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NAMI-Santa Clara County



Helpline (408) 453-0400 x1

July / August 2024



nami
National Alliance on Mental Illness

NEWS

June 11 General Meeting Recap “Ask the Doctor”

By Moryt Milo

One of NAMI-SCC’s most popular general meetings is “Ask the Doctor”.

Dr. Katherine Taylor, Interim Medical Director for Mental Health and Addiction Services at El Camino Hospital, addressed a range of questions that included various treatments and diagnoses, autism spectrum later in life, dual diagnoses, the increase in psychosis due to cannabis use and much more.

She said the pandemic has brought mental illness to the forefront. More people are talking about it, experiencing it, and need help. Dr. Taylor provided a wealth of insight discussing various options.

Below is an edited sample of questions Dr. Taylor addressed during the June general meeting.

• **Can ADHD medications cause psychosis?**

ADHD or Attention-deficit/hyperactivity disorder is a medical condition. It can cause hyperactivity & impulsive behavior. During the pandemic the drug Adderall

used to treat the disorder was in short supply.

KT: ADHD can cause psychosis and it’s something that needs to be watched. She said it’s the prescriber’s responsibility to monitor a stimulant and watch the patient carefully, making sure they are not developing symptoms. Should this occur the individual needs to stop taking the medication. There are alternatives.

• **What happens with patients that have cannabis withdrawal?**

KT: The patients usually become very anxious. Medications are given to reduce agitation and anxiety like the antipsychotic Seroquel. Most of the patients seen on the floor are agitated from lack of sleep, because they have been using it to help them sleep.

• **My son received a diagnosed of schizophrenia from two doctors and each visit was only 15 minutes.**

I am always uncomfortable with the idea of someone diagnosing an individual in 15

minutes without doing a full history. You may suspect where things are going depending on the length of time. But if someone has psychotic symptoms for a month, you can’t officially diagnose someone with schizophrenia — you can’t use that label. There are specific characteristics and time periods to diagnose. This is a big diagnosis, and families need support and time to digest it. Families need to know what to expect in three, five, ten years. Families and patients need to be working with someone they can trust.

Dr. Taylor said there is reason to be optimistic about the future even when a family receives a difficult diagnosis.

“There is a lot of hope,” she said. “There are a lot of medications...treatment options and sometimes it just involves holding on and doing the treatment and getting to the other end.”

To watch the ‘Ask the Doctor’ YouTube presentation [click here](#).

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

Bay Area Affiliate’s Multicultural Symposium

On Thursday, July 11, NAMI Santa Clara County will be hosting the “Bay Area Affiliate’s Multicultural Symposium” in collaboration with NAMI California, sponsored by Kaiser Permanente.

This will take place at Michael's @ Shoreline Golf Links, from 10:00 A.M.-2:00 P.M. This year's theme is "Bringing Equity and Mental Health to Minority Communities"

The event Keynote Speaker is Tara Sreekrishnan, who serves on the SCC Board of Education. Four other distinguished speakers will be at the event: Dr. Miguel Valencia (from Gardener Health Services), Naliah Kelley (facilitator of NAMI Connections), Amia Nash (from Eating Disorders Resource Center (EDRC)), and NAMI SCC very own Erika Alvarez Hernandez (from NAMI en Español). Each speaker has an important role in the mental health community.

The event is sold out and will not be livestreamed. However, if you'd like to be added to the **waitlist**, please fill out this form: <https://forms.office.com/r/cWCKAhSQhE> Someone will reach out to you if you are selected from the waitlist.



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.

The Keynote Speakers are Kendall Toole and Dr. Xavier Amador, author of 9 books, including the bestseller "I Am Not Sick, I Don't Need Help!" To Learn More and to register, go to: <https://namica.org/2024-nami-california-annual-conference/>

Neighborhood Hands

San Jose-based 501c3 startup, **Neighborhood Hands** connects unhoused people with the neighborhood through cleaning unmaintained city parks. To find out more about operating every other Saturday at Guadalupe Gardens for program dates and details, email info@grpg.org, located at 438 Coleman Av. 95110, or call 408-298-7657), the pilot program is currently attracting ~110 unhoused and very low-income participants, 27 volunteers, and 8 community partners from the nonprofit, private, and public sectors (including the City of San Jose's Cash For Trash program) every program occurrence.

