

**nami**

# Santa Clara County NEWSLETTER

Volume XLIV No. 7/8

July / August 19

**Inside This Issue:**

NAMI-SCC Picnic	1
2019 NAMIWalks Silicon Valley	1
Genl Mtg Write-Up	2
NAMI Outreach in May	2
Impressions of NAMI CA Conference	2
Community Events	3
Volunteer Position at NAMI-SCC	3
Trials and Research Studies at Stanford	3
NAMI-SCC Picnic	4
Ongoing Activities at NAMI-SCC	4
Peer Partner Specialist Position at Stanford	4

**Calendar:****Community Events (p3)****July 7, Aug 4 / Sun**

Nature Walk (p4)

**July 7, 14, 21, 28;****Aug. 4, 11, 18, 25 / Sun**

Connections Group (p4)

**July 2, Aug. 6 / Tue**

NAMI-SCC Board Mtg (p3)

**July 4 / Thu**

Office Closed (Fourth of July)

**Aug 4 / Sun**

NAMI Picnic (pp1,4)

**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.

**No General Meetings in July and August****NAMI-SCC Annual Picnic****Sunday, Aug. 4 ~ 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 feel

free to bring a 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](https://evite.me/sR8gzAHCfX)
2. Email [office@namisantaclara.org](mailto:office@namisantaclara.org)
3. Call 408-453-0400, Option 1

Please see **page 4** for more information about the picnic.

**Updates for 2019 NAMIWalks Silicon Valley**

### May Rally Month Yields New Teams and Sponsors

NAMIWalks Rally, a month-long event to recognize May as mental health awareness month, was a big hit.

NAMI-Santa Clara County engaged with the community by setting up resource tables at Kaiser, El Camino and Good Samaritan hospitals with the goal of increasing team recruitment for the 2019 NAMIWalks Silicon Valley event taking place on **September 21**. It looks like the hard work has paid off with more new teams registered, including a new team from Kaiser.

“We are doing things a little differently this year with team recruitment. Setting up resource tables allows us the opportunity to share all that NAMI has to offer and to get the public interested in the Walk,” said **Shanna Webb**, Development Director and NAMIWalks Manager.

Barre3 of Willow Glen hosted an exclusive event just for NAMIWalks. The event was a yoga class held at Willow Glen Elementary School where 150 guests engaged in a challenging workout. Proceeds from the event went to support our NAMIWalks.

### NAMIWalks Officially Begins at the Kick-Off Luncheon

The Kick-Off Luncheon on **June 14** was the official beginning of NAMI-SCC's 4th Annual NAMIWalks Silicon Valley. Over 63 team captains and community partners came together at Maggiano's at Santana Row where they ate salads and pasta and discussed new strategies for team-building and fundraising.

Shanna Webb said, “We have a big goal and we are committed to raising these funds so that we can continue to expand our signature programs and support our new programs.”

San Jose City Councilmember **Johnny Khamis** spoke about his own personal battle with PTSD while living in a war zone in Beirut, Lebanon. Khamis said that he is committed to advocating for mental health programs as well as keeping guns out of the hands of people who are mentally ill.



## 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)**  
Director  
Community Peer Program

**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

**Priscilla Marquez (x3015)**  
Community Education Manager  
In our Own Voice (IOOV) /  
Ending the Silence (ETS)

**Barb St. Clair (x3080)**  
Coordinator  
Family-to-Family / BASICS /  
Connections / Family Support  
Groups

**Greg Osborn (x3050)**  
Coordinator  
Provider Education

**Laura Paulson (x3140)**  
Advisor  
Peer PALS

**Barbara Thompson (x3090)**  
Coordinator  
Peer-to-Peer

**Chris Cherry (x3145)**  
Coordinator  
Homefront

For information about **Spanish Programs**, Contact the  
Warmline at 408-453-0400,  
**Option #3**

## NAMI-SCC Newsletter

**Cole Buxbaum** (Editor)

**Beverly Lozoff** (Coordinator)

**Joanie Stein** (Proofreader)

**Donna-Jo** (Typesetter)

## May 14 General Meeting Write-Up "Creating Mental Health Friendly Congregations" NAMI FaithNet

By Cole Buxbaum

May's General Meeting presented NAMI's **FaithNet Program**. NAMI FaithNet is a network of NAMI members and friends dedicated to promoting caring faith communities and the role of faith in recovery. It was established to:

- ◆ Facilitate the development within the faith community of a nonthreatening, supportive environment for those with mental illness and their families;
- ◆ Point out the value of one's spirituality in the recovery process from mental illness and the need for spiritual strength for those who are caretakers;
- ◆ Educate clergy and faith communities concerning mental illness; and
- ◆ Encourage advocacy of the faith community to bring about hope and help for all who are affected by mental illness.

NAMI FaithNet is not a religious network but rather an outreach to all religious organizations. It respects all religious beliefs.

