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NAMI Santa Clara County

September 2020



nami

National Alliance on Mental Illness

NEWS

How Did You Find NAMI-SCC?

By Moryt Milo

The path to NAMI is as diverse as the people who find it. The individual may be a consumer, parent, sibling, spouse, or friend. The need may be due to a horrific event like suicide, being jailed, failed hospitalizations, or the shutdown of a board and care home. All these paths have one common thread: a porchlight ready to welcome and never judge.

Peter Newman found his way to NAMI-SCC while attending a mood disorders presentation at Stanford University. He learned about the soon-to-be launch of NAMI's Peer to Peer program. Peter who openly talks about his bipolar disorder, said, "Education formed a very important part of my own recovery so I participated in the first Peer to Peer mentor training course."

Navah Statman, former president of NAMI-SCC and the presenter of that Stanford event, struggled to find care for her daughter's mental health condition. Twenty years ago, group programs focused on substance abuse, not mental illness.

Community support services fell short. Her daughter's psychiatrist suggested the family go to NAMI.

The referral path by doctors, hospitals, therapists, and county services to NAMI has helped families gain understanding and cope, as does calling the NAMI-SCC Warmline. In 2019 Warmline calls increased 24 percent compared to 2018.

One local mother learned about NAMI through a friend in Southern California whose daughter showed early symptoms of bipolar disorder. Another mom spotted a flier at a hospital kiosk, while the compassion of church members steered another family to NAMI.

For **John and Gini Mitchem**, long-time NAMI advocates and instructors of the family-to-family class, a psychiatrist helping their daughter said, "Get Dr. E. Fuller Torrey's book *Surviving Schizophrenia* and reach out to NAMI." After that, the Mitchems "jumped in with both feet."

Suicide and Legislation

(Extrapolated from an article by Katie King in SJ Spotlight, July 26, 2020)

Sept. 6-12, 2020 is Suicide Prevention Week and World Suicide Prevention Day is observed on **Sept. 10** to promote worldwide action to prevent suicides. Various events and activities are held to raise awareness that suicide is a major preventable cause of premature death.

Suicide is a public health crisis that is often overlooked. Santa Clara County has an average of 150 people die from suicide each year. Given a range of suicide prevention measures, a helpful one is legislation (federal, state, regional, and local). This year the U.S. Congress is considering several standalone bills or an inclusive package of legislation. Writing your representative a supporting letter would be helpful.

(**Congresswoman Anna Eshoo** chairs the Health Subcommittee, part of the Energy and Commerce Committee (ECC), where new bills originated.)

Victor Ojakian, a suicide loss survivor and co-president of NAMI-SCC explained, "When someone dies from suicide, countless others are affected by the loss. Family, friends, neighbors, classmates, co-workers and church members all share in the sorrow; the pain ripples throughout the community and remains for years to come."

That grief casts a wide net in the U.S. Recent data from the National Center for Health Statistics shows that suicide has ranked as the 10th leading cause of death for all ages each year since 2008. But some lawmakers in Congress are taking steps that they hope will save lives. The ECC just passed three bills related to suicide prevention. These bills include the Campaign to Prevent Suicide Act (would launch a national media campaign to raise awareness; the Suicide Prevention Lifeline Improvement Act of 2019 (would enhance the National Suicide Prevention Lifeline); and the Suicide Prevention Act (would establish two grant programs to help hospitals/health centers identify and support at-risk patients. Rep. Eshoo said legislative action is even more urgently needed due to COVID-19. "The state of mental health for many has only worsened since the beginning of the pandemic."

Ojakian said that change will come in increments. "We have a hill to climb because there's been decades of negativity around mental health...But it's changing — these bills are indicative of that."

If you or someone you know is having difficulty with suicidal thoughts or intentions, please call the National Suicide Prevention Lifeline (**800-273-8255**) and/or SCC's Suicide and Crisis Services hotline (**855-278-4204**).

NAMI Conference October 12-13, 2020



NAMI California decided to move its annual conference to a **virtual** platform—just as NAMI National did in July. And just like National, there is no fee. The dates and theme are the same: **October 12-13, Driving the Change.**

NAMI's virtual conference presents an opportunity for meaningful

discussion, as well as the ability to reflect and connect with peers statewide. NAMI California hopes that the virtual event reaches

new members within the community and creates opportunities for engaging discussions within the virtual platform.

All workshops will be recorded and available a few days after the Conference has ended, so you will be able to view any missed concurrent sessions.

For anyone who registered in advance and paid a fee, know that the fee will be refunded. This also applies to hotel rooms that were reserved in advance.

