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

### 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](http://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.

4. This year's entertainment lineup includes Sourdough Sam, the hardest-working mascot in the NFL. This will be Sourdough Sam's second NAMIWalks Silicon Valley event.
5. **Jeff Bell** will join us this year as keynote speaker. Bell is a KCBS news anchor, author, and mental health advocate who lives with obsessive-compulsive disorder. He is the founder and president of A2A Alliance.
6. The City of San Jose's Mayor, **Sam Liccardo**, will also join us as a speaker. A native of the Santa Clara Valley and former criminal prosecutor, Liccardo is a graduate of Bellarmine, Georgetown University, Harvard University, and Harvard Law School. In 2018, San Jose residents overwhelmingly reelected Sam with 76% of the vote.

**Shanna Webb: [swebb@namisantaclara.org](mailto: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*.

We'd like you to read these important and very timely communications. Please go to [www.namisantaclara.org](http://www.namisantaclara.org); click on the menu option **News and Events** at the top of the page, and then on **Mental Health in the News**. Thank you.

### 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.



## 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

**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 / Family Support Groups Coordinator

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

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

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

**Alexia Worsham (x3120)**  
In Our Own Voice (IOOV), Ending the Silence (ETS)

**Chris Cherry (x3145)**  
Homefront Coordinator

**Erika Alvarez-Hernandez (x3065)** Spanish Programs

## June 11 General Meeting Write-Up Latest Research on Schizophrenia, Dr. Jong Yoon

By Cole Buxbaum

**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 the levels of 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, Long-time NAMI Newsletter Editor Retires

**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, affective disorder, schizophrenia, major

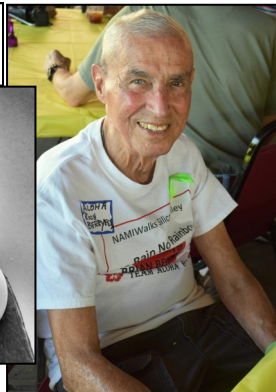
depressive disorder, bipolar disorder, panic disorder and other related disorders). The handbook was updated periodically through 2015.

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.



## Picnic 2019 Photos





NAMI Board Meetings take place on the **first Tuesday** of the month; the next Board Meetings are on **Tue, Sept. 3, 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**

**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 time with family and friends.

**Community Events in September and October**
**1. VAPAHCS Mental Health Summit**

Key stakeholders come together with the goal of enhancing access to mental health services and addressing the mental healthcare needs of Veterans and their families. **RSVP by Sept. 4**

**WHEN:** Fri, Sept. 13 ~ 9 A.M.–4:30 P.M.

**WHERE:** US Army 63rd Regional Support Command HQ, 230 R T Jones Rd, Mtn View

**INFO:** <https://www.eventbrite.com/e/2019-vapahcs-7th-annual-mh-summit-registration-62372460709>

**2. Mobile Response & Stabilization**

**WHEN/WHERE:** Tue, Sept. 3 ~ 6:30–8 P.M.; Saratoga Library Community Rm, 13650 Saratoga Av, Saratoga

**Mon, Sept. 12 ~ 6:30–8 P.M.; Franklin-McKinley Board Rm, 645 Wool Creek Dr, SJ**

**INFO:** Balinda Martienez, 408-794-0667

**3. Mental Health & Wellness Fair During Suicide Prevention Week (Sept. 8-14)**

Raise awareness, connect with resources / Free snacks and giveaways.

**WHEN:** Fri, Sept. 13 ~ Noon–4:30 P.M.

**WHERE:** Eastridge Center, 2200 Eastridge Loop, SJ

**INFO:** [Evelyn.Quintanilla@hhs.sccgov.org](mailto:Evelyn.Quintanilla@hhs.sccgov.org)

**4. Adult Mental Health First Aid**

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

**WHEN:** Fri, Sept. 13/20 ~ 12 P.M.–4 P.M. (English)

**Mon, Sept. 30 ~ 12:30–4:30 P.M. (English)**

**Wed, Oct. 2 ~ 12:30–4:30 P.M. (English)**

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

**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)

**5. Mental Health First Aid for Adults Who Work with Youth**

This course is designed for adults working with youth, parents with teens & transitional age youth.

**WHEN:** Mon & Thu, Sept. 18/19 ~ 12:30–4:30 P.M. (English)

**Thu & Fri, Sept. 12/13 ~ 9 A.M.–1 P.M. (Spanish)**

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

**6. 6th Senior Safari**

Adults 50 and older are invited to Happy Hollow at a kid-free time to help them 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 all day for free.

**WHEN:** Thur, Sept. 26

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

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

**7. 6th Annual Wellness Village Day**

In honor of National Recovery Month, join in a day of celebrating and embracing our strengths together as a community; presented by ECCAC Family Outreach/Engagement Program, SCC.

**WHEN:** Sat, Sept. 28

**WHERE:** Hellyer Park, 985 Hellyer Av, SJ (Sylvandale & Yerba Buena Sites)

**INFO:** Eramelisse de Castro, 408-792-3933

**8. Compassion-Focused Therapy for Psychosis—For Family Members & Peers**

This 1-day training is designed for family members and peers who want to learn about this type of therapy. Presented by Stanford Medicine and South Bay Project Resource; facilitated by Dr. Charlie Heriot-Maitland.

**WHEN:** Sun, Oct. 13 ~ 10 A.M.—5 P.M.

**WHERE:** Stanford University, Tresidder Memorial Union, 485 Lagunita Dr, Stanford Cypress North and South Rooms

**REGISTRATION:** Required, seating is limited; go to

<https://www.onlineregistrationcenter.com/register/222/page1.asp?m=4365&c=2>

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

**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**



#### We're on Twitter!

Be part of our online community & engage in Mental Health conversations at [twitter@namisanclaara.org](https://twitter.com/namisanclaara.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/namisanclaara.org](http://www.facebook.com/namisanclaara.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.namisanclaara.org](http://www.namisanclaara.org) and click on "Join NAMI."**

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