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General Meeting, Tuesday, Sept. 10, 2019
In Our Own Voice (IOOV)

Please join us on Sept. 10 for our first meeting after a two-month summer break. One of NAMI’s signature programs, In Our Own Voice, has recently been revised and two very experienced presenters, Robin S. and Sara S., will introduce us to the new format as they share their stories of recovery.

People gather at around 7 p.m. in the auditorium of Good Samaritan Hospital (basement of main building). At 7:15 there will be 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
Oct. 8: Recovery-Based Mental Health Care
Larry Powell & Lorraine Zeller
Nov. 12: Medications 101
Majid Talebi

Updates for 2019 NAMIWalks Silicon Valley

We are less than 30 days away from 2019 NAMIWalks Silicon Valley.

Please take note of the following:
1. We really want to emphasize Team Shirts and Team Signs. Team Captains, please send a photo of your team shirt and/or signs to Shanna (see contact info below). Include your team name, the number of people on your team, and why you are walking in NAMIWalks Silicon Valley.
2. Participants’ dogs are welcome at the event, but please keep them on a leash at all times while at Arena Green and on the Walk trail.
3. Unfortunately, the Santa Clara Valley Water Truck (H2O to Go) will not be present at this year’s Walk. However, we will have plenty of bottled water. We also encourage participants to bring their own water bottles.

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

NAMI’s Position on Gun Violence and Mental Illness

As you know there were three mass shootings earlier this month in one week: in Gilroy, California; El Paso, Texas; and Dayton, Ohio. How can this keep occurring across our country? Many folks have weighed in on the subject of gun violence and mental illness. NAMI National has published articles and letters; Pete Earley, an acclaimed journalist and writer, wrote a letter to The Washington Post.

Volunteer Appreciation Luncheon ~ Thursday, October 17

Save the Date for this annual event to honor our volunteers. This year’s luncheon will take place at Campbell Community Center. More details to follow.

Calendar:

Community Events (p3)
Sept 1 / Sun Nature Walk (p4)
Sept 1, 8 15, 22, 29 / Sun Connections Group (p4)
Sept 2 / Mon Office Closed (Labor Day)
Sept 3 / Tue NAMI-SCC Board Mtg (p3)
Sept 10 / Tue General Meeting (p1)
Sept 21 / Sat 2019 NAMIWalks SV (p1)
Oct. 17 / Thu Volunteer Appreciation Lunch (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.
Dr. Jong Yoon presented information on research he and his team at Stanford are working on involving novel approaches for measuring brain differences that may serve as markers or clues to changes in schizophrenia.

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. His group has been seeking to discover the brain mechanisms responsible for causing schizophrenia. Little treatment with drugs exists at this time for patients with negative symptoms such as lack of interest and blunted emotional responses. His work is particularly interested in investigating impairment in the function of the basal ganglia, which gives rise to cognitive and information processing deficits and other psychoses in schizophrenia. It appears that individuals with a dysfunction in a major inhibitor in the brain, GABA, show a reduction in certain neurons. GABA may affect a “stop signal.”

Individuals with schizophrenia can show cognitive deficits as high as 30%. Schizophrenia can be caused by a fault in programming in the brain during adolescence. It appears that the normal brain shows a reduction in the density of neurons in adolescence as opposed to the higher quantity in the brain with schizophrenia, which has not been pruned. A gene may be responsible for this dysfunction.

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

Cole Buxbaum has been a volunteer at NAMI-SCC for almost 30 years, involved in writing and researching articles of interest to our community. And we shall miss him!

Before becoming a volunteer at NAMI-SCC, Cole was involved in R&D at companies doing medical electronics in imaging and critical care systems. In 1990, Cole became a member of the National Alliance for the Mentally Ill (previous name of NAMI) when the office was located at 1231 Minnesota Ave in San Jose. He began writing a resource handbook in 1995, covering key issues related to the needs of families of those suffering with mental illness (schizophrenia, major depressive disorder, bipolar disorder, panic disorder and other related disorders). The handbook was updated periodically through 2015.

In 2001, Cole became editor of the NAMI-SCC newsletter, reviewing content and reporting on the experts who spoke at the general meetings. In addition, he researched and wrote about scientific information about mental illness. Cole hopes to stay informed and will participate as he is able.
**Staff Spotlight:**

**Daisy Harms**

Daisy grew up in California, New Jersey, and England, then moved back to California after college in Pennsylvania to work as a project and events manager. Upon the birth of her third child, she suffered from severe postpartum depression, which was later diagnosed as Bipolar Disorder II. During her journey to wellness, she found it healing and stabilizing to offer support to others experiencing mental health challenges. Several years ago she took NAMI’s Peer-to-Peer class and worked as a Peer Pal and In Our Own Voice presenter. Daisy has volunteered at Suicide and Crisis Services, a shelter for human trafficking survivors, and implemented a life skills & anti-bullying program at her children’s elementary school. Bringing hope and compassion to family members and peers as a Warmline assistant and peer mentor is a dream come true. Her heart’s desire is for every person to feel valued, respected, and known. She is grateful to be working in such an encouraging environment.

Daisy loves the beach, reading, hiking, and spending free time with family and friends.
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 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

NAMI-SCC Warmline / Help Desk
[Nonjudgmental support to individuals & families during times of need as well as guidance on how to begin in 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.
Mobile Crisis Response Team 800-704-0900, option # 2
Crisis assessment, intervention/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
REACH Program 855-273-2248
Assists youth/young adults ages 10–25, uninsured or Medi-Cal eligible in SCC at clinical high risk for psychosis.
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

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 the 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 are able to maintain our office, as well as our educational programs. Your membership and donations are tax deductible. Tax #94-2430956