought to function together. They found that one group of genes in astrocyte brain cells is overactive in autism, schizophrenia and bipolar disorder.

Scientists also found that the five groups had a pattern of overactivity or underactivity across at least three of the five conditions. Bipolar disorder, for example, was more similar to schizophrenia than to major depression even though clinicians may link bipolar disorder and depression, based on their symptoms.

These insights could possibly reveal new treatments, says neurogeneticist Daniel Geschwind of UCLA, one of the investigators, and that one path to that result, which has not yet been tested, could be to “put the different groups of genes in lab dishes and see which drugs reverse any overexpression or underexpression of the genes.”

Mental Illness Awareness Week in the Community
(Cont’d from Page 1)

Santa Teresa Social Justice Ministry is once again sponsoring events during Mental Illness Awareness Week. All take place at Santa Teresa Church at 794 Calero Avenue, SJ.

Note: Change of Dates and Times:

♦ Tuesday, Oct. 9, 7:30–8:30 P.M. (in the Church)
  Candle Lighting Service and NAMI Outreach speakers. “Prayers and actions are needed to restore mental wellness in America. By seeking God’s guidance, we can recommit ourselves to replacing misinformation, blame, fear and prejudice with truth and love in order to offer hope to all who are touched by mental illness.”

♦ Thursday, Oct. 11, 7:30–8:30 P.M. (in the Hall)
  “NAMI Ending the Silence”: An interactive presentation that helps teens and parents learn about the warning signs of mental health conditions as well as the steps they should take to find support for themselves or their friends. One in five teens ages 13–18 experiences a mental health condition in a given year and 80% of them are not currently receiving treatment. The presentation includes a young adult living with mental illness who shares their journey of recovery. Teens will have the opportunity to ask questions and gain understanding of an often misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

All are welcome to attend these events!

October 11 is National Depression Screening Day. Go to HelpYourselfHelpOthers.org to complete an anonymous self-assessment for yourself or a loved one.

Wear Green: Green is the national color of mental health awareness. Wear it to show your support for people living with mental health challenges. Help break down the barriers that prevent many from seeking the help they need.

Staff Spotlight: Lourdes Robles

In 2015, Lourdes Robles became a NAMI volunteer with the Spanish classes, and continues supporting the Spanish Support Group. Diagnosed in 2001 with depression and anxiety.

Lourdes found that as a volunteer in the Latino community, she could help others in understanding mental illness while supporting their loved ones. She has an under-graduate degree in Psychology and will soon begin a graduate program in Counseling Psychology.

Before joining the staff at NAMI SCC, Lourdes supported families and clients in their resource needs at Momentum for Mental Health-La Selva Group in Palo Alto. When she learned of an opening at NAMI for Community Peer Mentor Manager, she decided to apply after witnessing how peers supported each other at La Selva.

Lourdes can usually be found with at least two books in her bag and two others open in her e-reader! She also enjoys the beach, nature walks, playing with the family dog and going to the movies with her daughter. She and her daughter share many interests, in particular her daughter’s job as a probation officer. She is very proud of how much her daughter has accomplished.
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., October 2, 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

1. 11th Annual Disability Awareness Day
This free citywide event celebrates diversity, awareness and empowerment for persons with differing abilities. There will be entertainment, carnival games, a resource fair and food trucks. Share this with your friends.

WHEN: Thursday, Oct. 4 ~ 11 A.M.–2 P.M.
WHERE: SJ City Hall Rotunda & Plaza, 200 E. Santa Clara St., SJ
INFO: To register to attend or have a vendor table, call 408-535-4901 or go to:

2. 2018 NAMI 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
REGISTRATION LINK:

3. California Crisis Intervention Training (CIT) Association Annual Conference
WHEN: Thursday, Oct. 4–5
WHERE: McClellan Conference Center, 5411 Luce Av., McClellan (Sacramento)
INFO/REGISTRATION: cacita.net

4. Mental Health Wellness Fair, Presented by DBSA* CA GO and NAMI SCC
Gather handouts and informational pamphlets from mental health organizations; talk with presenters, participate in demonstrations and view informational videos
*Depression and Bipolar Support Alliance

WHEN: Saturday, Oct. 6 ~ 10:30 A.M.–2:30 P.M.
WHERE: El Camino Hospital, Conf. Rms A & B (near Cafeteria) 2500 Grant Rd, Mtn View;
INFO: Call Kristin at 408-858-3459 or email Paul at psimmons@dbsalliance.org

5. Day on the Bay / Health Resource Fair
Free event including Health Resource Fair, Kayak Ride, Hamburgers and Veggie Burgers*, Pumpkins for Kids*, Entertainment and Bike to the Bay.
*While supplies last

WHEN: Sunday, Oct. 7 ~ 10 A.M.–3 P.M.
WHERE: Alviso Marina County Park
INFO: www.sccgov.org/dayonthebay or 408-299-5030

6. 26th Annual Senior Resource and Wellness Fair
Free event with more than 50 agencies onsite to provide community resources for seniors, family members and caregivers. All ages are welcome.

WHEN: Tuesday, Oct. 16 ~ 9:30 A.M.–12:30 P.M.
WHERE: San Jose City Hall Rotunda and Plaza
INFO: Teiana Johnston, 408-975-5720 or teiana.johnston@ssa.sccgov.org

Open Enrollment Period for 2019 Affordable Care Act (Obamacare) in California

Open enrollment is the period during which people can purchase health insurance for the upcoming year. During Open Enrollment you can apply without a Qualifying Life Event. You can apply through Covered California at the website in the shaded box below.

During Open Enrollment, you have the following options, depending on your current situation:

- Renew or change your current plan. During the Open Enrollment period, you can renew your existing plan. You won’t have to do anything if you want to keep what you have. But if your current plan is changing — for instance, your PCP is leaving the network or your drugs aren’t in the list of covered medications — then you may want to switch to a plan that best suits your current needs. If you need to change policies, the Open Enrollment period is the best time to do so.

- Enroll in Medi-Cal. If your income is below 128% of the Federal Poverty Level, you qualify for Medi-Cal, which is Medicaid for Californians.

https://www.healthforcalifornia.com/covered-california-enrollment/open-enrollment

Thank you!

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.namisantaclara.org or email our Executive Director at kforward@namisantaclara.org

We would like to thank:
- El Camino Healthcare District: $90,000 grant for Community Peer Mentor Program
- Kaiser Permanente: $30,000 grant for Community Peer Mentor Program

Election Day Poll Workers
Santa Clara County is seeking poll workers for the November elections.
Stipends for volunteers are $115 to $200! You will be fulfilling an important civic duty, and you will do NAMI a great service if you donate your stipend to NAMI! You can apply online at www.sccgov.org

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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 stickers & magazines 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@namisantaclara.org

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.–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

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


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.) Your 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