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Calendar:

Apr. Events (p3)
Apr. 2 / Tue
NAMI-SCC Board Mtg (p3)
Apr. 7 / Sun
Nature Walk (p4)
Apr. 7, 14, 21, 28 / Sun
Connections Group (p4)
Apr. 9 / Tue
NAMI SCC General Mtg (p1)
May 31-June 1 / Fri, Sat
NAMI CA Conference (p3)
June 19-22 / Wed-Sat
NAMI National Conv. (p3)
Sept. 21 / Sat
2019 NAMIWalks SV (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
www.namisantaclara.org
M–F, 10 A.M.–6 P.M.

Santa Clara County Newsletter
April 2019

General Meeting, Tuesday, April 9, 2019
NAMI Ending the Silence Presentation

Our April General Meeting will feature an “Ending the Silence” presentation. Helping middle-school and high-school youth understand mental illness can make a big difference.

Moving stories from positive role models have the power to change kids’ views. The discussion gives students the rare opportunity to ask questions about mental health challenges to people who have lived it. The presentation’s message of empathy and hope encourages students to actively care for themselves and their friends. It also teaches them it’s okay to talk about what they’re feeling. NAMI Ending the Silence covers: early warning signs; facts and statistics about youth and mental health conditions; when, where and how to get help for themselves or their friends; when it’s not okay to keep a secret.

Please join us at 7 P.M. in the auditorium of Good Samaritan Hospital (basement of main building). At 7:15 there will be NAMI announcements followed by our speaker from 7:30–8:30. (Good Samaritan is located at 2425 Samaritan Dr., SJ. Find directions at www.maps.yahoo.com)

Upcoming General Meeting Speakers
May 14: Cindy McCalmont
“Creating Mental Health Friendly Congregations”
June 14: Dr. Jong Yoon
Latest Research on Schizophrenia

Induction of NAMI-SCC Board Officers for 2019–2020

The NAMI-SCC annual election of officers for 2019-2020 was held at the March General Meeting. Installation of officers will take place at our general meeting on April 9. Please join us.

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

Teens Raise Money and Bring Awareness to Mental Health

Ajay and Reva Gupta are a brother-sister team who have combined their passion for sports and helping charitable causes by creating Project Four, an initiative that combines fantasy sports and fundraising for a good cause. This year Ajay and Reeva have started March Madness and are hoping to raise funds for NAMI-SCC.

“We believe that fantasy sports are a great way to increase awareness and raise money for charities. In July of 2018 by leveraging social media and the popularity of the FIFA World Cup, we raised over $3,000 for BAWSI,” Ajay said.

March Madness is an annual tournament for the top 64 college basketball teams, and is one of the most anticipated sports events of the year! Tens of millions of people fill out “brackets” in hopes of beating their friends, colleagues, and family in predicting which teams will win. The fun of March Madness is that everyone enjoys filling out a bracket, whether they are a dedicated sports fanatic or someone who knows nothing about basketball.

“This year we’re looking to go even bigger and target a cause. NAMI is geared towards depression. Depression is a huge issue among teens and we hope that by partnering with NAMI we can help raise money for a good cause and help our area gain awareness,” Reva said.

If you would like to join the March Madness pool to support NAMI-SCC, learn more at www.projectfour.org/marchmadness

And be sure to join us Saturday, September 21, 2019 for the 2019 NAMIWalks Silicon Valley event at Guadalupe River Park Arena Green West. Event planning has already begun. If you would like to be involved in this year’s event, please contact Shanna. See below for contact information.

Shanna Webb: swebb@namisantaclara.org or 408-453-0400 x 3125
Dr. Brister attempted to demystify brain chemistry, specifically how different brain chemistry affects perception and behavior. She helps people strive for true happiness, not just dealing with the different chemistry.

Dr. Brister specializes in treating patients suffering from schizoaffective disorder and similar psychosis due to mental illness. In the 1970s scientists slowly began to accept the idea that psychiatric illnesses are chemically related.

