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

NAMI NEWS

National Alliance on Mental Illness

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Resources

ECT: An Option for Depression

By Moryt Milo

The situation was dire. Mark had been hospitalized 7 times for acute psychiatric care. Several times were due to severe reactions to medication, one time for trying to take his life, others for suicidal ideation. He tried Transcranial Magnetic Stimulation (TMS) for depression. It failed. He went to multiple psychiatrists who ran the gamut of medications. Nothing worked.

He and his wife were desperate. His wife said, "His psychiatrist looked at Mark and said, 'I don't know what else to do. I have gone through pretty much the whole repertoire of medications I am familiar with, and nothing is working. I am starting to think you are medication resistant.'" Then the doctor said, 'The only thing I think might work is ECT (electroconvulsive therapy) because it reboots your brain.'"

Mark was game. His wife was hesitant. The treatment sounded scary. She is not alone in being apprehensive. Doctors at El Camino, Stanford, and UCSF hospitals said stigma is one of the barriers that prevents people who are severely depressed or treatment resistant from receiving ECT.

Although California has the strictest regulations in the nation, Stanford psychiatrist Dr. Mahendra Bhati said the public has been misguided.

"ECT was first performed around the [late 1930s] at about the same time people were being executed for capital crimes in the electric chair. So that's where the stigma comes from," Bhati, the founding chief of Interventional Psychiatry at Stanford, said. "People associated electric shock with being punished or treated like a criminal. No one thought of it as therapeutic intervention."

Electroconvulsive therapy, or ECT, attaches electrodes to your scalp to deliver electric current to precise areas of your brain, to induce a therapeutic seizure, which reduces symptoms of mental illness. The patient is given anesthesia prior to the procedure and a stimulus is given to trigger a seizure which can last 30-120 seconds, according to Dr. Descartes Li at UCSF. The individual is awakened after 5-10 minutes and taken into post anesthesia care. The patient receives a series of treatments over a period of months.

Dr. Katherine Taylor, Chief Medical Officer of Mental Health & Addiction Services at El Camino Health, who works with Mark, said it's not about how the seizure is working, it's the way the brain shuts off the seizure.

"ECT resets part of the brain," she said. "It helps with neuroplasticity, making new connections in the brain. It enables the brain to heal itself more."

Taylor said that her patients' remission rates are usually between 50% to 60% and even higher when patients stay on a maintenance plan of ongoing treatments and take medication.

Mark's wife said her husband's short-term memory has been affected by ongoing treatments. But the side effect is the trade-off for not losing her husband, she said.

"I truly believe because we tried everything before, ECT saved Mark's life," his wife said.

To learn more about ECT at El Camino, ***click here.***

To learn more about ECT at Stanford, ***click here.***

To learn more about ECT, you can view Dr. Li's ***series of YouTube*** *videos.*

NAMIWalks Silicon Valley 2024 Is Almost Here!

NAMIWalks Silicon Valley 2024 takes place on Saturday, October 5 at History Park, 635 Phelan Av, San Jose.

To register, go to **https://namiwalks.org/siliconvalley**

To volunteer, go to **https://namiscc.ivolunteer.com/event_008**

See page 3 for more details.

Mental Illness Awareness Week (MIAW) Oct. 6-12

Everyone is impacted by mental health conditions—including the friends, family, and coworkers who don't live with a mental health condition themselves. One in five adults in the U.S. experiences a mental health condition each year, which impacts those who know and love them.

Since 1990, Americans have celebrated the first full week of October as Mental Illness Awareness Week after the National Alliance on Mental Illness (NAMI) lobbied Congress to create this critical awareness event. This year, Mental Illness Awareness Week is October 6 –12 and World Mental Health Day is October 10.

NAMI believes that mental health conditions are important to discuss all year, and we are thrilled to participate in a global conversation during this awareness week. This year, alongside the World Federation for Mental Health (the founders of World Mental Health Day), we are recognizing the importance of prioritizing mental health in the workplace.

This year's theme for Mental Illness Awareness Week and World Mental Health Day is **"My Mental Health at Work."** From October 6–12, NAMI plans to highlight how our mental health is impacted by our workplace cultures. In our new resources, employers can find practical tips about how to better support their staff. Meanwhile, employees can learn about the resources available to them and how to advocate for mental health support at work.

We encourage you to join us in promoting mental wellness at work throughout Mental Illness Awareness Week, and especially on October 10, World Mental Health Day.

