



Annual Picnic
Page 1



Walk Update
Page 1



Conferences
Page 2



General Meeting
Page 2



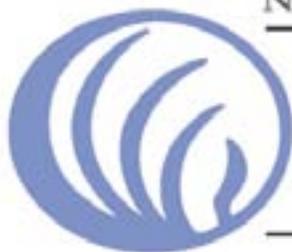
Peer Connectors
Page 3



El Camino Health
Page 4

NAMI Santa Clara County

July/August 2020



nami
National Alliance on Mental Illness

NEWS

NAMI's Statement on Recent Racist Incidents

The National Alliance on Mental Illness (NAMI) released the following statement from CEO Daniel H. Gillison, Jr., regarding recent racist incidents across the country and their impact on mental health:

“The effect of racism and racial trauma on mental health is real and cannot be ignored. The disparity in access to mental health care in communities of color cannot be ignored. The inequality and lack of cultural competency in mental health treatment cannot be ignored.

“Our nation’s African American community is going through an extremely painful experience right now, pain that has been inflicted upon this community repeatedly throughout history. We stand with all the families, friends and communities who have lost loved ones senselessly due to racism. And, with more than 100,000 lives lost to the coronavirus pandemic--disproportionately from minority communities--these recent deaths add gasoline to the fire of injustice.

“While there is much we need to do to address racism in our country, we must not forget the importance of mental health as we do so. Racism is a public health crisis. As the nation’s largest grassroots mental health organization, it is our responsibility to serve all. While as an organization we are still early in our intentional Diversity, Equity and Inclusion journey and have much to do, we have renewed our commitment to our values. We continue to strive to deliver help and hope to all who need it. NAMI stands in solidarity with everyone impacted across the country. You are not alone.”

NAMI-SCC Picnic—NAMIWalks—45th Anniversary

NAMI Annual Picnic



NAMI-Santa Clara County’s Picnic will take place on **August 9**. Due to COVID-19, this year we will have a virtual picnic with lunchboxes available for pickup at our office. Then we’re inviting you to enjoy your picnic lunch at home while watching virtual entertainment that

we will provide for you. So stay tuned for specific details coming next month.

NAMI-SCC is also celebrating our **45th Anniversary** and would like to celebrate by kicking off NAMIWalks Silicon Valley on the same day as the picnic. Keep an eye out for an EVITE from us!

NAMIWalks Your Way: A Virtual Event

On **Oct. 10**, NAMIWalks Silicon Valley, along with other Walk events across the country, will be virtual. **NAMIWalks Your Way** means what it sounds like: YOU get to make NAMIWalks your own. You can walk a 5K through your neighborhood, around your backyard, on your treadmill,



etc. Or you can do something meaningful to you to celebrate our Walk day. Fun-filled activities will be planned for you. So stay tuned in the coming months for all the particulars!

So, please go to www.namiwalks.org/siliconvalley and register to participate in the Walk. You won’t want to miss out! On page 3 read about how one group of NAMI folks participated in the NAMIWalks Northern California Day of Hope on May 30.

NAMI Conferences



NAMI National Convention: A Virtual Event (July 13-14, 2020)

NAMI National has just announced new information about their upcoming Convention, NAMIcon 2020. It is now a virtual event taking place on July 13-14.

As NAMI continues to navigate the impacts of COVID-19, NAMI's national convention is an essential resource and expert forum for the mental health community. According to NAMI, "It is imperative to us, and the communities we support, that we make NAMIcon's informative and constructive programming available online, *free of charge.*"

Live and on-demand workshops covering a wide range of topics will be offered. No cost registration for NAMIcon 2020: A Virtual Event is now open. [Register here!](#)

NAMI California Conference (Oct. 12-13, 2020)

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

Mental Health Rally & Legislative Visits: To ensure that policymakers 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. Preregistration is required for Legislative visits. To register or for more info, contact **Angela Brand** at Angela@namica.org. **org** Because of restrictions to protect the public during the pandemic, hotels rooms are not yet available for booking. The Early Bird deadline is Aug. 7. (There is a \$35 cancellation fee. No refund will be given after September.)

