

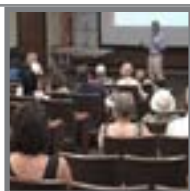
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NAMI-Santa Clara County

June 2020



NAMI NEWS

National Alliance on Mental Illness

“Ask Them for Their Wisdom,” a Project of Faithnet NAMI-SCC

NAMI-SCC FaithNet asked people living with serious mental health challenges and family members to share their wisdom of coping during the COVID-19 crisis. **Cindy McCalmont**, a manager of the FaithNet program, explained that many people are asking the question, “In the face of COVID-19, how can we best help those with mental illnesses?” This is an important question, but there’s another question, equally important, that almost no one is asking: “In the face of COVID-19, what can those with mental illnesses teach us?”

A pandemic has brought anxiety, paranoia, obsessive compulsive behaviors, and isolation to all of our doors. But there are those among us who have a lot of experience dealing with such things and

who have rich insight and even skills born of their ongoing struggles. Ask them for their wisdom. Call someone you know who has experienced a mental illness and ask: “Can you give me some pointers on how to take care of my mental health?” Even as we shelter in place, we can break down mental health stigma.

We are looking for more people to share their wisdom. Anyone interested in doing so can send a story to Cindy McCalmont at cmmcalmont@namisantaclara.org

We’d like to share one story here.

Fight Big Distractions with Little Ones
Mom always said, “Take care of the little things and the big things will take care of themselves.” I always said, “Live by the

cliché, die by the cliché.” But never mind that.

The important thing is that little things are often overlooked in the midst of turmoil and trauma as the giant feet of fears and helplessness stomp mercilessly upon our serenity. A crossword puzzle, a round of Candy Crush, a beanbag toss game from the back of the closet may have the power to bring the tiny ray of sunshine that gives growth to a healthier disposition.

Fight the big distractions with some little ones. And give your dog a hug.

If you’d like to read more stories, go to www.namisantaclara.org click on Programs & Services at the top of the page, then click on NAMI FaithNet. Enjoy!

Thank You!



NAMI-SCC is incredibly grateful to so many generous supporters. We can provide a wide range of programs free of charge because of this support. If you are interested in finding out how to support us, go to www.namisantaclara.org or email our Executive Director at rnimbalkar@namisantaclara.org

We would like to thank:

- **Silicon Valley Community Foundation:** \$20,000
- **TSMC North America:** \$30,000
- **CBRE Foundation:** \$1235
- **Hobson Lucas Family Fdn:** \$2500
- **Balochie Boone Charitable Foundation:** \$2375
- **Kampe Family Foundation:** \$1000
- **John and Gini Mitchem:** \$5000
- **Prashant Jain:** \$2222
- All those individuals who supported us on **Giving Tuesday Now**. Please note

that this campaign extends till May 31, and all donations will be matched by GoFundMe.

We are also grateful to have received funds from the federal government’s Payment Protection Program (PPP). This means that we have not had to furlough any employees.

Annual Picnic

We are excited to announce...

NAMI-SCC will have their annual picnic this summer! Stay tuned for more details about our virtual picnic.

9th Annual Behavioral Health Community Heroes

For the last nine years, the County of Santa Clara Behavioral Health Board, Behavioral Health Services Department, and Office of the Sheriff have recognized community members and members of the Crisis Intervention Team (CIT) who have exhibited exemplary service in the field of behavioral health or trained to identify and address the needs of people with mental illness while working in the field. Given the COVID-19 crisis, this year's awards ceremony had to be cancelled. Once the Shelter-in-Place order is lifted, each recipient will receive an official Certificate of Appreciation and be formally recognized at next year's Community Heroes Awards event.

Nine individual heroes in a variety of categories have been recognized this year. In addition, one agency, the **Mobile Crisis Response Team**, and one program, **Blackbird House Peer Respite**, have been honored. To read about all the community heroes, go to www.sccgov.org/sites/bhd/info/MentalHealthBoard/Pages/default.aspx Two of the heroes are part of the NAMI-SCC community.



Gina Cecconi was chosen as the Consumer/Client Hero. Gina first became acquainted with NAMI-Santa Clara County six years ago. Not only was Gina able to find support for a family member but also as a client who lives with dual-diagnosis, depression, anxiety, and PTSD. Through NAMI, Gina has completed Family to Family, Peer to Peer, has been trained as an In Our

Own Voice presenter, does community outreach events, is a regular volunteer, and was Volunteer Project Assistant at the NAMI office. She is also certified in Suicide Prevention and WRAP, and is a QPR Gatekeeper. Gina is thrilled to have been named a community hero and to be given the opportunity to stand alongside other community heroes!