- Tuesday, Oct. 8: National Day of Prayer for Mental Illness Recovery and Understanding
- Thursday, Oct. 10: National Depression Screening Day

Planned Giving

Are you scheduled to receive a Required Minimum Distribution (RMD) from a retirement account (IRA) that may significantly increase your tax liability? Please consider a Qualified Charitable Distribution (QCD) to NAMI-SCC. While NAMI can't recommend specific financial brokers, learn more at this website: **Reducing RMDs with QCDs | Charles Schwab**

September 10 General Meeting Recap "NAMI-SCC Helpline"

On September 10, Jeanette Langdell, Helpline Coordinator at NAMI-SCC, educated our audience about our NAMI Helpline. Here are the highlights of her presentation. You can also watch the video at **https://www.youtube.com/watch?v=pnyr2BNL0yQ**

- Why it's called "Helpline"
- All team members have "lived experience" with mental illness so can offer compassionate support (two team members shared their own experience).
- There were about 3,000 calls/visits in 2023.
- About 50% calls/visits are from families with concerns about a loved one, about 40% from individuals with a mental health condition.
- Top concerns/questions: treatment, NAMI programs, legal, housing

The Helpline is available M-F 10 A.M.–6 P.M. Call (408) 453-0400 x 1; in-person support M–F 10–2 at our office.

NAMI CA Conference 2024

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

The Keynote Speakers are Kendall Toole and Dr. Xavier Amador, author of nine 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/**

Public Comment on Clozapine

There is an Advisory Committee hearing with the FDA on the drug Clozapine. This is an anti-psychotic given to individuals who are often treatment resistant to other medications. The drug is used to treat schizophrenia. The medication is very strictly monitored. If you have a loved one taking clozapine and have had difficulties with medication management, consider sending public comment before November 19 to Federal eRulemaking Portal: **https://www.regulations.gov**. The committee is looking to minimize burden on patients while maintaining safe use of clozapine. For more info, go to: **https://www.fda.gov/advisory-committees/advisory-committee-calendar/november-19-2024-joint-meeting-drug-safety-and-risk-management-advisory-committee-and**

"You are not alone in your journey towards better mental health."

NOTE: Our general meeting schedule has changed: Our general meetings will take place from 7-8:30 P.M. on the second Tuesday of the following months: September, November, February, April, and **June.** Past General Meeting presentations can be viewed by going to our website, **www.namisantaclara.org,** under News & Events and clicking "General Meetings."

It's Not too Late to Join Us for NAMIWalks on October 5!

By Kristina Alaniz
Events Coordinator

On Saturday, October 5, you are invited to join NAMIWalks Silicon Valley in support of the national movement to bring communities together to Walk for Mental Health.

NAMIWalks Silicon Valley is more than just a walk; it's a vibrant celebration that brings together individuals, families, and communities to raise awareness for mental health & raise funds for NAMI's life-changing programs.

NAMIWalks Silicon Valley is a walk with no finish line, only countless new beginnings for the people we serve. By participating in NAMIWalks Silicon Valley, you'll contribute to a cause that provides hope, resources, and a sense of belonging to those who need it the most free of cost.

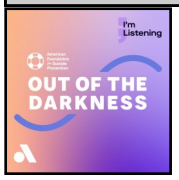
Our Keynote Speaker is Dr. Mary Ann Dewan, Santa Clara County Superintendent of Schools, a celebrated statewide leader in inclusive education, who has dedicated 37 years to public education. Recognized for her youth-focused work and commitment to serving the community, Dr. Dewan is passionate about diversity, inclusion, & social justice. She strives to promote equity-focused system change at local, county, and state levels.

Our Honorary Chair is Dr. Anna Lembke, MD, professor of psychiatry at Stanford University School of Medicine and chief of the Stanford Addiction Medicine Dual Diagnosis Clinic. A clinician scholar, she is the author of more than a hundred peer-reviewed publications, has testified before the U.S. House of Representatives and Senate, has served as an expert witness in federal and state opioid litigation, and is an internationally recognized leader in addiction medicine treatment and education.

WHEN: October 5, 2024 ~ 8 A.M.–1 P.M.
WHERE: History Park, 635 Phelan Ave. San Jose, CA 95112
Register for FREE now!

If you are interested in volunteering at NAMIWalks Silicon Valley, please sign up below and you will receive a NAMIWalks Silicon Valley Volunteer T-shirt. Go to **https://namiscc.ivolunteer.com/event_008**

Suicide Prevention Out of the Darkness South Bay Walk



WHEN: October 26; Check-in at 9 A.M.; Walk starts at 10 A.M.
WHERE: Arena Green West in San Jose

Visit the website for details about the event:

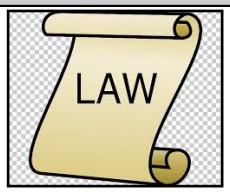
https://supporting.afsp.org/index.cfm?fuseaction=cms.page&id=2065&_gl=1*zgp6gn*_gcl_au*NDAwNTQzODcyLjE3MTk5NTkwODY.*_ga*MzAwMDgxMTAxLjE2ODkwMTMxNzY.*_ga_44VZZG2H84*MTcyMjQ0NzE2OC44LjAuMTcyMjQ0NzE2OC42MC4wLjA

Passing of Cheryl Buxbaum

We have learned some sad news about the Buxbaum family. Cheryl Buxbaum passed away in early July after a long-term physical health issue. She was the daughter of Cole and Rita Buxbaum who preceded her in death.

