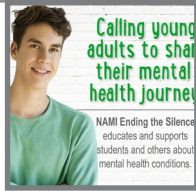




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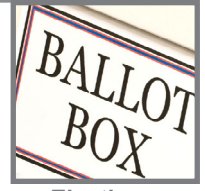
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NAMI-Santa Clara County

March 2020



nami
National Alliance on Mental Illness

NEWS

California Assemblymember Chu Joins NAMIWalks as Honorary Chair



Assemblymember Kansen Chu is the Honorary Chair of the 2020 NAMIWalks Silicon Valley event. Chu was elected in 2014 to represent California's 25th Assembly District, which includes the Alameda County communities

of Fremont and Newark and the Santa Clara County communities of Milpitas, San Jose and Santa Clara. Since elected, Chu has focused on mental health, public safety, education, environmental protection and justice, as well as good governance in the legislature.

From 2018 to 2019, Assemblymember Chu secured more than \$60 million to support training and recruitment of mental health professionals, senior services, arts education, and emergency preparedness. He has also been a voice in Sacramento for the implementation of Crisis Intervention Training (CIT) throughout the state.

Next year Chu plans to give up his seat in the California Legislature in an attempt to

replace outgoing Supervisor Dave Cortese on the Santa Clara County Board of Supervisors. "I feel I can be more effective working in a local government," Chu said. "I love local government and I think it's time for me to get back to the local government and see the implementation of the good policy that we have made at the Assembly for the last six years."

NAMIWalks Manager Shanna Webb said, "It is wonderful to see politicians engaging in events like our walk. We are honored to have Assemblymember Kansen Chu join NAMIWalks Silicon Valley as our Honorary Chair in the fight against the stigma associated with mental illness."

NAMI-SCC Uses Live Stream to Reach the Masses

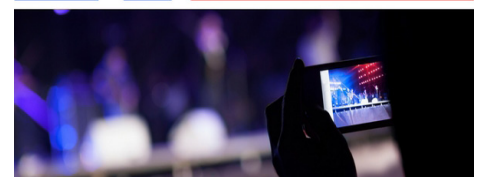
NAMI-SCC is now using Facebook live streaming to connect with our larger audience. It also allows us to share information that increases knowledge about mental illness and brings value to people's lives. Live streaming enables people to view an event as it is happening and in real time. It also captures the video so that it can be viewed at any time.

Development Director Shanna Webb said, "We recognize that it is difficult for people who live and work in the Bay Area to get to our general meetings because of the traffic or even prior engagements despite the fact that our meetings are held at 7 P.M. We realize that the information we share at these meetings is important to people and their families. Live streaming was the only thing that made sense."

Executive Director Kathy Forward said, "Live streaming really helps us share this information that people are depending on, we have the best guest speakers in their field who are enthusiastic to share the latest information in research, prevention, and care."

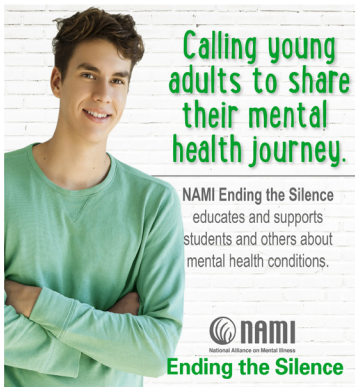
Since implementing live streaming technology during NAMI's general meetings, our audience has increased 200 percent. NAMI-SCC is also using live streaming during the NAMIWalks Planning Committee meetings so that NAMI San Mateo, who also participates in our walk event, is engaged in every aspect of the walk planning.

To tune in to the general meetings via live stream, visit, <https://www.facebook.com/namisantaclaracounty> on the day of the event



by 7 P.M. If you can't tune in to the general meeting via live stream, you can see the captured video on our Facebook page under the videos tab.

ETS In Search of Presenters



NAMI's Ending the Silence program is looking for young adult presenters who are willing to tell their personal story and lived experience with mental illness.

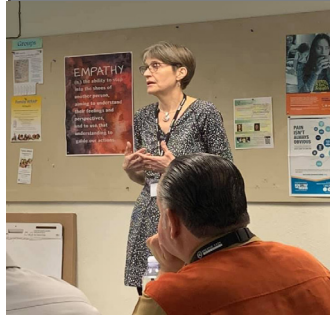
Ending the Silence is a 50-minute presentation designed for middle and high school youth and focuses on education, recognizing the warning signs, and dispelling common myths about mental illness. Students also receive a

packet that includes information about free or low-cost community resources available to them in the event that they or someone they know might need help for a mental health condition.

