



MH Awareness Month 1



NAMICON 2



General Mtg. 2



Picnic 3



Legislation 3



Helpline 4

NAMI-Santa Clara County  Helpline (408) 453-0400 x1

May 2024



nami
National Alliance on Mental Illness

NEWS

April 9 General Meeting Recap When Hormone Floodgates Affect Mood Disorders

By Moryt Milo

Mental illness has never been a one-size-fits-all neurological disorder, and in women’s health the intersection between hormones and mood can further complicate life.

But it doesn’t have to be that way said Dr. Karen Adams, director at Stanford University School of Medicine for Menopause and Healthy Aging. Understanding major depression, schizophrenia, and bipolar disorder during perimenopause and menopause can help women predisposed or diagnosed with a mental illness get through this transition.

Adams is doubly board-certified in Obstetrics and Gynecology (OB-GYN) and Lifestyle Medicine and is a Menopause Society-certified menopause specialist and expert in sex medicine.

“Perimenopause is a window of vulnerability for both new onset and recurrence of mental health disorders,” Adams said. “During perimenopause, hormonal changes go through unpredictable cycles and hormones are all over the place.”

Perimenopause is when the body is transitioning to menopause, and menopause is when reproduction ends. Moods can

become erratic during this time, and should the individual experience depression or anxiety, menopause hormone therapy (MHT) can help.

In 2018, the first guidelines came out to treat perimenopause depression. The study reported that 45%–68% of women have mood symptoms during this time, which is more than those experiencing premenstrual syndrome (PMS).

Adams said this is because PMS falls during menstrual cycles, but in perimenopause there is no rhythm to the cycles and mood swings can be erratic.

Data culled from the study enabled doctors to develop guidelines for treating perimenopause mood disorders with medication and psychological tools like Cognitive Behavioral Therapy (CBT) and mindfulness techniques.

But this is only one piece of the puzzle. Further research is needed. Once a woman transitions to menopause, Adams said, hormone therapy does little to improve mood.

During menopause, a second peak incidence of schizophrenia can occur, and antipsychotics may need to be adjusted. For

those with bipolar disorder, depression symptoms can increase in late perimenopause and early post menopause.

In her presentation, Dr. Adams focused on the biology and the effect of hormones—estrogen and progesterone—on mental illness. “These impact the brain chemicals,” she said.

In perimenopause, women can review a checklist when experiencing random mood swings, especially if there is prior history of postpartum depression or other pre-existing health issues.

“This is important because at some point during perimenopause or menopause, one in four women will have major depression,” Adams said.

Adams said once through all the transitions and into post menopause, women have a zest.

“And the zest is real,” she said. “Their role at work, their friendships, self-fulfillment, once through it they are happier than they’ve ever been,” Adams said.

To read the complete story, [click here](#).

To watch the presentation, [click here](#).

May Is Mental Health Awareness Month

May is Mental Health Awareness Month. Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. Throughout the month, NAMI actively participates in this national movement, dedicated to eradicating stigma, extending support, fostering public education, and advocating for policies that prioritize the well-being of individuals and families affected by mental illness.

This year, NAMI is celebrating the month with the “Take the Moment” campaign. We urge you to share our resources to support individuals and families on their journey towards mental wellness. Through “Take the Moment,” we shine a spotlight on NAMI’s array of signature programs including NAMI Family-to-Family, NAMI Family & Friends, NAMI Basics, NAMI Homefront, NAMI In Our Own Voice, NAMI Peer-to-Peer,

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Mental Health Month

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NAMI Support Groups and NAMI Helpline, a free, nationwide peer support service providing information, resource referrals, and support to people living with mental health conditions, their family members and caregivers, mental health providers, and the public.

This campaign also champions the importance of destigmatizing mental health by normalizing the practice of taking moments to prioritize mental health care without guilt or shame.

Please visit www.nami.org for more information and ideas you can implement during the month of May. Also, NAMI-SCC participates in many events throughout the month. Constant Contact will be sent out with a list of events.

NAMI Convention 2024 Elevating Mental Health



The 2024 NAMI Convention takes place Tuesday, June 4, through Thursday, June 6, in Denver, Colorado at the Sheraton Downtown Denver Hotel.