Sharon Roth is this year's recipient of the Family Member Hero Award. She has been a NAMI member and mental health advocate for over 30 years, after her youngest child was diagnosed with a mental illness. Sharon has participated in so many meaningful ways. She sat on the Mental Health Boards of both Santa Clara and San Mateo counties. She sat on the Board of Directors of NAMI California for six years. With the help of the San Jose Police Department and NAMI, Sharon was instrumental in bringing CIT to Santa Clara County and then to many other California counties. All these years Sharon's passions have been to get faster and more efficient treatment and safe housing for individuals with mental health conditions.



General Meeting Information

May 12 General Meeting Summary Estate Planning and Special Needs Trusts

May's General Meeting via videoconference featured **Ellen Cookman**, a Certified Specialist in Estate Planning, Trust and Probate Law. Ellen explained that the primary goal of estate planning is to maximize quality of life; other goals include protecting the child, maximizing independence and public benefits, and avoiding the court system.

A Special Needs Trust is irrevocable, holds assets for the disabled person's benefit, and serves as a safety net. There are three types of Special Needs Trusts: Third-Party, First-Party, and Pooled. Cookman also talked about considerations in choosing a trustee.

Ellen discussed Retirement Accounts and a recent development pertaining to Special Needs Trusts as of 2020. She also provided information about ABLE Accounts, savings accounts for disabled persons. Another topic covered was Conservatorships: types, steps involved in LPS conservatorships, and alternatives.

Ellen's slides are now available on our website (www.namisantaclara.org) under the tab "News & Events." She can be reached at 650-690-2571 or ellen@cookmanlaw.com. Her website is www.cookmanlaw.com

Upcoming General Meeting on June 9 Learn More About Medications



Dr. Azita Alipour, a psychiatric pharmacist, will present important information on psychiatric medications, key aspects about different classes of medications, and what to expect. Topics will range from how the medications work, how long until one starts seeing benefits, and side effects. A range of medications will be discussed, including antidepressants, anxiolytics, mood stabilizers, antipsychotics, sleep medications, as well as medications used to treat substances of abuse. The interactive presentation will include a question and answer session.

Azita Alipour, PharmD, BCPP, BCGP is an Assistant Professor in the Department of Pharmacy Practice at Marshall B. Ketchum University College of Pharmacy. Previously, she was Psychiatric Pharmacy faculty at the Ernest Mario School of Pharmacy at Rutgers University in New Jersey. Dr. Alipour is a board-certified psychiatric and geriatric pharmacist. Her academic and professional degrees consist of a BS in Psychology and Doctor of Pharmacy. She also completed two post-graduate residencies. Dr. Alipour's areas of interest and expertise include mood disorders and addiction/substance abuse.

NAMIWalks Update



Registration: It's that time again to register for the 2020 NAMIWalks Silicon Valley. Now more than ever, the mental health community must come together and show that no one is ever really alone.

The NAMI community is celebrating **May 30** as the "National Day of Hope" to honor Mental Health Awareness Month and those living with mental health conditions. We want

to kick off NAMIWalks Silicon Valley registration on this day. Register as a Team Captain or Walker and start building your team. To register, click on this link: www.namiwalks.org/siliconvalley

Calling All Team Captains: With your help, we will raise funds for individuals with mental health conditions in Santa Clara County. Our goal this year is to raise \$270,000. If you register as a Team Captain by May 30, you will be entered into a Lucky Draw and may win amazing prizes!

National Day of Hope: Celebrate the "National Day of Hope" on May 30 with us by sharing a picture of what you "HOPE" for on your social media page and use the hashtag #NAMIWALKSV. We will re-share your posts with our community.

NAMI Conferences

NAMI National Convention (July 15-18, 2020)

The NAMI National Convention (NAMICon) is one of the largest community gatherings of mental health advocates in the U.S. Each year, NAMICon connects and inspires people looking for resources, research, support services and recovery strategies. This year, NAMI National is celebrating 40 years of support, education, and advocacy; and the theme is **Together Toward Tomorrow**.

NAMI National just made the decision to transition the Convention from an in-person meeting in Atlanta to a virtual experience. NAMI recognizes the risks associated with large-scale live events this year, as well as tough budget decisions that many people and organizations now face, especially related to travel and professional development opportunities, that may make the trip to Atlanta less feasible. Because of these changing circumstances, NAMI will be refunding all paid registrations for the Atlanta event.

NAMI is committed to facilitating invaluable connections with peers, and is excited to deliver NAMICon remotely. A virtual platform has the potential to connect even more people within the NAMI community to information and resources needed during this critical time.

Please go to www.nami.org/convention for details about the virtual event along with info on refunds for the Atlanta event.

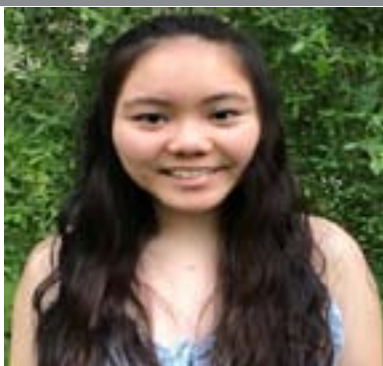
NAMI California Conference (October 12-13, 2020)

Because of the COVID-19 crisis, the next NAMI California Conference has been rescheduled for Monday, October 12 and Tuesday, October 13 in Sacramento at the Hyatt Regency Sacramento, 1209 L Street, Sacramento, CA. This year's theme is **Driving the Change**.

