Dr. Jong Yoon will present about two new neuroimaging studies of schizophrenia being conducted at Stanford. Each study involves novel approaches for measuring brain differences that may serve as markers or clues to the mechanism of the condition.

The first study is seeking to improve the way researchers can measure levels of GABA, the brain's "stop signal" thought to be linked to schizophrenia. While past studies could not find a difference in GABA levels at rest, the new study is testing whether GABA levels may differ instead when the brain is active.

The second study will utilize a new neuro-imaging tracer that for the first time is capable of visualizing neural synapses in living brains. The study will use this tracer to conduct one of the first tests of the idea that overpruning of synapses is the mechanism that causes schizophrenia. This hypothesis has become one of the most compelling theories on the mechanisms giving rise to schizophrenia, but up until now researchers have lacked the ability to directly test this.

Dr. Yoon is an associate professor of psychiatry and behavioral sciences at Stanford University, as well as a practicing physician at the Palo Alto VA. He received his BA at Swarthmore College and his MD from the New York University School of Medicine. Dr. Yoon has devoted his career to the study of schizophrenia, its causes, and its treatments. For his work, he has won the NARSAD Young Investigator Award as well as the David Mahoney Neuroimaging Award.

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 speakers 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
July/August: No General Meetings
Sept. 10: TBD
County Expands Mobile Crisis Response Teams

Previously only available to law enforcement, residents can now directly call for mental health crisis intervention services in Santa Clara County. The county’s Behavioral Health Services Department’s Mobile Crisis Response Teams screen and assess crisis situations over the phone and intervene wherever the crisis is occurring. They provide an immediate response and deliver crisis intervention services at locations throughout the county. They work closely with law enforcement, crisis hotlines, the community and family members. The teams provide services in the community including crisis screening, intervention, de-escalation services, and connect or refer people to community resources. The Mobile Crisis Response Teams are made up of licensed clinicians and therapists with training and expertise in crisis response. They respond to situations that involve individuals in crisis that exhibit mental health symptoms, may be suicidal or at-risk and need an evaluation for psychiatric hospitalization.

County residents in need of mental health crisis help and intervention can now call 800-704-0900 Opt #2 on weekdays from 8 A.M. – 8 P.M.

SCC Behavioral Health Board 8th Annual Community Heroes Awards

On May 1, the SCC Behavioral Health Board held its 8th Annual Community Heroes Awards Ceremony and recognized eleven (11) community members and agencies in a variety of categories for their commitment to bettering the lives of those living with mental health challenges.

Two NAMI-SCC members were recognized as Family Member Community Heroes: Kathy Burden and Carol DeCarvalho. Kathy and Carol pioneered a monthly family jail support group under the auspices of NAMI-SCC so that family members of loved ones who have been incarcerated can have a safe space without judgment to tell their stories, feel less isolated, and be part of a community. There is no other support group with this focus anywhere else in Santa Clara or neighboring counties.

Having a family member with a mental health diagnosis is hard enough, but having this person also caught up in the bureaucratic and punitive criminal justice system is almost impossible to imagine. Kathy and Carol have walked this road and are now able to help others overcome shame and stigma, learn quickly and efficiently whom to contact, and how to get treatment and not punishment for their loved ones.

These two women have forged links with the Public Defender’s office, Judge Manley’s mental health court, a behavioral health specialist at the local county jail, and staff in the re-entry center. Kathy and Carol are raising awareness and helping families to advocate for one of the most vulnerable populations in our county: the imprisoned mentally ill. They are paving the way for much-needed change.

Congratulations, Kathy and Carol!
Get CalFresh Food and Keep SSI Benefits

As of June 1, 2019, CalFresh benefits will be easier to get and maintain. People 60+ and/or disabled who receive SSI benefits will be eligible to apply for and, if otherwise eligible, receive CalFresh benefits—with no change or reduction to benefits.

Medical expenses that health insurance does not cover will count as an income deduction for CalFresh. This may increase your CalFresh benefit amount.

Some examples of qualifying expenses are: health insurance premiums (Medicare, Dental); copayments for appointments or prescriptions; acupuncture, chiropractic or herbal treatments; in-home care services cost; and outstanding medical bills.

Here are some ways to apply:
- Go to MyBenefitsCalwin.org
- Call 877-962-3633
- Fax 408-295-9248
- Mail PO Box 11018, SJ 95103

Community Events

15th Annual Mood Disorders Education Day

An excellent opportunity for all community members to learn about bipolar disorder and major depressive disorder from experts in the field. This event is free to the community, but registration is necessary.

WHEN: Sat., July 13 ~ 8 A.M.–3 P.M.
WHERE: Frances C. Arrillaga Alumni Center, 326 Galvez St., Stanford
INFO: www.bipolar.org (including the agenda and link to register)

For directions and parking information, please visit this link: //alumni.stanford.edu/get/page/resources/alumnicenter/directions

Double Good News about NAMI-SCC’s Peer Mentor Program

By Lourdes Robles, Community Peer Program Director

Great happenings for our Peer Mentor Program:
- On April 11, 2019, eleven (11) Peer Mentors (shown in the photo above) completed the Family/Peer Support Specialist training, an 80-hour-long course sponsored by NAMI California and California’s Office of Statewide Health Planning and Development. This training helped the mentors hone their skills to be better prepared to not only help peers but also their families. Congratulations!
- NAMI-SCC has received NAMI California’s 2019 Peer Engagement Award for “the high use of the peer support program and the great ability to get funding sources for peer support programs.”

Thanks to Kathy Forward, Executive Director, and our Board of Directors for their confidence in our program and their support in the funding of the program. Special thanks to all our mentors who are role models for their participants. Their hard work and success with the majority of the participants is the core of the program.

Older Adults Suicide Prevention Campaign

SCC’s Suicide Prevention Program is currently developing a communications campaign to encourage older adults to seek support for mental health issues and suicide. They are looking to partner with cities to disseminate the campaign widely, especially in doctors’ offices and faith institutions, and any other venues that will reach the intended audience; primarily men 65+.

The program is still under development but will involve video, radio, brochures, and a resource webpage.

If you have questions or can provide partners for campaign dissemination, please contact Evelyn at evelyn.quintanilla@hhs.sccgov.org

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.
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, Mandarin, 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 Dave family at 408-946-4379.

Magazine & Sticker Donations
The Volunteer Project only needs 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) 408-528-5535
  Athen Hong (Mandarin) 408-996-1016

SCC Emergency & Referral Information
Dia 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
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

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.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

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