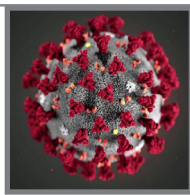
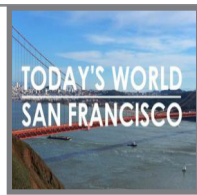




Help & Support
Page 1



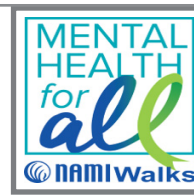
COVID-19
Page 2



KOIT PodCast
Page 2



General Meeting
Page 2



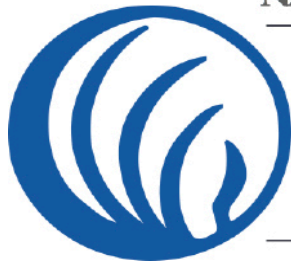
Walk Update
Page 3



Warmline Training
Page 4

NAMI-Santa Clara County

April 2020



nami
National Alliance on Mental Illness

NEWS

Dear NAMI Family,

We want to thank you for your patience during this very challenging time and provide you with an update on our response to the COVID-19 health emergency. We know this is an uncertain period for every organization. As we continue to work through the Coronavirus situation, NAMI-Santa Clara County is guided by two priorities: 1) the safety of our staff & volunteers, and 2) supporting our community. We are here virtually to support you during this time of crisis.

- Our website (www.namisantaclara.org) is being updated on a regular basis with resources and ongoing communications. The Warmline/Help Desk staff is available by phone/email Monday-Friday 10 A.M.- 6 P.M. Please call 408-453-0400 Option 1; after hours, press Option 4.
- Our staff now has the ability to work remotely.
- Some of us are in the office following the safety standards even though we are not open to the public.
- The Connections and Family Support Groups are available by phone conference call or video via Zoom thanks to all our wonderful facilitators, both staff and volunteers. You can find the list of our support groups on our website under Resources – COVID-19 Support.
- We are excited about future possibilities to provide some of our presentations like In Our Own Voice and Ending the Silence using Zoom after it's fully implemented.

There are many things we can do to take care of ourselves while being “sheltered in place.” Please find time to relax, talk with family & friends on the phone/Zoom, watch a funny movie, go for a walk, self-care and more. Please take good care and stay safe.

Sincerely,

Kathy Forward, Executive Director

NAMI-Santa Clara County Board of Directors

NAMI-SCC Continues to Offer Help and Support



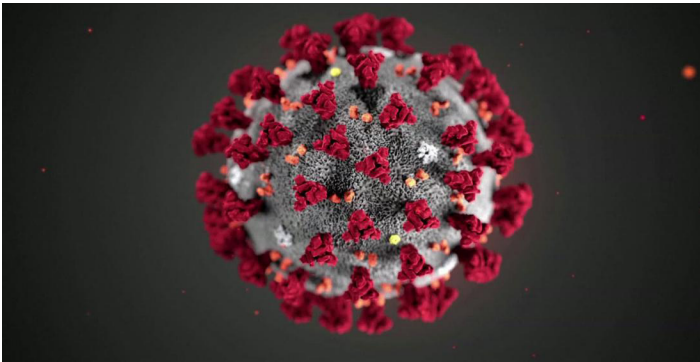
NAMI-SCC estimates that the shelter-in-place order will affect the mental health of our entire community. Studies show that isolation is difficult for people, especially those who are living with mental health conditions. In a recent interview with San Jose Spotlight, NAMI-SCC's Executive Director Kathy Forward said

a sense of panic can cause people to set aside their mental health, especially when basic needs are being threatened.

NAMI-SCC is working hard to keep the community connected with information and resources. We have created a COVID-19 information webpage under the resources tab on our website devoted to providing the community with crucial information and community resources. The webpage is updated daily.

NAMI-SCC's Warmline/Help Desk is open to take calls Monday through Friday 10 A.M. to 6 P.M. Call 408-453-0400 Option 1 to speak to a staff member; after hours, press Option 4. NAMI-SCC's Facebook page is another way to reach out for help. NAMI-SCC has started holding support groups via conference call and soon will resume classes, presentations, and peer support using an interactive virtual video platform.

COVID-19: Mental Health Guidance & Resources



If you or a loved one is living with a mental health condition, consider these tips from NAMI.