She thinks that Walt Disney, who created the Seven Dwarfs, was a genius by giving the dwarfs personality traits related to the seven neurotransmitters in our brains: serotonin (sleep, mood, eating); norepinephrine (arousal, learning, mood); GABA (inhibitory of all neuronal firing); glutamate (excitatory of all neuronal firing); dopamine (movement, pleasure); acetylcholine (muscle, digestion, memory); & endorphins (pain, pleasure). Too much or too little of a neurotransmitter causes specific conditions: e.g., too much dopamine leads to schizophrenia; too little dopamine leads to Parkinson’s; very low serotonin leads to OCD. The neurotransmitters are both created and destroyed in the brain.

Treatment of these mental disorders frequently can be successful with the aid of a variety of antipsychotic substances, sometimes more than one. Although many patients benefit, unfortunately a certain percentage result in brain cell intracellular loss and reduction in intellectual ability. She also noted that if an area of the brain has leakage to other areas, then thought and abnormal behavior can be affected.

Dr. Brister is board certified in both psychiatry and neurology but does not deal with patients with only neurological disorders. She started her practice as a psychiatrist in 1984, focusing on related biochemical changes.
### NAMI-SCC Board Meeting

NAMI Board Meetings are on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., Apr. 2, 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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### Community Events — April 2019

#### 1. Spring Resource Fair
Get to know your community resource center. There will be giveaways for children on behalf of the Gardner Family Resource Center and free community resources.

**WHEN:** Fri., **April 12** ~ 10:30 **A.M.–2 P.M.**  
**WHERE:** Gardner Family Resource Center, 160 E Virginia St, Mezzanine Rm 1, San Jose  
**INFO:** 408-893-1340

#### 2. The Manic Monologues
NAMI friends are invited to attend the premiere of *The Manic Monologues*, a play coming to Stanford University. This performance showcases captivating true stories from those touched by mental illness. It aims to disrupt silence and stigma. Created by Zachary Burton and Elisa Hofmeister, the international team includes a Pulitzer finalist, an advisor to season one of Netflix’s *13 Reasons Why*, and numerous brave storytellers.

**WHEN:** Thu, Fri, Sat, **May 2–4**: 7:00–8:30 **P.M.**  
**WHERE:** Piggott Theater, Stanford University Campus, 551 Serra St, Stanford  
**TICKETS:** themanicmonologues.org

### Help Others by Sharing Your Story of Recovery

Santa Clara County’s Suicide Prevention Program is developing a suicide prevention mass media campaign to combat stigma and encourage older adults to use mental health services. The County is seeking English-speaking male volunteers 65 and up who are willing to share their stories of recovery from suicide attempts. Volunteers can remain anonymous in the campaign, if preferred, and a photo does not need to be shared with the public. The campaign will include online ads, printed brochures, a short video, and possible bus ads. Volunteers will be compensated. The commitment involves a screening interview and a few hours sharing/being interviewed about the experience.

To apply, go to suicideprevention@hhs.sccgov.org

### NAMI Awarded $500,000 County Innovation Grant

NAMI-SCC has received a two-year grant from SCC Behavioral Health Services. In preparation for the grant, NAMI FaithNet will be hosting five focus groups. If you are a member of the Latino, African-American, Filipino, Vietnamese, or Chinese community, please join us for dinner and conversation at the NAMI office on the following dates; note all dinners are at **7 P.M.**:

- **Latino dinner:** Mon, April 1
- **African-American dinner:** Wed, April 3
- **Filipino dinner:** Thu, April 4
- **Vietnamese dinner:** Wed, April 10
- **Chinese dinner:** Thu, April 11

RSVP by **March 27** to Cindy McCalmont at cmccalmont@namisantaclara.org You will receive a gift card as a thank you!

### Join the SCC Behavioral Health Board

The **Santa Clara County Behavioral Health Board** has a vacancy to be filled by a consumer who lives in District 3.

Anyone interested in becoming a board member should go to www.sccbhsd.org/bhb and read the SCC Behavioral Health Board Bylaws.