Program Coordinator Adela Arce said, "Ending the Silence is an important program because this is often the first time children really learn about mental illness. Young adult presenters help students relate to and be inspired by the personal stories they share."

The requirements to become a presenter for the Ending the Silence program are completion of the Peer-to Peer or Family-to-Family course are able to speak in public and small group settings, have reliable transportation, can present during school hours and are over 18 and under 30 years of age. If you are interested in becoming a presenter in the ETS program, please email Adela Arce at aarce@namisantaclara.org.

FaithNet: Building Bridges Over Mental Health



NAMI's FaithNet program held a luncheon with local religious leaders to help them gain a better understanding about mental illness and the role faith plays in people seeking help.

Executive Director Kathy Forward said, "It is important that we educate faith leaders about mental health conditions because we know that 79 percent of people who are experiencing a mental health crisis will seek help from their church first."

NAMI-Santa Clara County's FaithNet coordinators are working with five distinct communities to build greater understanding about mental illness so faith leaders



know how to help congregants in the event that they or one of their family members need help and support. FaithNet Coordinator Dawn Brown said, "The future goal of this program is to empower faith leaders and their congregations so they feel knowledgeable and equipped. We are working in partnership with Behavioral Health Service Department to improve the continuum of care."

If you are a faith leader or know someone interested in attending a luncheon, please call the NAMI office to RSVP. Our next luncheon will be on March 19 from 11 A.M.-1 P.M., at the NAMI office.

General Meeting Information



February General Meeting Recap

Dr. Matt Lilly was February's General Meeting guest speaker. He shared a presentation that included an overview about schizophrenia with a focus on its potential causes, risk factors, and treatment options.

Dr. Lilly is the Lead Psychiatrist at Psynergy Inc., which runs three augmented board and care homes in the county.

Schizophrenia is the 15th leading cause of disability in the United States, and most people with schizophrenia have co-occurring disorders, such as drug abuse. Symptoms include cognition delays, hallucinations, social withdrawal, and anosognosia – a condition in which the patient has a complete lack of awareness of their illness. Dr. Lilly shared research that suggests anosognosia is connected to imbalances in the frontal lobe, the part of the brain that controls areas of awareness and judgment.

Dr. Lilly talked about the potential link and increased risk of schizophrenia to a paternal father's age at the time of conception. The latest research suggests the increased risk for early onset dementia could be connected to the disease or the medication that controls the symptoms of schizophrenia. Scientists are studying the link between inflammation

and autoimmune diseases as potential risk factors for schizophrenia.

Dr Lilly shared some of the latest treatments for schizophrenia, which have advanced in the last decade. Some advancements in medication include the benefits of Long Acting Injectables (LAI's), shots given to the patient that last anywhere from 30 to 90 days and oral medications that include a computer chip that notifies doctors that a patient has taken their medication.

Upcoming March General Meeting

We are pleased to announce that Toni Tullys, the director of SCC Behavioral Health Services Department, will be our March General Meeting speaker.

Tullys joined the department at the end of 2014, and during the ensuing five years has overseen the development of new programs and improvements to existing programs within the department. She will share the progress that has been made as well as the challenges ahead.

Join us at 7 P.M. in the auditorium of Good Samaritan Hospital (basement of main building). At 7:15 there will be announcements and a presentation of our Community Merit Award to Luisa Perez (postponed from last month), followed by our speaker from 7:30-8:30 P.M. You can also tune in to the meeting through our live stream on Facebook.

NAMIWalks Update: On Your Mark, Get Set, Go!



The NAMIWalks Planning Committee convened for the second month for to plan the 2020 NAMIWalks Silicon Valley event. The Committee works to raise funds, develop sponsorship opportunities, and plan several events before and on walk day.

NAMIWalks Silicon Valley Walk Manager Shanna Webb said, “This year there is a big emphasis on diversity and inclusion. The National theme is Mental Health for All.”

NAMIWalks Silicon Valley also is pleased to announce that Assemblymember Kansen Chu will join us as Honorary Chairperson, and volunteer and Family-to-Family teacher Gini Mitchem joins us as our Family Chairperson for this year’s event.

