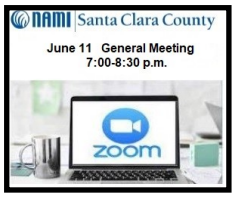


Picnic 1 NAMIICON 2 General Mtg. 2 NAMIWalks 3 Legislation 3 CPP 4

NAMI-Santa Clara County Helpline (408) 453-0400 x1 June 2024

NAMI NEWS
National Alliance on Mental Illness

May 14 General Meeting Recap

Emerging Treatments for Schizophrenia in the Pipeline

By Moryt Milo

After more than 70 years of antipsychotic medications that are mere iterations of earlier discoveries, a door may have cracked open to offer better options for individuals with severe mental illness.

There is much more research to be done, said **Dr. Jacob Ballon**, who specializes in the treatment of individuals with psychotic disorders including schizophrenia and is Co-Director of the INSPIRE Clinic at Stanford. But he is excited about new medications that take a different approach to treating psychosis. Medications that could reduce side effects like weight gain, drowsiness, & involuntary movements.

Dr. Ballon describes himself as a holistic thinker, looking beyond each mechanism in the brain. He prefers to look at the entire system through a broader lens.

"We lose sight of what is the big picture and start to view psychiatry as raising one receptor and decreasing another to get the answer," he said. "That approach to psychopharmacology has never resonated with me.... It's not how I think."

Today, all the medications on the market work through the dopamine D2 receptor. That's about it, he said. Everything else is a variant of that.

It doesn't mean that generics don't have a role or that everyone should be on newer medications, especially if the person is doing well. But long-term, better medications without the current array of serious side effects must be developed.

New medications use different mechanisms that aren't focusing on dopamine receptors. They could be the next generation of antipsychotics.

Ballon explains these new drugs simply said if a person has a severe headache and takes a Tylenol but the headache doesn't go away. Then the person adds some ibuprofen. Each medication works differently but similar enough to be synergistic and the headache subsides.

This may be how a new crop of drugs works. It doesn't focus on dopamine receptors but on different mechanisms like one called muscarinic agonism. This drug has antipsychotic properties that reduce psychosis. And this novel approach does not cause weight gain. The new drug, developed under the name KarXT, is slated to receive FDA approval by year's end.

Stanford will start trials soon after it comes to market. The trial will look at KarXT as an adjunct medicine with an antipsychotic. Those interested in the trial will be individuals whose symptoms are stable but not where they would like them to be.

"At the end of the day, the [dopamine] D2 receptors is giving the most bang for the buck," Ballon said. But neuropsychiatry needs to take treatment to the next level. Ballon hopes some of these newer drugs working in tandem with what already exists can make that happen.

To read the complete story, ***click here****.*

To watch Dr. Ballon's talk, ***click here****.*

Click these links to learn more about the ***INSPIRE*** *Clinic and its* ***clinical trials.***

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:

NAMI Santa Clara County Annual 2024 PICNIC

Volunteers are needed!

Visit this link to sign up to become a volunteer at this year's picnic:
https://namiscc.ivolunteer.com/namisccpicnic2024

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.

Attend 50+ sessions exploring important mental health topics. Join 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

NAMI California invites you to the 2024 in-person Annual Conference! This year, join us in Anaheim, California, at the JW Marriott on October 3-4. Listen, learn, network, and be united under our goal of reducing the stigma of mental illness.

For more information and to register, go to: **https://namica.org/2024-nami-california-annual-conference/**

Life-Income Gifts

If you want to support NAMI-SCC and create lifetime income for yourself and/or someone else, consider a charitable gift annuity. Now is a great time for this unique planning option as gift annuity rates have increased: **What is a Charitable Gift Annuity? | Fidelity Charitable**

Community Advisory Council Luncheon

On April 7, the NAMI-Santa Clara County Community Advisory Council gathered for a luncheon at Michael's Restaurant in Mountain View. In addition to the council members, attendees included current/former NAMI-SCC board members and some staff. NAMI-SCC Executive Director Rovina Nimbalkar set the tone of the event by expressing gratitude for the NAMI-SCC community. Board President Uday Kapoor then introduced the keynote speaker for the event, County Executive of the County of Santa Clara**, James Williams**. Williams delivered an inspiring and informative address to the luncheon attendees. Afterwards, Moryt Milo, a Board Vice President, led a discussion about NAMI-SCC matters and the community's mental health.

Thank you, NAMI-SCC Community Advisory Council and James Williams, for your advocacy and dedication!

Group photo of all CAC luncheon attendees on the deck at Michael's Restaurant

Upcoming June 11 General Meeting
Dr. Katherine Taylor: Ask the Doctor

Dr. Katherine Taylor is our June 11 "Ask the Doctor" general meeting presenter. Before she delves into your questions, Dr. Taylor will review recent trends in acute psychiatry being seen at El Camino Hospital. She will discuss the importance of awareness and education regarding the potential mental health risks associated with cannabis and methamphetamine use. She will highlight treatment interventions that continue to expand and the opportunities for enhanced care for mental health challenges.

Dr. Katherine Taylor is the Interim Medical Director for Mental Health and Addiction Services at El Camino Hospital. She has been with ECH Medical Staff since 2007, fulfilling various leadership roles including Department Chief and Vice-Chief, Chair of the Physician Health and Wellbeing Committee, and Chair of the ECT Committee. She has held directorship roles for the Brain Stimulation, Older Adults Transitions (OATS), and the Eating Disorders programs.

