



National Alliance on Mental Illness

Volume XLIV No. 6

Santa Clara County Newsletter

June 2019

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General Meeting, Tuesday, June 11, 2019 "Latest Research on Schizophrenia"

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

Calendar:

Community Events (p3)
June 2 / Sun
 Nature Walk (p4)
June 2, 9, 16, 23, 30 / Sun
 Connections Group (p4)
June 4 / Tue
 NAMI-SCC Board Mtg (p3)
June 11 / Tue
 NAMI-SCC General Mtg (p1)
May 31-June 1 / Fri-Sat
 NAMI CA Conference (p3)
June 19-22 / Wed-Sat
 NAMI National Convention (p3)
Aug 4 / Sun
 NAMI Picnic (p1)
Sept. 21 / Sat
 2019 NAMIWalks SV (p1)

Updates for 2019 NAMIWalks Silicon Valley ~ Sept. 21

New Activity for 2019 NAMIWalks SV:
 NAMI-SCC is adding a new activity we are calling "A Walk in My Shoes." It is a themed art exhibit featuring canvas shoes that will be painted, decorated, or transformed to tell a story about mental illness with a message of hope and recovery. The art exhibit will be featured at our 2019 NAMIWalks Silicon Valley Kickoff Event on **June 14** and at NAMIWalks on **September 21**. We are asking all team captains, walkers, and local artists who would like to participate to please reach out to Shanna (see contact info below).

Kickoff Event: The NAMIWalks Kickoff Event is set for **June 14 at 11:30 A.M.** at Maggiano's on Santana Row. The kickoff luncheon is free to people who want to become

team captains or sponsors of 2019 NAMIWalks Silicon Valley. Please

RSVP to Shanna by **June 7** to reserve your seat at this fun-filled event!

Sponsors: We are so thrilled to welcome back some of our long-time sponsors: **John & Gini Mitchem; Navah & Meir Statman; Momentum for Mental Health;** and **Raul Perez**, San Jose City Councilman from District 3.

Sponsorship Info: And we're on the lookout for more sponsors for this year's Walk. Our sponsorship brochure is available; we are happy to email it to you, or you can stop by our office to pick one up. Please note that Shanna is available to make contacts and to follow up.

Shanna Webb: swebb@namisantaclara.org or 408-453-0400 x 3125



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.



SAVE THE DATE! NAMI-SCC Picnic Sunday, August 4, 2019 ~ 12 to 3 P.M.

New This Year:
 NAMI-SCC will be providing a **catered BBQ** for your enjoyment! Please consider

making a donation to NAMI-SCC, or you are welcome to bring your favorite dessert. We ask that you RSVP this year to make sure we have enough food for everyone.

Ways to RSVP:

1. Go to evite.me/sR8gzAHCfX
2. Email office@namisantaclara.org
3. Call 408-453-0400, Option 1

Look for additional details in next month's newsletter.

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

Lourdes Robles (x3150):
Community Peer Program
Director / Peer PALS

Stacy Badgis (x3030):
Administrative Manager

Donna Mechanic (x3040):
Administrative Helper

Sarah Prabhu (x3020):
Warmline/Help Desk Manager

Nicole Rathjen (x3105):
Warmline Assistant 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

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)

April 9 General Meeting Write-Up NAMI Program: Ending the Silence (ETS)

By Cole Buxbaum

April's General Meeting presented a signature NAMI program, **Ending the Silence**. The program's audience is middle-and high-school students, so on this particular evening, our audience was asked to pretend to be teenagers. The presenters are always a family member and a young adult with a mental health challenge. **Joan Dutrow**, the parent of a young man who started exhibiting signs of bipolar disorder when he was in high school and **Jemerson Diaz**, a young adult who also had a diagnosis of bipolar disorder were our presenters. Both shared their powerful, personal stories and talked about how they and their loved one are doing today. It has been shown that moving stories from positive role models have the power to change kids' views.

The goal of Ending the Silence is to educate students about mental health conditions and how they can help themselves and their peers. Students

learn about the warning signs of mental health conditions as well as what steps they can take to find support for themselves and/or their friends. The presentation gives students the rare opportunity to ask questions about mental health challenges to people who have lived it. It is through this type of dialog that we can help grow the movement to end stigma.

NAMI-SCC hopes to bring Ending the Silence to every middle and high school in Santa Clara County. Please contact our office if you can help us accomplish this goal: **408-453-0400, Opt #1**.

For the video of the presentation, go to <https://namisantaclara.org/general-meeting/>

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!

NAMI-SCC Board Meeting

NAMI Board Meetings are on the **first Tuesday** of the month; the next Board Meeting will take place on **Tues., June 4, 7–9 P.M.** at the NAMI-SCC office.

NAMI SCC Board Officers

Co-Presidents:

Vic Ojakian / Beverly Lozoff

Vice Presidents:

Juan Perez

Harold Brown

Uday Kapoor

Treasurer:

Steve Wade

Secretary:

Peter Newman

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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](http://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**.



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**

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.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 only needs stickers for making **NAMI book-marks**. They are used at outreach events & are very popular. Drop off items at the NAMI-SCC office. Questions: Email **Stephanie** at 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

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

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

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

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**