- For anyone who is unsure about attending therapy sessions outside the home, especially those who the Centers for Disease Control (CDC) has described as being at higher risk,

NAMI-SCC Holding Board Election

We are so fortunate that all of our current NAMI-SCC Board Officers have agreed to serve another term. Here is our slate of officers for 2020-2021:

Co-Presidents: Victor Ojakian, Beverly Lozoff
VPs: Juan Perez, Harold Brown, Uday Kapoor
Treasurer: Steve Wade
Secretary: Peter Newman

In addition, our board has three members-at-large positions and we are looking to fill one of them. If you would like to learn more about this position, please contact Beverly at blozoff@namisantaclara.org.

Bay Area Podcast Features NAMI-SCC

On March 26, NAMI-SCC was featured on KOIT's Today's World hosted by Sue Hall. Today's World is a news segment podcast focused on health, the economy, education and more.

This was the fourth year that NAMI-SCC has participated in the show. Executive Director Kathy Forward and Volunteer Media Liaison Frank Alioto called into the show to talk about how isolation can affect people's mental health, and how families can continue supporting their loved ones who are living with a serious mental health condition despite the shelter-in-place order.

Development Director Shanna Webb said, "We are so grateful to be featured once again on the Today's World show. The support that Sue Hall and KOIT have shown NAMI-SCC throughout the years cannot be underestimated. Because of them, we have a platform that helps us tell the community what we do and how we can help people through this difficult time."

To listen to the segment go to www.todaysworldsf.com.

you can ask your health care provider about tele-therapy or mental health services online.

- For anyone who is worried about access to prescribed medications, you can ask your health care provider about getting 90-day supplies vs. a 60- or 30-day supply. If this is not possible, we encourage you to refill your medications as soon as they are allowed. Note: If healthcare providers deny/decline making accommodations, challenge the decisions at least three times. Decision-makers on making health plan adjustments may change if/as conditions worsen.)
- Listen to and follow advice from your local public health care provider.
- Provide self-care, especially if you are in the higher risk population as defined by the CDC.
- Pay attention to emerging symptoms. Reach out to family and friends.

General Meeting- April 14

Our general meetings typically begin with Kathy Forward making announcements. That's how we will begin on April 14 at 7:15 P.M.; however, the venue will be different. You'll be joining us via teleconference. (Details to follow) We will also hold our Board Officers election at this time. Please see the article at the left for the slate of officers.

Our speaker on April 14 will be Lesa Pescali in an "Ask the Therapist" teleconference. Lesa will speak about her background, her therapy with individuals with mental health conditions, and her personal case management. She will conduct a question and answer period to give you an opportunity to ask questions about her work and to solicit advice.

Lesla has her Master's Degree in Psychology, Counseling and Education from Santa Clara University. For the past 16 years she has been working with clients suffering from neurological disabilities as well as veterans suffering from PTSD and other mental health conditions. Lesa also works with families helping them to understand mental illness and its effects on families and communities. She believes working with individuals in their communities rather than in an enclosed office allows greater success of integration back into society.

Prior to her work as a therapist, Lesa was a deputy sheriff for Santa Clara County. In this role she worked with incarcerated offenders and saw firsthand what happened to these offenders within our court process. As a deputy Lesa was appointed to work with children in classrooms teaching them the effects of drugs and the best way to prevent their usage.

Lesla's work includes therapy, conservatorships and personal case management.

Update: NAMIWalks Silicon Valley



The NAMIWalks Planning Committee is moving ahead with the planning and fundraising for the 2020 NAMIWalks Silicon Valley 5K event scheduled on

September 19, 2020 at Guadalupe River Park Arena Green West at 10 A.M.

Walk events around the country that had been scheduled for this spring have been either canceled or moved to a virtual walk platform where people can continue to raise money, stay engaged with the walk event, and tailor the event to make it their own. For example, family teams are planning their NAMIWalks event in their backyards opting for challenges such as jump roping, jogging in place, or swimming. Virtual events are becoming a new way for organizations to have meaningful engagements with participants.

NAMIWalks Silicon Valley Walk Manager Shanna Webb said, "This year is going to be a challenge but I'm excited about the new platforms offered for spring walks. NAMIWalks is an event that both our participants and our organization depend on. We will work to educate people about virtual fundraising and team building despite the crisis that is happening. We will not let this stop us."

The Planning Committee meets once a month on the third Thursday at 2 P.M. The committee will be meeting virtually until further notice. Email swebb@namisantaclara.org for more information about the walk event.