Through a no-barrier "party-in-the-park" resource fair, Neighborhood Hands' community-based homeless outreach model provides highly efficient and comfortable connection for a wide range of stakeholders battling the homeless crisis: unhoused neighbors, service providers, resource groups, corporations, elected officials, unhoused advocates, volunteer groups, and more. We are always looking for additional community partners to table at our bi-weekly events.

NAMICon 2024

By Barbara Thompson

NAMICon 2024 was held in Denver with the theme of "Elevating Mental Health". My favorite talk was by Patrick Kennedy. He is the author of the bill that established mental health parity for insurance companies in this country. Since introducing that bill he has worked tirelessly to insure that mental health is recognized and acknowledged. His vision for the future is to reorganize the ways we view mental health. Federal dollars are spent in a variety of different silos-mental health research, mental health medical issues, homelessness, housing, substance abuse, etc. Patrick's view is that if all that money was lumped into one pot it would be more efficiently spent and mental health would receive the focus that it is due.

Planned Giving of Retirement Plans & Life Insurance

Please consider NAMI as beneficiary of your life insurance policies or unused retirement assets. These can include individual retirement accounts (IRAs), 401(k)s, 403(b)s, or pensions. These types of planned gifts are a good option for donors who have paid up policies or retirement accounts that they won't use up. Gifting retirement accounts & life insurance policies can be tax-free.



Celebrating Community NAMI-SCC Annual Picnic



Under the warm embrace of a sunny South Bay sky, the NAMI Santa Clara County Annual Picnic welcomed over 175 attendees to a day filled with joy, connection, and shared experiences.

Families, friends, and community members gathered at Family Circle in Kelley Park, enjoying the opportunity to catch up with familiar faces and forge new friendships.

Special THANK YOU goes out to the following local businesses and supporters for their generous donations to the event which included an array of enticing raffle prizes; Neon-Bear Woodworks, LeYou Restaurant, The Tech Innovative. Congratulations to all of our winners!

A highlight of the day was the revival of the beloved egg toss game, masterfully organized by Lilly and Mike Henning. This nostalgic activity sparked friendly competition and brought smiles to those who remember this from picnic past and to those who played for the first time!

Reflecting on the day, organizers and attendees alike expressed gratitude for the opportunity to come together in such a positive and supportive environment. "Our annual picnic is more than just a gathering, it is a symbol of solidarity and hope," remarked Rovina Nimbalkar, encapsulating the sentiment shared by many.

NAMIWalks Silicon Valley 2024 Registration Is Live!

By Kristina Alaniz
Events Coordinator



About a hundred days away till the big day and we're just over a quarter of the way to our \$300,000 goal! So far we have 45 participants and 12 teams---it's time to add your name to the list! Rally your fellow team members, reach out to your team captain, or be your own leader! Registration is live, so sign up for free today at the event website:

<https://namisantaclara.org/namiwalks-silicon-valley/>

We are proud to announce that this year's Honorary Chairwoman is Anna Lembke, MD. Dr. Lembke is professor of psychiatry at Stanford University School of Medicine and chief of the Stanford Addiction Medicine Dual Diagnosis Clinic. You can read more about Dr. Lembke [here](#).

Do you wish to be a part of the planning process? Do you want to sponsor the big day? The NAMIWalks Silicon Valley Planning Committee works to raise funds, develop sponsorship opportunities, and plan several events before and on walk day. If you have any questions about this year's event, wish to join the committee, or are interested in sponsorship opportunities, please email Kristina Alaniz, at kalaniz@namisantaclara.org

"Help NAMIWalks Silicon Valley Find Sponsors!"