We heard from a panel of people who are educating and motivating their congregations. The panel consisted of **Jason Noriega**, Venture Christian Church; **Pastor Bayo Asogba**, Jesus' House Silicon Valley; **Anna Nguyen**, Most Holy Trinity Catholic Church; and **Pastor Carl Waidell**, The Father's House.

NAMI-Santa Clara County has received a \$500,000 grant from the County to develop faith-based training and supports.

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

## Outreach Events During Mental Health Awareness Month (May 2019)

By Stephanie Schonian

During the month of May, NAMI-SCC was very busy out in the community. We participated in 13 outreach events at such venues as Foothill College Mental Health Awareness Fair, Stanford University (the play *Manic Monologues*), and the Suicide Prevention. There were multiple events each week.

Concurrent with the health fair outreach events, we did 15 separate In Our Own Voice (IOOV) presentations at Good Samaritan and Kaiser hospitals, the CIT Training Academy, San Jose State University, and Zephyr Self-Help Center.

## NAMI California Conference — Celebrating 40 Years of Voices

By Barbara Thompson

The NAMI California Conference that took place in Newport Beach May 31–June 1 had a number of inspirational speakers and workshops.

**Keris Myrick**, one of the keynote speakers, gave an inspiring talk about her life as a person living with a mental illness and used poetry and pictures to help tell her story.

My favorite workshop was "BE WELL-Orange County." This NAMI affiliate has a plan that includes public and private agencies to organize and support three hubs that will reduce the use of

emergency rooms. In their plan, anyone can stay at a hub for up to 90 days. Each stay will include treatment—whether a person has private, public, or no insurance. Two years of planning have gone into this project and the first hub will open next year.

Another wonderful workshop was led by an 18-year-old young woman who has written a book for teens called *Brain XP*. She has a diagnosis but prefers to think of herself as having a "brain expanded."



## Spotlight Warmline Staff: Ronda Nataraj

**Ronda Nataraj** grew up in Ohio and moved to California to work as a software engineer. After having children, she stayed home and volunteered in her kids' activities, and then became a teacher's aide

in special education classes.

A few years ago, Ronda attended NAMI's Family-to-Family class and then participated in a support group. She benefited so much from

others who were farther along in their education about mental health issues that she was inspired to join the Warmline staff and recently she did so. She greatly appreciates all she is learning, but most of all enjoys the encouraging atmosphere and wonderful people in the office.

Ronda enjoys reading historical fiction, visiting the ocean, and hiking with friends. Another favorite pastime is travel, and since her husband has family in India, that is often the destination of her travels.

NAMI Board Meetings take place on the **first Tuesday** of the month; the next Board Meetings are on **Tue, Jul 2 and Aug 6, 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**



## Volunteers Are Needed for NAMI-SCC Warmline

Has NAMI helped you or your family? Do you want to give back to the community? Do you like to help people?

Consider becoming a part of the amazing team of Warmline volunteers. The Warmline is currently looking for volunteers who are available to offer compassionate listening, support, and resources to people who contact NAMI-SCC for help.

### Volunteer requirements:

- ◆ Have lived experience;
- ◆ Must have taken a NAMI class (Family-to-Family, Basics, or Peer-to-Peer);
- ◆ Comfortable using a computer, entering data, & responding to emails;
- ◆ Willingness to learn and take feedback from a supervisor;
- ◆ Able to work collaboratively with other Warmline volunteers and staff;
- ◆ Able to commit to 4 hours per day (2–6 P.M.) for at least 6 months.

## Community Events

### 1. Adult Mental Health First Aid

This is an 8-hour free course that teaches adults how to help someone who is developing a mental health problem or experiencing a mental health crisis.

**WHEN:** Tue & Wed, July 2/3 ~ 9 A.M.–1 P.M. (English)  
Mon & Wed, Aug. 5/7 ~ 12:30–4:30 P.M. (English)  
Thu & Fri, Aug. 8/9 ~ 9 A.M.–1 P.M. (Spanish)

**WHERE:** 1075 E Santa Clara St., 2nd Floor, San Jose

**INFO:** Register online [www.sccbhsd.org/eccac](http://www.sccbhsd.org/eccac) or email [Peggy.Cho@hhs.sccgov.org](mailto:Peggy.Cho@hhs.sccgov.org)

### 2. Mental Health First Aid for Adults Who Work with Youth

This course is designed for adults who work with youth, parents with teenagers and transitional age youth.

**WHEN:** Mon & Thu, Aug. 15/18 ~ 12:30–4:30 P.M. (English)  
Thu & Fri, Sept. 12/13 ~ 9 A.M.–1 P.M. (Spanish)

**WHERE:** See above

### 3. 15th Annual Mood Disorders Education Day

An excellent opportunity for community members to learn about bipolar disorder and major depressive disorder from experts. 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](http://www.bipolar.org) (including the agenda and link to register)

**DIRECTIONS/PARKING:** [//alumni.stanford.edu/get/page/resources/alumnicenter/directions](http://alumni.stanford.edu/get/page/resources/alumnicenter/directions)

### 4. Senior Safari

To better serve older adults in the community, Happy Hollow Foundation presents the 6th annual Senior Safari. Visitors age 50 and above are invited to Happy Hollow at a kid-free time. This program is designed to help older adults improve their health, avoid social isolation, and enjoy a unique environment that stimulates both mind and body. Admission and parking are free; guests who enter before 10 A.M. may stay the whole day for free.