Come ready to attend over 50+ engaging sessions exploring important mental health topics and issues that matter most to you. Join dynamic discussions that challenge your thinking and share invaluable knowledge. Be inspired by meaningful moments and leave with new insights, tools, and resources.

If you have a story to share and a passion for mental health awareness, advocacy, and education, there is a spot with your name on it at NAMIcon—whether you are living with a mental health condition, caring for someone who is, a NAMI grassroots leader, a mental health professional, or just starting on your mental health journey.

To register, go to <https://convention.nami.org/en/registration-form?no-cache=true>

NAMI CA Conference 2024

SAVE THE DATE!

OCTOBER
3-4, 2024

NAMI CALIFORNIA 2024 ANNUAL CONFERENCE

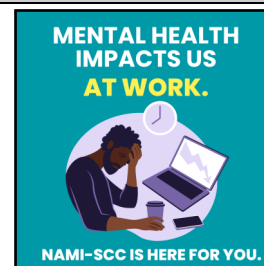
JW MARRIOTT ANAHEIM RESORT



Free Mental Health Presentation for Your Workplace

NAMI-Santa Clara County wants to collaborate with you and your company. NAMI-SCC provides free virtual or in-person presentations for companies and organizations. The presentation discusses mental health stigma, how to conduct mental health conversations with colleagues, resources for Santa Clara County employees and residents, and more.

Sign up today: <https://forms.office.com/r/gYWXZ6PBsY>



Upcoming May 14 General Meeting Dr. Jacob Ballon: Schizophrenia Updates



Dr. Jacob Ballon is our May 14 general meeting presenter. Dr. Ballon will discuss the current pipeline of medications for schizophrenia, focusing on the medications in clinical trials at the Department of Psychiatry at Stanford University. He will touch on the different mechanisms and how that may make for fewer, or at least different, side effect

profiles but also why these medications may work well with existing ones. He will also talk about ongoing clinical trials at

Stanford and how to participate. He will take general questions, as well.

Dr. Ballon, M.D., M.P.H. specializes in the treatment of people with psychotic disorders including schizophrenia. He is the Co-Director of the INSPIRE Clinic at Stanford which provides interdisciplinary care for people experiencing psychosis. He is also the Co-Division Chief for General Adult Psychiatry and Psychology in the Department of Psychiatry. Dr. Ballon completed his residency at Stanford in 2009 and a Schizophrenia Research Fellowship at Columbia University in 2011.

NOTE: Past General Meeting presentations can be viewed by going to our website, www.namisantaclara.org, under News & Events and clicking "General Meetings."

NAMIWalks Silicon Valley 2024 Registration is Live!

By Kristina Alaniz



The starting time is set for NAMIWalks Silicon Valley on Saturday, October 5th, 2024, at History Park in San Jose. But we like to think that the starting line is right here and now. Are you ready to start your fun and rewarding journey with NAMI-SCC?

Take the first step today on the path to hope for all our friends, families, and neighbors as you announce to the community: "I am NAMIWalks."

Together, we will be NAMIWalks Silicon Valley 2024—through our commitment, unity, and laughter leading up to and, of course, on Walk Day.

Remember, NAMIWalks powers the life-changing work of NAMI-Santa Clara County. And NAMI-Santa Clara County powers "Mental Health for All." Registration is live, so sign up for free today. Go to <https://namisantaclara.org/namiwalks-silicon-valley/>

We can't wait to see everyone on October 5th! If you have any questions about this year's NAMIWalks event or are interested in NAMIWalks sponsorship opportunities, please email Kristina Alaniz at kalaniz@namisantaclara.org

IT'S TIME FOR A GOOD OLD-FASHIONED PICNIC IN THE PARK!

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

DATE: Saturday, June 8, 2024

TIME: 11:00 A.M.

**KELLEY
PARK**

Family Circle Picnic Area
1300 Senter Rd, San Jose

Questions? Contact Kristina Alaniz
at kalaniz@namisantaclara.org or
by phone at (408)453-0400 ext.3125

CATERED BARBECUE for your enjoyment!

Check Your Inbox for Your

Evite Invitation

Please **RSVP by Monday, June 3rd** to
confirm your attendance:

OR Scan
this QR code:



Volunteers are needed!