### NAMI National Convention and California Conference 2019

#### NAMI National Convention  
**June 19–22**

The 2019 NAMI National Convention will convene at the **Hyatt Regency Seattle** at 808 Howell St in Seattle, Washington. Launching at this year’s convention: NAMI’s new strategic plan. The convention’s theme, “Our Movement, Our Moment” captures the power and excitement of this moment as we mobilize the NAMI movement!

#### Celebrating 40 Years of NAMI CA Voices Conference  
**May 31–June 1**

This year’s conference will take place at the **Newport Beach Marriott Hotel & Spa** at 900 Newport Center Drive in Newport Beach. Contact **Eugenia** at Eugenia@namica.org or call 916-567-0167.

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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 our website at www.namisantaclara.org or email our Executive Director at kforward@namisantaclara.org We would like to thank:

- El Camino Hospital for $70,000 for Peer Mentoring
### 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](http://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 & are very popular. Drop off items at the NAMI-SCC office. Questions: Email Stephanie at sschonian@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.–6 P.M. / 408-453-0400, option #1  
For Information in Other Languages:  
- Juan Perez (se habla español) 408-528-5353  
- Athen Hong (Mandarin) 408-969-1016

#### 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.

<table>
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<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Emergency Psychiatric Services (EPS)</td>
<td>408-885-6100</td>
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<tr>
<td>Urgent Psychiatric Care Unit 100</td>
<td>408-885-7855</td>
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<td>Daily 8 A.M.–10 P.M.; walk in.</td>
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<tr>
<td>Suicide &amp; Crisis Center Hotline (Central)</td>
<td>855-278-4204</td>
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<tr>
<td>Mental Health Call Center</td>
<td>800-704-0900</td>
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<td>24-hr. on-call staff; Provides info/referrals M–F, 8 A.M.–5 P.M.</td>
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<tr>
<td>Gateway, Dept. of Alcohol &amp; Drug Services</td>
<td>800-488-9919</td>
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#### 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)

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<tr>
<th>Service</th>
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<tr>
<td>Uplift Family Services Child/Adolescent</td>
<td>408-379-9085</td>
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<tr>
<td>Mobile Crisis Program</td>
<td>408-364-4083</td>
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<tr>
<td>Uplift Family Services (formerly EMQ Families First)</td>
<td>877-412-7474</td>
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<tr>
<td>Crisis Stabilization Unit</td>
<td>800-850-6140</td>
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<td>After-hours/weekend emergencies</td>
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<tr>
<td>Bill Wilson Center Teen Crisis Line</td>
<td>408-885-3420</td>
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<td>In Crisis: Text RENEW to 741741</td>
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<td>To speak confidentially with a Crisis Counselor</td>
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<td>Mental Health Advocacy Project (MHAP)</td>
<td>408-294-9730</td>
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<td>Free legal help for mental health patients’ rights</td>
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<td>VA Referrals—Help for Veterans</td>
<td>800-455-0057</td>
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<tr>
<td>New Lifestyles—The Source for Senior Living Magazine</td>
<td>800-869-9549</td>
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**NAMI-Santa Clara County, Community Resource & Support Center**  
1150 S. Bascom Av Ste 24, San Jose CA 95128-3509

### MEMBERSHIP APPLICATION OR RENEWAL

**NOTE:** If this is a renewal, please indicate any changes in the following:

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<td>Street Address:</td>
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<td>Work Phone:</td>
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<td>E-Mail Address:</td>
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**You will receive your newsletter via email. Please provide us with an email address.**

Would you be interested in doing volunteer work at NAMI? If interested, call 408-453-0400, option #1

Please accept my annual individual membership at the following level: Please check one: □ New □ Renewal  
Effective July 1, 2017: □ $60 Household Membership □ $40 Individual/Regular Membership □ $5 Open Door

Please accept my additional donation(s): □ General Fund □ Education Program □ Other □ In Memory of □ In Honor of

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<th>Total Amount Enclosed: $</th>
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<td>(Make checks payable to NAMI-Santa Clara County)</td>
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To pay online, go to [www.namisantaclara.org](http://www.namisantaclara.org) and click on “Join NAMI.”

**Donate a vehicle today.** To find out more, call 800-240-0160 or go to [www.namisantaclara.org](http://www.namisantaclara.org)

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**