Questions? Contact **Eugenia Cervantes** at Eugenia@namica.org or **916-567-0163**. Check <https://namica.org/> for updated info. Here is the link for registration: <https://namica.org/conference/>

ACCESS CA

Attention, Clients and Family Members!

Complete this [ACCESS Client and Leadership Survey](#) on peer support and be entered to win a \$20 Amazon gift card! It will only take 15 minutes and will help ACCESS California identify best practices in utilizing and integrating peer support services in our public mental health system and methods of increasing the effectiveness of adult programs and services funded by the MHSA.

ACCESS California is a client/consumer-led statewide mental health advocacy, public policy, education, and outreach program focused on equipping stakeholders throughout California's Public Mental Health System (PMHS) to take action in their own local communities to build lasting positive change.

More information can be found at <https://www.accesscalifornia.org>

General Meeting Updates

June 9 General Meeting Summary Learn More About Medications



June's General Meeting via videoconference featured **Dr. Azita Alipour**, a board-certified psychiatric and geriatric pharmacist, who presented important information about psychiatric medications.

Dr. Alipour addressed a variety of topics related to medications, for example, What am I

using the medication for? What can I expect from taking it? How soon will the medication start working? Dr. Alipour divided her presentation into four sections: antidepressants; antipsychotics; mood stabilizers; and sleep medications.

Regarding antidepressants, she covered depression symptoms and all antidepressants currently in use; different types of antidepressants, e.g., SSRIs, SNRIs; withdrawal effects; and antidepressant selection based on co-morbid conditions, e.g.,

hypertension and pain syndromes. She also discussed antipsychotics approved in depression, specifically Abilify, Symbyax, Seroquel, and Rexulti. Lastly, she talked about Esketamine (Spravato) for use in treatment-resistant patients.

In discussing antipsychotics, she described symptoms that medications target; response time; discontinuation effects; different antipsychotics currently in use, as well as adverse side effects.

Regarding mood stabilizers, she talked about how they are used to treat different phases of bipolar disorder; and how lithium is still the gold standard.

Dr. Alipour spent some time talking about sleep issues, including symptoms and signs of insomnia; risk factors; how to ameliorate sleep issues, as well as recommendations for sleep hygiene and medications.

If you missed Dr. Alipour's presentation, be sure to check it out on our website www.namisaclar.org (You will find General Meetings under the News and Events tab on our home page.)

Upcoming General Meetings

NOTE: There will be **no** general meetings in July and August. Look for info about our **Sept. 8** speaker in our next newsletter.

Virtual NAMIWalks? How Does that Work?



By Gini Mitchem

On May 30, NAMI's Spring Day of Hope, John and I joined Heidi and Henry on their team NAMI Gold Country Walking for Change, and we were inspired! This walk was part of the Northern California (Sacramento) NAMI-Walks and we had

registered weeks ago. So what did we do? We met Pat Davis, the President of NAMI Gold Country, a friend of Heidi's, and the five of us plus Mollie the dog walked at a social distance carrying a great sign Henry and Heidi made, down the main street of Murphys in the Sierra Foothills and over to Ironstone Vineyards.

It was a beautiful day in the mountains, and quite a few people saw our sign, including Heidi's psychologist. Most people waved and some shouted encouragement. It was a warm and inspiring 3+ miles, even though we were only five and one dog. We knew that many others were walking in their neighborhoods or around their homes, and others were watching Facebook presentations from local leaders cheering us on—all sharing in their own unique ways an event many of us had attended in person for years at Sacramento's William Land Park.

Did we register? Yes. Did we donate? Yes. Sponsors? Yes. And how about that T-shirt? Yes, they're on their way!

So please plan to join us for NAMIWalks Silicon Valley on **October 10**, NAMI's Fall Day of Hope. We are seeking committee members and ideas for activities and social media to help create another amazing virtual NAMIWalk. And those of you who registered as Virtual Walkers in previous Walks, we are following your example!

El Camino Healthcare Recognizes NAMI-SCC

On **June 16, 2020**, the Board of Directors of the El Camino Healthcare District recognized NAMI-Santa Clara County.