Here is a link to registration and other information: www.namica.org/conference

Faith Communities Can Be Powerful Allies in Mental Health Work

By Cindy McCalmont

Paul Boehm is a member of Good Samaritan United Methodist Church in Cupertino. In July 2019, Paul was instrumental in getting an "In Our Own Voice" presentation set up for his congregation. After that presentation, Paul and two other church leaders came to the NAMI-SCC office to discuss how Good Samaritan United Methodist Church could be more involved in mental health work.

"After I retired," Paul says, "I volunteered cleaning up creeks and that's when I came face-to-face with homeless encampments. I've been trying to learn as much as I can about serious mental illness and what we can do about it ever since."

Paul's journey has had him reflecting deeply on what it means to have not just housing for those with serious mental illness, but housing that heals. Paul has written an Op-Ed piece entitled "Helping the Seriously Mentally Ill, A Story You Need to Hear" that can be found on the FaithNet page of the NAMI-SCC website: <https://namisantaclara.org/faithnet-blogs>

We celebrate Paul, Good Samaritan UMC, and the ways that Faith Communities can be powerful allies in NAMI-SCC's work of mental health advocacy!

General Meeting Information

September 8 General Meeting Santa Clara County Behavioral Health Services

We're starting our Fall lineup with the Interim and Deputy Directors of SCC Behavioral Health Services and Valley Medical Center's COO-Behavioral Health Services. They will discuss how COVID-19 has affected the mental health system and its programs, and how they are working together to improve systems of care.

Sherri Terao, Interim Director, Santa Clara County Behavioral Health Services Department (SCCBHSD)



Sherri Terao has worked for SCCBHS for 10 years. She has held roles in the Children's System of Care as Division Director and Deputy Director prior to being appointed Interim Director of the Department. Before joining Santa Clara County, Sherri worked as Program Director and Chief Program Officer for FIRST 5 Santa Clara County. Sherri has

held roles as a clinical provider of mental health services for children and youth in foster care, has developed and directed child and family serving prevention and treatment programs in community-based organizations and has conducted evaluation and outcome research at the University of Chicago.

Todd Landreneau, MSW, Ph.D., Deputy Director, Managed Care Services, SCCBHS

Dr. Todd Landreneau has been employed by Santa Clara County for about six years during which time he has held numerous Health and Hospital System leadership positions. Over the past 25 years, Todd has held a number of positions in healthcare settings—both as a clinician and healthcare management consultant. In addition



to his employment at SCC and Kaiser, Todd has held positions at Stanford Hospital and Clinics and WebMD.

Todd received his PhD from Cornell University in Ithaca, NY, a Master's in Social Work from Tulane University in New Orleans, and a Bachelor's in Psychology from Louisiana State University in Baton Rouge.

Curtis Ohashi, Ph.D, SCC Valley Medical Center (SCVMC) Chief Operating Officer-Behavioral Health Services



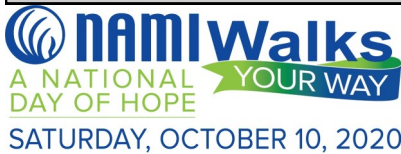
Dr. Curtis Ohashi joined SCVMC in January with over 25 years of executive leadership experience, with a strong operational background in both mental health and substance abuse programs and services. With a Ph.D in Clinical Psychology and having served as CEO at various acute psychiatric facilities in both the public and private sectors, with experience in managing inpatient and outpatient

services for diverse populations, Dr. Ohashi brings a wealth of knowledge in advancing Valley Medical Center's ability to better serve patients & families.

Upcoming October 13 General Meeting Personalized Treatments for Mood Disorders

Our speaker will be **Dr. Leanne Williams, Ph.D**, Professor of Psychiatry at Stanford

NAMIWalks Your Way: The Latest Info



NAMIWalks Your Way: On Oct. 10 NAMIWalks Silicon Valley, along with other Walks across the country, will be virtual. It's another National Day

of Hope. NAMIWalks Your Way means what it sounds like: YOU get to make the Walk your own. You can walk a 5K through your neighborhood, around your backyard, on your treadmill, and so on. Or you can do something that's meaningful to you to celebrate NAMIWalks Silicon Valley 2020. Activities are in the works.

In My Shoes Campaign: As you might have seen in our August 9 entertainment video, NAMI-SCC is launching our In My Shoes Campaign! Here is a link to the campaign:

<https://youtu.be/62ynoXkMEIc> You can pick up a shoe from our office, decorate it, and bring it back. We will post the shoes on our Facebook page and then vote on our favorite designs: 1st, 2nd, and 3rd place will get some awesome NAMI swag. If you're interested, please click this link to fill out the participation form: <https://forms.gle/dKyaqmZR8tRWihKH6>



Why I Walk: Are you ready to share your mental health story? Use your smartphone to video your response and then post it on your favorite social platform. Or send it to our events coordinator, **Kyle Galimba**. (Some things to remember: Keep your video to 30 or 60 seconds; Practice, practice, practice!; Tag #NotAlone and #MentalHealthForAll; Include a link to your NAMIWalks fundraising page.)

