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NAMI-Santa Clara County

Helpline (408) 453-0400 Opt.1

June '23



nami

National Alliance on Mental Illness

NEWS

May 9 General Meeting Recap A Conversation with Stanford Psychiatrist Po Wang

By Moryt Milo



For years, Dr. Po Wang has studied and treated people diagnosed with bipolar disorder, a brain disease that causes severe mood swings and significantly impacts a person's

ability to function. Dr. Wang, who collaborated with Dr. Terence Ketter in establishing the Stanford Bipolar Disorders Clinic, said although the disease is defined by manic episodes—racing thoughts, distractibility, decreased lack of sleep—it is the depression and mood cycling that are most prominent.

A study in the early 2000s noted that depression is a greater factor—32% in people with bipolar I and 50% in those with bipolar II. Dr. Wang said the question becomes how does treatment move forward when mania is the immediate issue but depression is actually more prevalent.

The most common way to treat the problem is to prescribe medication for “whatever the doctor sees in front of them

at the moment,” said Wang, who specializes in treating mood and anxiety disorders. But strategies are changing, especially when the person comes in with mixed episodes of mania and depression. Most often, it’s the depression that is more precarious and harder to treat because it can last for months.

“Racing thoughts and high energy, those symptoms don’t seem to be as problematic for people as depression symptoms,” he said, “so the better strategy is to treat mania and depression together.”

According to Wang, numerous medications are used to treat mania, including lithium. There are also anticonvulsants from the late 1960s—early 1970s that are still given as mood stabilizers. Then, researchers thought bipolar disorder was a “mood seizure,” but several medications such as Depakote and Carbamazepine have turned out to be effective. There are also antidepressants and more recently antipsychotics that have been introduced as options for treatment.

“The goal should be to stabilize the movement between mania and depression

and then add an antidepressant on top of that,” he said. “When I mean stabilize, I don’t mean flat-line with no emotions,” he said. “I am talking about not too high and not too low. You have a mood in a range like everyone else has.”

“Bipolar disorder doesn’t come and go, medications are long-term,” Wang said. “The goal is to stabilize and prevent future episodes. If a person is able to reach this point and wants to come off medication,” Wang said, “we can come off in a slow, safe way.”

Wang hopes future medical advancements will be targeted toward specific areas of the brain to reduce existing side effects caused by medications such as diabetes, significant weight gain, and lethargy. He said that there is a third generation of medications that may be able to reduce these issues, so the science is heading in the right direction.

To read the full article, go to [NAMI Blogs](#).
To watch the full presentation, go to [YouTube](#).

Virtual NAMICON: June 6-8, 2023



Register for VIRTUAL NAMICON June 6-8! Go to <https://events.nami.org/namicon2023/> NAMICON just took place in Minneapolis, May 24-27. But did you know there’s also a virtual NAMICON from June 6-8? Offering dozens of online sessions designed to energize, educate and inspire, virtual NAMICON will be sure to capture your attention! There will be exclusive virtual sessions as well as recorded sessions from Minneapolis.

Cost of registration for three days of premium content is just \$40 for nonmembers and \$25 for members! Registration for peers (people with mental health conditions) and/or people under age 30 is just \$15.

Don’t miss out on this opportunity to learn from peers, industry leaders, and advocates from the comfort of home!

NAMIWalks Kickoff & Picnic

We're thrilled to invite you to this highly anticipated event—a celebration of unity and a catalyst for the upcoming NAMIWalks, which aims to raise awareness and reduce stigma.

****Please note the new date and location.****

DATE: Sunday, June 25, 2023 **TIME:** 11:00 A.M.

LOCATION: Kelley Park | Family Circle Picnic Area at 1300 Senter Rd, San Jose

Join us for Games, Fun, Prizes, and Food!

Please **RSVP** by Sunday, June 18 to confirm your attendance: <http://evite.me/H94ve8wwfK>

Volunteers are needed. Visit this link: <https://namiscc.ivolunteer.com/namiwalkskickoffpicnic2023>

Questions? Contact Llecenia at lsolorio@namisantaclara.org



NAMI Is Honored by City of San Jose



San Jose Mayor Matt Mahan along with council members Domingo Candelas and Omar Torres honored NAMI-Santa Clara County by presenting our Executive Director, Rovina Nimbalkar, with a proclamation for mental health awareness month.