The NAMIWalks site to register for the walk is now open. So far, the walk has 20 members registered and \$30,760 raised towards this year’s \$320,000 goal. “We are encouraging every team captain to register as soon as possible to enable us to help them grow their teams and encourage more participation in this year’s walk event,” Webb said.

To register for NAMIWalks Silicon Valley, visit www.namiwalks.org/siliconvalley and click on “Find Walk.” Type in “Silicon Valley” and then click to register for this special event.

The Planning Committee meets once a month on the third Thursday at 2 P.M. at the NAMI-SCC office. If you would like to join the NAMIWalks Silicon Valley Planning Committee, please email Shanna Webb at swebb@namisantaclara.org.

SCC Suicide Prevention Conference and 2020 Advocate Award



The 2nd Annual County of Santa Clara Suicide Prevention Conference and Advocate Award presentation will take place on Friday, June 12, at the SCC Office of Education (1290 Ridder Park Drive, SJ). The Conference and Advocate Award are co-sponsored by the SCC Behavioral Health

Services Department and the Office of Education. The county’s Suicide Prevention Program has put out a call for presenters in two categories. In the category of Experience-Sharing, they are looking for presentations that offer experiences, learnings, and effective strategies for suicide prevention, specifically in three sub-categories: serving at-risk populations, systems perspectives (efforts undertaken for institutions or systems), and effective collaborations.

In the category of Skills Building, they are seeking presentations that focus on specific skills or functions that are important for preventing suicide, specifically in these sub-categories: data & evaluation, trainings, communications, policy, and mental health & wellness.

You can help determine the recipient of the Suicide Prevention Advocate Award. Do you know an individual, school, or organization that has made exemplary efforts in the areas of suicide prevention or mental health promotion? The award will honor the progress accomplished in improving mental health and well being. Last year’s award winner was the Morgan Hill Unified School District.

The deadline for all submission (presentations and awards) is Friday, March 20. Questions can be sent to suicideprevention@hhs.sccgov.org.

You can also visit the County of Santa Clara Behavioral Health Services website for more information.

Spotlight: Employee Welcomes New Role



NAMI-SCC would like to congratulate Sara Swanson on her new role as Administrative Assistant to the Community Peer Program, where she connects people who have expressed interest in expanding their diagnosis and developing

a comprehensive wellness plan using a Peer Connector or Mentor.

“As a mentor myself I see the value the program can bring to people’s lives. NAMI has been life changing for me because it was through the education programs that I found wellness and now I get to share my lived experience with others who are struggling in the hopes that they will learn that there is hope,” Swanson said.

Swanson is also in charge of training our Peer Connectors and Peer Mentors as well as matching participants of the program to the right peer.

“The work I do here is so rewarding. There is nothing better than to see a person who comes into our program who is struggling with their mental health condition and then see them again in a few months and witness the vast changes they have made towards wellness. It’s truly inspiring,” she said.

Valley Med to Hold Focus Group on New Facility

Calling all advocates! Please join a focus group to let your voice be heard. Valley Medical Hospital is building a new psychiatric hospital for adults, adolescents, and children. They need input for the hospital design and want to hear from clients and family

members who have experienced a psychiatric hospitalization.

The focus group will be held at our office on February 29 from 1-3 P.M. Space is limited, so please RSVP to our Warmline/ Helpdesk 408-453-0400 option 1.

NAMI-SCC Holding New 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

The slate of candidates will be voted on at the March general meeting, and the installation of officers will take place in April.

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.

Workshop: Working Through Paranoia and Making Sense of Unusual Beliefs



A one-day training will take place on Saturday, April 25, 11 A.M. to 4:30 P.M., for persons who are interested in learning about coping with paranoia and making sense of unusual beliefs.

The presenters, Peter Bullimore and Kate Crawford, bring a wealth of experience and knowledge to this workshop.

They will cover such topics as the history of paranoia, the role of fear in paranoia, the three stages of paranoia and how to use them, as well as triggers and warning signs.

The workshop will take place at the Willow Glen Community Center, Room 3, at 2175 Lincoln Avenue, SJ. Please check the following website for updates about registration: <https://southbayprojectresource.org/category/events>

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

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San Jose, CA 95128

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Fax: 408-453-2100

www.namisantaclara.org

office@namisantaclara.org

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

To reach our Warmline please call 408-453-0400 Option 1

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