



National Alliance on Mental Illness

Volume XLIV No. 4

# Santa Clara County Newsletter

April 2019

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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.namisantacalar.org](http://www.namisantacalar.org)  
M-F, 10 A.M.-6 P.M.

## 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](http://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**

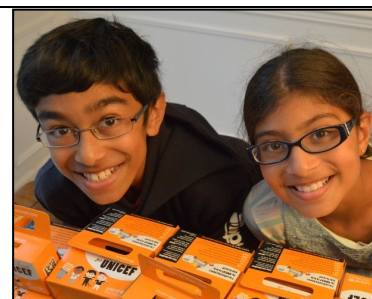
## Teens Raise Money and Bring Awareness to Mental Health

**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](http://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@namisantacalar.org](mailto:swebb@namisantacalar.org) or 408-453-0400 x 3125

## 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

**Sarah Prabhu (x3020):**  
Warmline/Help Desk Manager

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

**Lourdes Robles (x3150):**  
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  
(x3000):

Ending the Silence /  
Family Support Groups  
Coordinator

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

For information about **Spanish Programs and In Our Own Voice (IOOV)**, contact the Warmline at 408-453-0400, Option #1

## NAMI-SCC Newsletter

**Cole Buxbaum** (Editor)  
**Beverly Lozoff** (Coordinator)  
**Joanie Stein** (Proofreader)  
**Donna-Jo** (Typesetter)

## February 12, 2019 General Meeting Write-Up The Seven Dwarfs & Brain Chemistry: Demystifying Brain Chemistry Ricque Brister, MD

By Cole Buxbaum

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 anti-psychotic 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.

For the video of the presentation, go to [www.namiantaclara.org](http://www.namiantaclara.org) and look for "General Meeting" in News and Events.

## Kathy Forward, 2019 Woman of the Year

Each March, during Women's History Month, women whose contributions have touched and uplifted our community are celebrated. This year, **Senator Jim Beall** honored our Executive Director **Kathy Forward** with a **Lifetime Achievement Award**. On March 1, he held a reception at his Campbell office, then on March 4, Kathy joined Senator Beall & other women in Sacramento to receive their awards in front of the State Senate. Congratulations, Kathy. We are so proud of you!



## Position Available at NAMI-SCC: Community Education Coordinator

NAMI-SCC is looking for a Community Education Coordinator to oversee the coordination and administration of all aspects of the Ending the Silence program including planning, organizing, staffing, managing, leading, and outreach. Ending the Silence is one of NAMI-SCC's signature programs. The coordinator is responsible for

managing all presentations as they relate to students, school staff and parents.

For more information about this position, please visit our website at [www.namiantaclara.org](http://www.namiantaclara.org) or send your resume to [sbadgis@namiantaclara.org](mailto:sbadgis@namiantaclara.org)

## Volunteer Spotlight: Donald Lee Majercik

A few months ago **Don Majercik** met a woman who gave him a pamphlet about NAMI; this chance encounter led to a new volunteer at NAMI-SCC.

Diagnosed with schizophrenia at the age of 19 while in the military—with more inactive duty than active duty logged in—Don was honorably discharged as a Private U.S. Army Reservist in 1969.

He has been under psychiatric care ever since his original diagnosis. He has no complaints over the past 50 years regarding his psychiatric treatment,

but he hopes some day to continue his treatment drug free.

Don was born in upstate New York and raised in rural New Jersey. He is a woodsman who loves to fish and hunt and is also interested in fish and wildlife management. As a scout he wanted to be a Forest Ranger. He also enjoys coin collecting and stamp collecting.



## 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**

April 2019

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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:** Pigott Theater, Stanford University Campus, 551 Serra St, Stanford

**TICKETS:** [themanicmonologues.org](http://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](mailto:suicideprevention@hhs.sccgov.org)



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.namisanacal.org](http://www.namisanacal.org) or email our Executive Director at [kforward@namisanacal.org](mailto:kforward@namisanacal.org)

We would like to thank:

- ◆ El Camino Hospital for \$70,000 for Peer Mentoring



## 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@namisanacal.org](mailto:cmccalmont@namisanacal.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](http://www.sccbhsd.org/bhb) and read the SCC Behavioral Health Board Bylaws

document and complete the online application. You may also contact **Debra Boyd**, BHB Support Liaison, with inquiries: [Debra.Boyd@hhs.sccgov.org](mailto:Debra.Boyd@hhs.sccgov.org) or call 408-885-5782.

## 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](mailto:Eugenia@namica.org) or call 916-567-0167.



### 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.namisanataclara.org](http://www.namisanataclara.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@namisanataclara.org](mailto:sschonian@namisanataclara.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)

**408-996-1016**

### 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**

**In Crisis: Text RENEW to 741741**

To speak confidentially with a Crisis Counselor

**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@namisanataclara.org](https://twitter.com/namisanataclara.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/namisanataclara.org](https://www.facebook.com/namisanataclara.org)

## 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:**

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

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

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

**\*\*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 \_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_ (Make checks payable to NAMI-Santa Clara County)

To pay online, go to [//www.namisanataclara.org](http://www.namisanataclara.org) and click on "Join NAMI."

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