NAMI-SCC Hosts Forum for New Valley Medical Behavioral Health Unit



On Saturday, March 7, NAMI-SCC hosted a forum for the redesigning of the new Valley Medical Behavioral Health Unit slated to break ground this year.

Suj Mishra, Architect and Project Manager with HGA Architects and Engineers; Cyrtis Ohashi, Chief Operating Officer at Valley Medical Center, and Kamal Sodhi, Project Manager at Valley Medical Center led the forum. Over 20 people participated offering solutions for the new unit based on their life experience with the mental health care system.

One participant pointed out that it was important that Valley Med think about the overall experience that a patient has when being hospitalized, and build an environment that emphasizes a sense of calmness, incorporates the use of the outdoors, and prioritizes wellness. "It's important that the new facility not treat

patients as if they are prisoners. It should be a therapeutic environment focused on wellness," a participant said.

Some of the suggestions included calming rooms with virtual reality screens, draught-resistant gardens with wall waterfalls, and both private and shared rooms to meet the needs of people coming to stay at the facility.

NAMI-SCC's Executive Director Kathy Forward said, "It was so nice to see so many from our community join us for this forum. It's important that they hear from people who have experienced hospitalization, both from a negative and positive perspective."

NAMI Spotlight: Volunteer Media Liaison



NAMI Volunteer and Media Liaison Frank Alioto learned about NAMI after a family member was diagnosed with a serious mental health condition. The

information that NAMI-Santa Clara County provided to Alioto and his family helped them navigate through resources and provided them with education and information.

"NAMI has been a great help to us through family classes and in locating resources that have helped both my family and our family member," Alioto said. He also explained the importance of the support given to him from a community of people who have a lived experience, and how it helped him understand that his family was not alone.

In 2019, Alioto retired after a long and successful career in media, and now devotes his time to NAMI-SCC as the Volunteer Media Liaison working with the Development Department to expand NAMI's reach and awareness in the community using a variety of media channels and opportunities. He will also be working closely on the media reach for the NAMIWalks Silicon Valley 5K event happening on September 19, 2020 at Guadalupe River Park Arena Green West in San Jose.

News You Need to Know

- Santa Clara County residents can now call 2-1-1 for information on the coronavirus and COVID-19. You can also receive information by simply texting the word “coronavirus” to 211211 and following the prompts provided. The 2-1-1 operators are trained professionals with experience fielding questions and providing fact-based answers from the public health department. 2-1-1 phone and text services are available 24 hours a day, 7 days a week, in 150 languages through phone interpretation services. Text messaging services are available in English and Spanish.
- San Jose has halted evictions if you cannot pay your rent because of the coronavirus. Information can be found www.sanjoseca.gov
- The federal government is allowing people with student loans to skip payments for 60 days without interest or penalties. Contact your loan holder to make arrangements.

- Fannie Mae, Freddie Mac (the Enterprises) are taking steps to help people who have been impacted by the coronavirus. If your loan is owned by Fannie Mae or Freddie Mac, you may be eligible to delay making your monthly mortgage payments for a temporary period.
- Santa Clara County Office of Education announces that closures and student dismissals from regular school attendance to be extended through May 1, 2020.
- If you are at risk of losing your housing or missing an upcoming rent payment, please contact the Homelessness Prevention System to request temporary financial assistance, as well as supportive services to low-income families or individuals who are at risk of losing their housing and becoming homeless. Call (408) 926-8885 or email housinginfo@sacredheartcs.org.

Warmline Trains in Estate Planning

NAMI-SCC welcomed Ellen Cookman from Cookman Law, as part of the ongoing training offered to our Warmline/ Help Desk staff. Ellen is a Certified Specialist in Estate Planning, Trust and Probate Law. Ellen provided information about estate planning goals, special needs trusts, and the CalABLE Account.

The Warmline holds specialized trainings each month so the staff can stay informed and respond to difficult calls pertaining to conservatorship, estate planning, social security, care, and so on.

“What I always take away from the Warmline Informational Meetings is how many individuals who provide these services go above and beyond for the community they serve,” said Warmline Assistant Manager Nicole Rathjen.

Membership/Donation Form

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

☐ 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: _____

Name: _____

Address: _____

City/ State _____ Zip Code _____

Phone: (____) _____ Email: _____

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

1150 S Bascom Ave # 24

San Jose, CA 95128

Phone: 408-453-0400

Fax: 408-453-2100

www.namisantaclara.org

office@namisantaclara.org

Office Hours: 10 A.M.-6 P.M. M-F

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

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