Do you know a business or family that may be the perfect sponsor for NAMIWalks Silicon Valley?

We would love to hear your suggestions and interests.

Please submit your suggestions for sponsors here: <https://shorturl.at/nnVin>

Do you want to be a sponsor for NAMIWalks Silicon Valley?

Please submit your interest to become a NAMIWalks Silicon Valley sponsor here: <https://shorturl.at/j6AuS>

Family sponsors can get a custom-made logo (made by us), which will be used in promotional and honorable mentions related to the walk. You can use this logo for personal use - it could be perfect for your holiday cards!

Join the movement for Mental Health for All! Become a sponsor.

Thank You to Our Donors



NAMI-Santa Clara County is grateful to our many supporters for their continuing generosity. In the last five months, we received the following grants.

These grants allow us to continue

providing a wide range of programs to the public free of charge.

If you know of any organizations that might be interested in funding our programs, please email our Executive Director, Rovina Nimbalkar, at mimbalkar@namisantaclara.org

- ◆ El Camino Healthcare District: \$50,000
- ◆ Valley Foundation \$100,000
- ◆ Kaiser Permanente Northern California Community Benefit Programs. \$50,000
- ◆ John & Marcia Goldman Foundation \$20,000
- ◆ City of Palo Alto \$10,000
- ◆ Ayco Charitable Foundation \$10,000

Adult Mental Health First Aid Training

The Behavioral Health Services' Cultural Communities Wellness Program (CCWP) is offering the Adult Mental Health First Aid training on July 16 & 17, 2024. Participants will learn to identify, understand, and respond to signs of mental illnesses and substance use disorders. Training attendees are required to attend both days of class to complete the course and receive a certificate. This training is free of charge providing to anyone living or working in the County of Santa Clara as it is funded by Mental Health Services Act (MHSA).

Contact peggy.cho@hhs.sccgov.org for registration.

DATE: July 16 & July 17
DAY: Tuesday and Wednesday
TIME: 12:30 ~ 4:30 P.M.
LOCATION: 1075 E Santa Clara St, 2nd Floor SJ
Training Rm 3 or Oak Room

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 Education Programs

Educate Yourself

Equip yourself with information, skills training and support and learn to live a fulfilling life when you or your loved one is diagnosed with mental illness.

Learn More visit <https://namisantaclara.org/classes/classes-2/>

Family'n Friends



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.
- ◆ **Community Peer Program** is up to four (4) months a Peer will provide support to the Participant through calls and check-ins, goal setting, resource referral, and more.

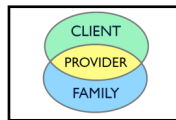
NAMI Provider Education Program

Free Based Provider Course
Starting Friday, July 12, 2024

Presented by NAMI-Santa Clara County with a collaborative team consisting of consumers, family members, and mental health professionals (providers). This course is an innovative approach using an interactive format especially developed for providers of mental health services throughout the country.

Target Audience: Mental health and AOD professionals, paraprofessionals, case managers, residential caregivers, front office staff, RNs, psychologists, outreach workers, vocational and job counselors, psychiatrists, and all others serving individuals with serious mental illnesses and their families.

Preregistration is required.



Goals and Objectives

- ◆ Gain a working understanding of the bio-psycho-social model of collaborative treatment
- ◆ Gain insight into the lived experience of mental illness
- ◆ Have a working understanding of adaptation to diagnosis, medication, and treatment
- ◆ Gain an appreciation of the positive outcomes of team collaboration where consumers, family members, and professionals work together

WHEN: 5 consecutive Friday mornings (9 A.M.~Noon)
July 12, through Aug. 9

CONTACT: **Greg Osborn**, Program Coordinator
providercourse@namisantaclara.org

NAMI-SCC Picnic Photos



"IT'S O.K. TO NOT BE O.K., AND IT'S O.K. TO TALK ABOUT IT."

-Nami Osaka

Follow Us on Social Media!