Mental Health Rally & Legislative Visits: To ensure that policy-makers are making more informed decisions to improve the public mental health systems, NAMI CA needs YOU to share your voice. A Mental Health Rally will take place on Oct. 12, 10–11:30 A.M. followed by Group Legislative visits from 11 A.M.–3 P.M. Pre-registration is required for Legislative visits. To register or for more info, contact **Angela Brand** at Angela@namica.org Because of restrictions to protect the public during the pandemic, hotels rooms are not yet available for booking. The Early Bird pricing deadline is August 7. (There is a \$35.00 cancellation fee. No refund will be given after September.)

If you have any questions, please contact **Eugenia Cervantes** at Eugenia@namica.org or 916-567-0163. Check the NAMI California website for updated information: www.namica.org Here is the link for registration: <https://namica.org/conference/>

NAMI Volunteer Spotlight: Helen Hu



A junior at Lynbrook High School, **Helen Hu** is working as an intern at NAMI-SCC. She is helping NAMI with various marketing activities such as managing the organization's Instagram account and launching the new podcast "NAMI Coffee Talks." Recently, Helen produced the inaugural podcast of the series with the new Executive Director,

Rovina Nimbalkar, and she is excited to continue working on the podcast to engage more viewers and interesting content.

Helen has always been an advocate for mental health and strives to promote wellness and a mentally healthy lifestyle. When she first learned about NAMI through an interview for a business project at school, she greatly admired NAMI's cause and the work it has done for the community. She joined NAMI as an intern last year and appreciates this opportunity to see the background operations of the organization and offer her student/Gen Z perspective to help out in any way she can.

Outside of NAMI, Helen serves as the upcoming president of her school's DECA, a competitive business club; and also serves as president of Lynbrook Interact, a community service organization. In her free time, she loves to go on hikes and bake new recipes; and she hopes to bring some pastries to the NAMI office when the Shelter-in-Place order is lifted!

El Camino Health Hosts Mental Health Webinars

El Camino Health will be hosting some special events during the week of **June 15–19** in recognition of Mental Health Awareness Week 2020. Given the present COVID-19 situation, these events will be presented as webinars via Zoom, as follows:

Monday, June 15, 12–1 P.M.: Impact of Trauma on the Health-care Professional: A Skills-Based Approach in Pandemic Times. Presented by **Brianne Baker, LMFT**

Tuesday, June 16, 12–1 P.M.: Navigating the New Normal (Avoiding panic in the pandemic; how to manage feelings of fear). Presented by **Michael Fitzgerald**

Thursday, June 18, 12–1 P.M.: Perinatal Mental Health During the COVID-19 Pandemic. Presented by **Dr. Nirmaljit Dhami**

Friday, June 19, 12–1 P.M.: Ask Them for Their Wisdom, A Project of FaithNet and NAMI-SCC (In the face of COVID-19, what can those with mental health conditions teach us?) Presented by **Rovina Nimbalkar** and **Kathy Forward**

Look for a Constant Contact with information on how to register for these important webinars during the second week in June.

Passing of Cole Buxbaum

We recently lost a treasured long-time volunteer, **Cole Buxbaum**. Cole volunteered at NAMI-SCC for over 30 years and helped produce every issue of our newsletter. In his role as editor, Cole reviewed content and reported on the experts who spoke at our general meetings. He also researched and wrote articles about scientific information about mental illness.



Our thoughts are with his wife, Rita, and daughter, Cheryl.

Beverly Lozoff, who worked with Cole on the newsletter for 12 years, said, “Cole was such a kind, intelligent, and generous soul who touched so many of us at NAMI. We shall miss him very much.”

Membership/Donation Form

Donate, renew, or join NAMI-SCC (also at www.namisantaclara.org)

I would like to join:

- Individual (\$40)
 Household (\$60)
 Open Door (\$5)
 Renewal Membership
 New Membership

I would like to donate:

\$50 \$75 \$100 \$250

Other \$ _____

In Honor of In Memory of

Amount Enclosed: \$ _____

My company has a Matching Gift Program: _____

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To pay online go to www.namisantaclara.org and click on “Join NAMI.”
 Learn how to include NAMI-SCC in your estate plan. Go to our website: Get Involved/
 Planned Giving.

NAMI-SCC welcomes your membership. Memberships are valid for one year. Part of the membership dues enrolls you at NAMI State and NAMI National, which in turn automatically registers you as a member at all levels. Your additional donation helps 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**

NAMI-Santa Clara County Community Resource & Support Center

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To reach our Warmline, call
 408-453-0400 Option 1; after
 hours, press Option 4.

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