Visit this link to sign up to become a volunteer at this year's picnic:

<https://namiscc.ivolunteer.com/namisccpicnic2024>

Legislative Update: Support SB 1300

By Frank Alioto

Recently, State Senator Dave Cortese introduced SB 1300, a bill that would increase the amount of notice time required when a hospital decides it is going to shut down an essential service it provides to the community it serves. An extended notice would at least give families and counties the opportunity to try and find alternatives for care and transportation to make up for lost local services.

This bill has been presented because of the closure of a critical mental health facility at Good Samaritan Hospital in San Jose and the planned closure of the Regional Medical Center on the East Side of San Jose.

Because of the Good Sam closure, our county lost 9% of the beds needed to treat the specific mental and substance use conditions they were used for. This was done at a time when the corporate owner of the hospital was bragging about near-record income and profits on their website.



The situation is similar but even worse with closure of the Regional Medical Center on the East Side. People will die because of this closure. Emergency cases of all types will now have to go to Valley Medical Center from the East Side increasing an ambulance ride by anywhere from eight to fifteen minutes. For a stroke victim, drug overdose victim, or car accident victim, this can mean the difference between life and death. The closures may be legal, but my Benedictine-based Belmont Abbey University education tells me this is morally wrong. Further, the cost of replacing the lost services will now fall to the taxpayers of Santa Clara County and the State of California.

Note About NAMI-Santa Clara County Board Meetings: NAMI-Santa Clara County's Board of Directors meets ten times per year (except August and December) on the first 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.

NAMI Helpline: A Beacon of Hope




By Jeanette Langdell, Helpline Coordinator

When the **NAMI Helpline** team received a call from a distraught woman named Brianna whose brother was in jail, our Helpline Specialists sprang into action. Complicating matters was that Brianna lives in New York and her brother, with a mental health condition, was in jail in Santa Clara County. She was very concerned about him getting proper health treatment in jail as well as how to support him through the court system. Helpline staff connected her with medical staff at the jail to discuss her brother's health issues and referred her to the county's Office of Family Affairs for assistance in working with the court. Brianna emailed the Helpline staff to say, "Thank you so very much for devoting such love and care into helping me and my brother and families in similar circumstances...It's getting very cold here in NY but right now I'm filled with a wonderful warmth."

The NAMI Helpline team assists thousands of callers like Brianna every year. Our team offers compassionate listening and information on a multitude of mental health resources including:

- Information on NAMI support groups & education classes
- Understanding mental illness and its effect on individuals, families, and friends
- Learning how to access mental health treatment, including no- and low-cost options
- Strategies when a loved one lacks awareness of their illness

- Information on community resources such as legal services, financial assistance, housing, social support and activities, and many more!

 Live Phone Support: 408-453-0400 x1 <i>Mon-Fri 10am-6pm</i> After hours leave voicemail	 Walk-in Hours: 1150 S. Bascom Ave Ste. 24, San Jose, CA 95128 <i>Mon - Fri 10am - 2pm</i>	 Email: info@namisantaclara.org
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Our Helpline Specialists have lived experience with mental illness. Help seekers feel understood—often for the first time—and experience a renewed sense of hope after speaking with someone who really “gets it.”

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

Planned Giving

With a Charitable Remainder Trust, you can leave assets to care for yourself and loved ones with the remainder donated to a charity. While NAMI-SCC doesn't recommend specific financial management services, here's more info: <https://www.fidelitycharitable.org/guidance/philanthropy/charitable-remainder-trusts.html>

MEMBERSHIP/DONATION FORM

Join, renew, and/or donate to NAMI-SCC

I would like to join:

- Individual (\$40)
- Household (\$60)
- Open Door (\$5)
- New Membership
- Renewal Membership

I would like to donate:

- \$50 \$75 \$100 \$250
- Other _____
- In Memory of _____ In Honor of _____

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 by going to "Get Involved/Planned Giving" on our website.

NAMI-SCC welcomes your membership. Memberships are valid for one year.
 Your membership and donations are tax deductible. **Tax ID #94-2430956**

NAMI-Santa Clara County Community Resource &

Support Center

1150 S Bascom Av #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
Walk-ins: 10 A.M.-2 P.M.

To reach our Helpline, call
408-453-0400 Option 1;
 after hours, leave a message

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