Some ways to start:

- ♦ My name is _____ and I have [an anxiety disorder]. I'm participating in NAMIWalks because _____.
- ♦ My name is _____ and I am participating in NAMIWalks in [support/memory] of _____.
- ♦ My name is _____ and I'm participating in NAMIWalks because _____.

Registration: If you haven't registered yet, please go to <https://namiwalks.org/siliconvalley> so you can participate in this year's Walk. Our goal is to raise \$270,000.

If you have questions about anything related to NAMIWalks, please reach out to Kyle at kgalimba@namisantaclara.org or 408-453-0400 x 3125.

NAMI-SCC Annual Picnic/ NAMIWalks Kickoff

NAMI-Santa Clara County's virtual picnic was a big success. According to our events coordinator, "The August 9 Picnic was the break we needed! I'm grateful to have had drive-through conversations and the opportunity to meet face to face with new and lifetime NAMI supporters! I can't wait for that same energy for NAMIWalks!"

Here are some stats from the event:

1. About 150 lunches were passed out; 50 were donated to Life Moves Julian Street Inn in San Jose.
2. There were 200 views of the entertainment over 24 hours.

It's not too late to view the video of the event's entertainment and NAMIWalks Kickoff. Here is the link:

https://www.youtube.com/watch?v=l2-XOKFB_lo

Staff Spotlight: Kyle Galimba



On June 30, **Kyle Galimba** became NAMI-Santa Clara County's new Assistant Events and Fundraising Coordinator. He's excited to use his experiences to advocate for mental health awareness and is learning as fast as he can to provide the best content and events. Kyle feels very welcomed at NAMI and is working hard to make NAMIWalks Your Way as good as it's ever been!

Kyle has been managing the social media pages to include more motivational, educational, and multilingual posts as well as NAMI-Santa Clara County updates. He coordinated the entertainment (with the editing help of Cynthia Woods) for the Picnic, NAMIWalks Kick-Off Event, and NAMI-SCC's 45th Anniversary on August 9, and has been amazed at the passion and talent in our community. He met a lot of NAMI folks when he passed out lunchboxes and he's excited to meet more!

Kyle wants to thank everyone for welcoming him into the NAMI family and tell you that if you ever see a post or email with a lot of exclamation points, it was probably from him!

In his free time, Kyle reads manga and writes standup comedy. And he has a six-year-old rabbit named Morello.

Thank You To Our Donors!



NAMI-SCC is so grateful to our many generous supporters. We're able to provide all of our programs free of charge because of this support.

If you are interested in finding out how to support us, go to www.namisanclaara.org or email our Executive Director at rnimbalkar@namisanclaara.org

We would like to thank:

- ♦ **The Valley Foundation:** \$40,000 for our Community Peer Program
- ♦ **Emmett Cervelli & Harold Brown:** \$30,000 (with match from Apple)
- ♦ **Keith Skinner:** \$5,000, in memory of Cathy Boorsma
- ♦ **Mei Susuki:** \$500
- ♦ **Heshmati & Raeissi Charitable Trust:** \$500

NAMI CA Advocacy Day

Each year NAMI CA hosts advocacy days to provide a platform for advocates to engage with lawmakers on important policies to improve the quality of life for people with mental illness. NAMI CA is inviting people to join in on **Thu, Sept. 10, 8:30 A.M.-1:30 P.M.** The meeting will take place via Zoom. To register, go to: [https://zoom.us/meeting/register/tJYrde6pqz4jGdNACOD5sAMNVkTnyNbsRmdKb](https://zoom.us/join/https://zoom.us/meeting/register/tJYrde6pqz4jGdNACOD5sAMNVkTnyNbsRmdKb)

Questions? Contact Alex Fuentes at intern2@namica.org

Shining Stars Event

Momentum for Health's 23rd Annual Shining Stars Event will take place on **Friday, Oct. 2**. For the first time, the event will be virtual. This year Momentum will be honoring **Sara H. Cody, MD**, Health Officer and Director, SCC Public Health Department for her tremendous leadership during the pandemic. The event will run both on Zoom and livestream; links will become available closer to the event. For the most current info about the event, go to <http://shiningstars20.givesmart.com>

MEMBERSHIP/DONATION FORM

Join, renew, or donate to NAMI-SCC (also at www.namisanclaara.org)

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail Address: _____
(You will receive your newsletter via email.)

Please accept my annual individual membership at the following level:

Please check one: ☐ New ☐ Renewal

☐ \$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 <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

NAMI-SCC welcomes your membership. Memberships are valid for one year. (Part of your 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 can maintain our office, as well as our education 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.namisanclaara.org

office@namisanclaara.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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