NAMI Cal Advocacy Day: August 24, 2023

ADVOCACY DAY

WEDNESDAY - AUGUST 23, 2023

CHECK-IN & BREAKFAST
7:30AM-8:30AM

SHERATON GRAND RALLY AND LEGISLATIVE VISITS AT THE CAPITOL
9:30AM-11:30AM

NAMI California

MHSOAC

Tax-Efficient Gifts

Looking for helpful tax benefits? No capital gains tax is due on a gift of appreciated stock or real estate held for over one year. And if you are 70½ or older, you can make a tax-free charitable distribution from an IRA and the gift amount counts toward your annual RMD. Learn how here: [Tax-Efficient Charitable Giving Strategies | Morgan Stanley](#)

NAMI Cal Conference: August 25-26, 2023

The 2023 NAMI CA Annual State Conference is scheduled to take place on **Thu & Fri, August 24-25**, at the Grand Sheraton Sacramento Hotel, 1230 J Street in Sacramento, California.

To register, click here: <https://41339.thankyou4caring.org/2023-nami-california-annual-conference>

For information on booking a reservation at the Grand Sheraton Sacramento Hotel, <https://www.marriott.com/event-reservations/reservation-link.mi?id=1668012413224&key=GRP&app=resvlink>

Upcoming June 13 General Meeting Mental Health Parity: Know Your Rights

Mental illness is more prevalent than most people realize. One in five adults in the US lives with a mental illness; in Santa Clara County, that's about 340,000 adults—or enough people to fill Levi's Stadium five times. Mental health parity requires that commercial insurance plans provide the same level of coverage for mental health services as they do for physical health services, but many people don't know their rights to care and coverage.

Recognizing there is a great need for mental health services—and hearing the difficulty many are facing in accessing services—the Health System, NAMI-Santa Clara County, and Bay Area Legal Aid (Bay Legal) developed a presentation to educate our community about their right to access medically necessary mental health care. The presentation explains how common mental health conditions are and how to recognize signs and symptoms. It provides information on rights to care, steps and resources to



access care, and what to do if you encounter problems. Sharing the presentation will be **Shalini Arora and Sonali Parnami**.

Shalini Arora is a senior staff attorney at Bay Legal's Health Consumer Center. She's also a registered nurse and practiced nursing before joining Bay Legal. She's fluent in Hindi and Panjabi.



Sonali Parnami is a Program Manager at the County of Santa Clara Health System. She is a public health professional who is passionate about policy and the meaningful impact it has on improving the health and well-being of individuals and communities. She is a proud mom of 2 boys, who are 7 and 11 years old.

NAMI-Santa Clara County's Helpline

If you or someone you know struggles with mental illness, our Helpline is here for you!

The NAMI Helpline serves as a resource center for anyone seeking mental health-related information or support. Our Helpline team offers compassionate listening and information on a multitude of mental health resources including:

- Understanding mental illness and its effect on individuals, families, and friends
- NAMI education classes
- Support groups for individuals and families
- Information on commonly requested community resources, such as legal services, financial assistance, and housing

**You are not alone!
Call or come in today!**

Santa Clara County

If you or someone you know needs help, contact

**408-453-0400 x1****Mon - Fri: 10am - 6pm**

**info@namisantaclara.org****www.namisantaclara.org**

Address: 1150 S. Bascom Ave Suite 24, San Jose, CA 95128

If you or someone you know needs assistance outside of the Helpline hours,

Call our After-Hours Helpline at
(408) 453-0400 x 4
Mon-Fri: 6 pm - 9 pm & Sat-Sun: 12 pm - 6 pm
Leave a message & a Helpline staff will return your call.

Note: The HELPLINE is NOT a 24-hour emergency crisis service. If there is an imminent danger, call 9-1-1 & ask for a CIT Officer (Crisis Intervention Team) or call 9-8-8 for Mental Health Crisis & Suicide Prevention Lifeline (24 hours/7 days).

Legislative Update

By Frank Alioto

Earlier in May, Governor Newsom unveiled his latest outlook for California's budget for the coming fiscal year.

The news was not wonderful.

California's projected budget forecast shortfall keeps increasing. The deficit has been raised once again, this time on Sunday, May 21 to 32 billion dollars, up from earlier projections of 13.5 billion, 29.5 billion, and 31.5 billion respectively.

To cover the shortfall, the governor plans to issue California State Bonds, dip into emergency financial reserves, and make prudent cuts in nonessential spending.

Where mental health, substance abuse, and homelessness are concerned, the Governor is not backing down on his commitments to Care Court, mental health services, mental health reforms, substance abuse programs, and housing for the homeless, many of whom are in their present dire circumstances because of mental illness and substance abuse. He is also committed to expanding 988 services in California.

But what happens if the revenue shortfalls continue to grow? What happens if the bond measures fail to get through the legislature or are rejected by voters in November? What could such state scenarios mean for mental health care and mental health resources in Santa Clara County?