Here is what the Resolution states:

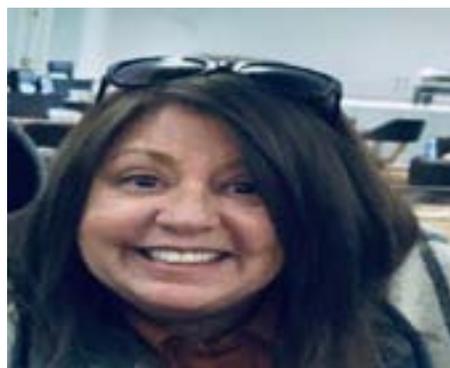
"The Board wishes to honor and recognize the National Alliance on Mental Illness (NAMI) Santa Clara County for partnering with El Camino Healthcare District to deliver the Community Peer Mentor Program that connects individuals with mental illnesses to peers who engage in their recovery.

"El Camino Healthcare District and NAMI Santa Clara County began a partnership in 2011 to community members who suffer from severe and persistent mental illness. The Community Peer Mentor Program partners with inpatient psychiatric units, outpatient programs, locked facilities and intensive treatment programs to identify participants for peer support. Services include mentor sessions, phone call check-ins and linkages to services that promote and maintain recovery, alleviate loneliness and isolation and enhance quality of life. This partnership has served nearly 650 community members and complements and enhances treatment by mental health professionals."

NAMI Program Spotlight: Peer Connectors

Peer Connectors are part of NAMI-SCC's Community Peer Program. Peer Connectors work with Participants, those who are just beginning their journey of health and wellness. During Shelter in Place, our Connectors have been training diligently to continue to prepare themselves to better serve Participants, Connectors continue to support those who need someone to listen to them and help them set and follow through with goals. During a 4-month period, Connectors call their Participants twice a week for 15-30 minutes per call and have one 1-3 hour video call per week. Most Participants take the Peer-to-Peer Recovery Education course and become Connectors themselves.

Yes, although we are sheltering in place, we are still receiving requests for Connectors! We have accommodated by taking advantage of technology in order to meet up. Being a Connector has advantages. It helps Connectors continue in recovery, it helps them give back, and, more importantly, it provides a sense of accomplishment given that it is paid employment. Currently there are seven Peer Connectors working with Participants. Here are three of them: Steve, Teri, and Sarah.



Happenings at El Camino Healthcare



Opening of Taube Pavilion

El Camino Health has announced the opening of the **Taube Pavilion**, a new state-of-the-art building housing the **Scrivner Center for Mental Health and Addiction Services**. The 56,000 square-foot building is home to the adult outpatient programs on the Mountain View campus and includes an increase in the number of inpatient psychiatric beds

to 36 private patient rooms. The inpatient unit also includes a dedicated area for women with a focus on perinatal mental health conditions.

The building's design reflects the hospital's unique approach to mental health care: patient and family-centered, with the adaptability to respond to the changing needs of the community. The building's increased capacity, El Camino Hospital's contribution toward easing the regional shortage and ensuring more local residents can receive treatment in Santa Clara County, further affirms the hospital's commitment to this vital work.

Adolescent MH Program: 10-Year Milestone

After-School Program Interventions and Resiliency Education® (ASPIRE) is marking its 10th anniversary. The highly acclaimed program has provided intensive outpatient therapy to more than 1,500 youth and young adults since its inception in February 2010.

A cluster of five teen suicides in Palo Alto in 2008-2009 spurred El Camino Hospital to develop a therapeutic program for high school students experiencing significant depression or anxiety and at risk of hurting themselves through illicit drug use, self-harm or other destructive behaviors. "We decided to try a new approach," recalled **Michael Fitzgerald**, executive director of the Scrivner Center. "All youth would complete a structured treatment program regardless of payment; parents would also be provided services and training; and the youth would learn and utilize specific skills so that they can manage more effectively the inevitable crises that are endemic to life." In 2015, the Western Association of Schools and Colleges accredited the ASPIRE curriculum so that high school students could receive class credit for completing it.

As additional needs emerged, El Camino Health created specialized ASPIRE tracks for middle school students and transition age youth (18-25), as well as a preparatory program for teens who are not ready for the mainstream curriculum.

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: _____

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**

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

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