**WHEN:** Thu, June 27, July 25 & Aug 22 ~ 8–9 A.M.

**WHERE:** Happy Hollow Park & Zoo, 748 Senter Road, San Jose

**INFO:** [info@happyhollow.org](mailto:info@happyhollow.org) or call 408-794-6400

## Research and Trials at Stanford University

### Transcranial Magnetic Stimulation (TMS) Trial

Researchers at Stanford are looking for persons with depression to take part in a trial investigating a new form of TMS therapy. TMS is an FDA-approved noninvasive brain stimulation therapy for depression for people who are not getting relief from antidepressants. Treatment typically takes 6 weeks, but researchers are trialing a 5-day protocol that they hope will be both faster & more effective. If you have depression and antidepressants and are not currently helping, this may be a good option for you. The study is looking for individuals over 18 with a diagnosis of Major Depressive Disorder (MDD) who have tried antidepressants; have not previously tried TMS; and do not have epilepsy, metal implants, or brain lesions.

If you are interested in seeing whether you are eligible, please fill out the questionnaires at the following link, and the research team will get back to you: [https://is.gd/stanford\\_atbs\\_study](https://is.gd/stanford_atbs_study)

For more information about the study, go to <http://med.stanford.edu/bsl.html>, or contact Romina Nejad at [rnejad@stanford.edu](mailto:rnejad@stanford.edu)

### Research Study on Schizophrenia

Researchers are looking for individuals between the ages of 18 and 55 to participate in a study seeking to discover the brain changes associated with schizophrenia. Participation will entail interviews, computer testing, and magnetic resonance imaging (fMRI/MRS). A confidential phone screen will be conducted to determine initial eligibility. Research participants will be compensated up to \$135.

For more info, please call 650-849-1930 or visit <http://med.stanford.edu/yoonaalab/>

### Teen Inflammation Glutamate Emotion Research (TIGER)

This study is looking at specific correlations between depressive symptoms and biological markers in adolescents. The study entails an interview, questionnaires, fMRI brain scan, and a very small blood sample. A legal guardian is required to sign consent forms and participate in an interview. Participants will be paid for their time. If you and your child would like to participate, please call Johanna Walker at 650-721-5077.



**NOW IS THE TIME TO SAVE THE DATE!**  
**Sunday, August 4, 2019 • 12 Noon to 3 P.M.**

Please go to [namisantaclara.org](http://namisantaclara.org) to RSVP

It Will Be a Great  
Party With:

**CATERED BBQ!**

**Games, Prizes,  
Music & More!**

**ELKS  
LODGE**

1680 Martin Avenue  
Santa Clara 95050



- **NEW THIS YEAR: CATERED BARBECUE** for your enjoyment!
- Please consider a **Donation to NAMI-SCC** or bring a favorite dessert for 6-10 people.
- Please **RSVP on the website link to invite this year since we are having a caterer.**
- We will supply cups, plates, utensils, napkins and DRINKS.
- As in years past, there will be games including the **Famous Egg Toss Contest** with prizes.

**Any activities you'd like to organize? Just let us know.**

Volunteers are needed & appreciated for setup, cleanup, sign-in, and other tasks.

If you want to sign up to help, please go to: [https://namiscc.ivolunteer.com/picnic\\_001](https://namiscc.ivolunteer.com/picnic_001)

408-453-0400 Option #1, or E-mail: [office@namisantaclara.org](mailto:office@namisantaclara.org)

**NO PETS PLEASE**

### **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](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** 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**.

### **Sticker Donations**

The Volunteer Project needs stickers for making **NAMI bookmarks** that are used at outreach events & are very popular. Drop off items at the NAMI-SCC office.

Questions: Email **Stephanie** at [sschonian@namisantaclara.org](mailto:sschonian@namisantaclara.org)



### **We're on Twitter!**

Be part of our online  
community & engage in  
Mental Health conversations at  
[twitter@namisantaclara.org](https://twitter.com/namisantaclara.org)



**facebook**

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/  
namisantaclara.org](https://www.facebook.com/namisantaclara.org)

### **Peer Partner Specialist Position at Stanford**

The Department of Psychiatry at  
Stanford is hiring one full-time or  
two part-time Peer Partner Specialists  
to provide culturally competent  
recovery and support services for  
patients struggling with substance  
abuse.

Applicants must have lived  
experience of recovery from a  
substance use challenge. Those who  
are bilingual/bicultural, and/or  
members of underserved groups are  
strongly encouraged to apply.

To apply, please submit your resume  
to **Tracy Chesler, LCSW**, at  
[tchesler@stanfordhealthcare.org](mailto:tchesler@stanfordhealthcare.org)