To try and get some insights, explanations, and answers, I contacted Daniel Cao, policy aide for Otto Lee, the Santa Clara County District 3 Supervisor. Daniel informed me the positive news is that the Santa Clara County Board of Supervisors and County Administrators recognize the desperate need for more—not fewer—mental health and

substance abuse services in Santa Clara County. They recognize we are already short-handed in a number of areas. As a result, even if the Santa Clara County budget environment should deteriorate due to state funding challenges, the effects, if any, should be limited on Santa Clara County mental health services. The state's shortfall might affect the implementation of new programs and processes but would have little impact on the existing mental health programs as they currently operate.

Further, the Board of Supervisors also recognizes the current environment may present an opportunity to maximize the use of existing mental health programs and facilities.

In short, it looks like any effects on the Santa Clara County mental health system due to the state budget challenges would be minimal at worst and at best not noticed at all.

We will be watching closely to see how this plays out at both the state and county levels and keep you informed as things unfold in the coming weeks and months. We have come too far to take any steps backwards.

Note About NAMI-Santa Clara County Board Meetings SCC's Board of Directors meets ten times per year (except August & December) on the 1st Tuesday of the month at 5:30 P.M. The board meetings are open to the public and we welcome your attendance. Please check our website for location.

County Support for “Board and Care” on the Horizon

By Lorraine Zeller, Community Living Coalition
Founder/Coordinator

The May issue of this newsletter gave an overview of the Independent Living Empowerment Project (ILEP), bringing an Independent Living Association to Santa Clara County. ILEP is a Santa Clara County MHSA-funded project and supports operators of “independent livings” who meet quality standards allowing safe, stable shared housing for adults on fixed incomes such as SSI or SSDI.

Behavioral health providers depend on independent livings to house their clients. It’s important to understand that they are not “board and care.” These homes are not regulated as are licensed board and care homes properly referred to as Adult Residential Facilities (ARFs). The 2020 Santa Clara County Mental Health Management Audit noted that “due to a shortage of licensed board and care facilities that accept clients with mental illness, case managers stated that they are often forced to place clients in the least desirable option, unlicensed board and care facilities, even though they know that the conditions may not support client wellness or recovery.” These “board and cares” are the independent livings that the ILEP project is focused on.

The good news is that additional county support is now on the horizon. This June, the Santa Clara County Board of Supervisors will discuss the progress of recommendations made by the management audit. That includes a recommendation to “consider funding proposals that would provide additional support for both operators and residents of licensed residential care facilities and unlicensed board and care facilities.” Community Living Coalition and other advocates also expect a report back from a June 9, 2022 Finance and Government Operations Committee meeting. At this meeting, Chairperson Otto Lee requested that Administration report to the Board of Supervisors relating to recommended strategies to support residents of licensed and unlicensed board and care facilities

and Vice Chairperson Cindy Chavez requested that Administration report to the Board relating to addressing gaps in services for individuals with mental health challenges within the board and care facilities. For more information and updates, please contact Lorraine Zeller at ljz1496@gmail.com

Recap of Mental Health Awareness Month

By Anh Nguyen

With Mental Health Awareness Month having come to a close, NAMI-SCC would like to share how outreach efforts for the new Mental Health @ Work presentation have been going. In less than a month, we have collaborated with four organizations/ corporations in industry sectors such as tech, medical tech, and affordable housing. Mental health affects all employees no matter the industry. Employers who invest in employee mental health can save \$2-4 for every dollar invested in prevention and early prevention.

Our outreach efforts have reached notable companies such as KLA (a semiconductor manufacturing company), MidPen Housing (affordable housing community), and Intuitive Surgical (a surgical robotics company). We have more presentations and will continue to promote better employee mental health in the workplace. The good news is that your company can be next!

To schedule a free Mental Health @ Work presentation for your company or organization, please reach out to Anh Nguyen, our community and media relations liaison at anhnguyen@namisantaclara.org.

There is hope and understanding.
Change the way the world sees mental health.

stigmafree

NAMI-Santa Clara County Community Resource & Support Center

1150 S Bascom Av #24, San Jose, CA 95128

Ph: 408-453-0400 Fax: 408-453-2100

Website: www.namisantaclara.org

Email: office@namisantaclara.org

Office Hours: 10 A.M.–6 P.M. M–F

Walk-in Hours: 10 A.M.–2 P.M. M–F

To reach our Helpline, call 408-453-0400, Opt 1;

After hours, press Opt 4.

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JOIN AND BECOME A NAMI MEMBER NOW!

NAMI membership enables you to subscribe to the latest mental health updates, participate in online discussion groups, learn how to advocate in your community and add your voice to the mental health movement.

JOIN NAMI NOW!