In 1993, Dr. Taylor received her Bachelor's degree from Princeton University with honors in Chemistry. She was awarded a Welcome Trust Prize Studentship to study at the University of Oxford, where her focus was on immunology and received her MSc from the Sir William Dunn School of Pathology in 1996. She turned stateside and earned her M.D. from Stanford Medical School, and completed her adult residency in psychiatry at Stanford in 2006, with an advanced focus on inpatient psychiatry. She worked as a Clinical Instructor and Attending on the Consult-Liaison, Inpatient, and ECT services at Stanford before moving to El Camino Health full-time.

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
Events Coordinator

The starting time is set for NAMIWalks Silicon Valley on Saturday, October 5, 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 5! 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**

NAMI Education Programs

Ongoing NAMI-SCC Classes!

All Classes are Free

Please contact NAMI Helpline: 408-453-0400, Option #1.

After hours, leave a message.

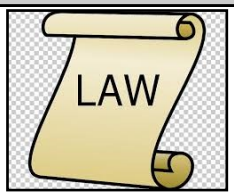
M-F, 10am-6pm

Walk-ins, 10am –2pm

- **Family to Family** is a 9-week course for family members who have an adult loved one (age 18 and over) with a mental health condition. Classes are being offered in English, Spanish, Mandarin, and Korean.
- **Peer-to-Peer** is a 9-week experiential course focusing on recovery for individuals 18 and over. Classes are being offered in English and Spanish.
- **Basics** is a 6-week course for parents and caregivers of children and adolescents 17 and under. The course covers issues frequently faced by families dealing with a child or teen with mental illness, including how to advocate for them.
- **Homefront** is a 6-week educational course specifically for loved ones of military service members and veterans who experience symptoms of a mental health condition.
- **Provider Class** is a 5-week course for professionals who work with clients who have a mental illness.

Legislative Update

By Frank Alioto



The reality of Proposition 1…. It is time to keep our eyes open. Proposition 1 passed by the narrowest of margins and whether that is a boon or boondoggle remains to be seen.

What is certain is that California faces an enormous budget deficit and crises continues to worsen. The deficit has increased from 38 billion dollars to 56 billion dollars, according to our state government. Credible nongovernment financial folks say the hole is deeper at 73 billion. Further, right now California leads the nation in deficit spending with nineteen cents of every dollar spent by the state adding to the deficit.

Thankfully, Governor Newsom has stated that no cuts will be made in mental health programs and social betterment programs. At NAMI-Santa Clara County, we are certainly thankful for that.

We are also realists and understand that Proposition 1 passed by the very smallest of margins and is poorly constructed, making it easy for bureaucrats to utilize funds that do not maximize their value for the mental health community the money is intended to serve.

I ask our NAMI members to keep alert to help assure that Proposition 1 spending goes to those it was intended to help and not wind up elsewhere because financial times are tough in 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.

Being A Peer Mentor in NAMI-SCC's Community Peer Program

By Stephani Rideau

Volunteering for NAMI and becoming a Peer Mentor in NAMI-SCC's Community Peer Program (CPP) has literally changed my life. NAMI created the CPP "for people living with a mental health condition who want to maintain wellness and recovery through mentorship from a peer who has walked in their shoes." It warms my heart when I feel I'm making a difference in someone's life because of my own mental health struggles. It's kind of like the pain from my struggles is worth it because I'm in recovery and give hope to others that recovery is possible.

The Community Peer Program is a four-month program. Peer Mentors and their participants meet once a week for 1-3 hours and have two phone conversations for 15-30 minutes each time. When I have a new participant, I ask her to think about places she'd like to meet. It's important to me that the meeting location is her choice at the beginning of the program. The participant selects a location that she's familiar with and comfortable meeting me at, which is the first step in building trust. I also feel it's important to spend the first meeting listening to the participant share a little about her life. Again, whatever she's comfortable with. Sometimes walking around a park for an hour or sipping coffee or tea is enough for the participant for the first meeting. Usually, the first few meetings we meet for 1 to 1 1/2 hours and by the third meeting we begin to focus on S.M.A.R.T. goals—goals that are short-term and measurable, attainable, and done within a specified time. For example, if a participant doesn't think eating is important but wants to change her eating habits, I ask questions like: What and where does she eat? Does she watch TV while eating? We create goals based on her responses. A goal for this participant might be sitting and eating at her kitchen table for 15-30 minutes 4 nights a week. After a couple of meetings and determining how I, and NAMI resources, can support her for the four months of the program, I suggest attending a group to learn more about recovery. I've met participants at Recovery Cafe and walked over to MLK library for a tour. Personally, I feel it's important to attempt to do something uplifting, if my participant is up to it, after going to a support group.

Throughout the program, we also practice coping skills. These skills, which might also be considered self-care, could include mindfulness, using positive affirmations, listening to music, or going for a walk in a park. We let our participants know we are also learning throughout the program. I had a participant that wanted to learn how to cope with cognitive distortions. I researched cognitive distortions and practiced coping skills with my participant each time we met. I felt that by practicing coping skills for a negative situation that might or might not happen created bad energy for her. She was determined to learn coping skills because she was focused on being treated badly when she returned to an environment that was partially responsible for her hospitalization. I asked her to think about what she would do if she was approached with a smile, a hug, and a welcome back. She thought about this for a few seconds and smiled. This is what warms my heart and makes being a Peer Mentor worthwhile!

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

Board of Directors
Uday Kapoor
Vic Ojakian
Beverly Lozoff
Juan Perez
Frank Alioto
Moryt Milo
Steven Wade
Peter Newman
Karen Deloumi
Jillian Wang
Dolly Sandoval

Newsletter Staff
Bev, Moryt, Tiffany, Donna-Jo

Follow NAMI-SCC on Social Media!