The Buxbaum family had been involved with NAMI-Santa Clara County since the 1990s as volunteers. May they rest in peace…

It's Time to Toughen Up



On August 20 a year ago, Hospital Corporation of America (HCA) closed the inpatient psychiatric facility at Mission Oaks, sparking demonstrations and lots of media coverage. It also sent families scrambling to find alternative locations for such care as provided by Mission Oaks when it might be needed by loved ones with mental health challenges made worse by drug and substance abuse challenges.

The situation prompted Senator Dave Cortese to introduce Senate Bill 1300 which mandates that hospitals provide extended notice when canceling a medical service it provides. This allows families more time to find replacement services for their loved ones. The bill has passed through both houses of the California legislature and sits on the Governor's desk awaiting his signature.

More recently, HCA announced it was discontinuing and/or reducing and downgrading services at the Regional Medical Center on the East Side of San Jose. This resulted in angry demonstrations by residents and the purchase of the hospital by Santa Clara County.

Currently, HCA is waiting for permits to build an office tower in excess of 200,000 square feet of space for medical offices and services next to Good Sam. This will be accompanied by a multistory parking garage.

This is a huge money maker for HCA, the city of San Jose, and Santa Clara County. HCA will make money from rents, parking, and services provided to some of the wealthiest towns, cities, and people in the U.S., and Santa Clara County and its towns and cities will harvest the taxes.

It sure sounds good to me...except that there is no mention anywhere that any of the expected income will be used to reinstate the discontinued mental health programs at Good Samaritan Hospital.

It is now time for the San Jose City Council and our County Supervisors to toughen up with HCA. They must withhold all development permits on the Good Samaritan project until HCA agrees to reinstate those services permanently—no ifs, ands, or buts.

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.

CACITA
CALIFORNIA CRISIS INTERVENTION TRAINING ASSOCIATION

REGISTRATION OPEN

* CLICK THE LINK BELOW TO REGISTER *

California Crisis Intervention Training Association
Statewide Training Update

OCTOBER 30, 2024
8:30 am - 5:00 pm

LOCATION: CORONADO COMMUNITY ROOM, 1845 STRAND WAY
CORONADO, CA 92118

COST: $75 INCLUDES LUNCH

POST APPROVAL OF THIS COURSE IS PENDING

CARE COURT UPDATES
Representatives from Multiple Counties

5150 and The Impact on Expanding Criteria
Emergency Rooms; Crisis Stabilization Units
Homeless and Mobile Crisis Outreach Teams

School Threats: Keeping our Children and Teachers Safe
San Diego County Law Enforcement Coordination Center
San Diego County District Attorney Office

REGISTRATION LINK: California Crisis Intervention Training Association Statewide Training Update Tickets| Eventbrite

FOR ADDITIONAL INFORMATION: Visit our Website www.Cacita.org or Contact Chris Roup at Chris.Roup@crptinc.org

Disability Awareness Day

16th Annual

DISABILITY AWARENESS DAY 2024

Thursday, October 10, 2024 | 10 am - 1 pm

San José City Hall Rotunda & Plaza
200 E. Santa Clara Street, San José, CA 95113

Join us for a celebration dedicated to fostering an inclusive and supportive community! This free event will feature a wide range of opportunities in employment, education, and recreation ensuring everyone has access to resources and activities that promote empowerment and inclusion.

Scan or visit bit.ly/CSJDAD for more info

ODA Office of Disability Affairs | VICE MAYOR ROSEMARY KAMEI CITY of SAN JOSE | CITY OF SAN JOSE CAPITAL OF SILICON VALLEY | COUNCILMEMBER PAM FOLEY CITY OF SAN JOSE | SAN ANDREAS REGIONAL CENTER

ASL interpreters will be present. Other accommodations and multi-language interpretation are available upon request; providing at least 7 days notice will help to ensure availability. Please contact: Raania Mohsen via email at raania.mohsen@sanjoseca.gov or phone at (408) 535-8147 or 711(TTY).

For Electronic Distribution Only *Paid for by the City of San José*

For more information please contact alex.dersh@sanjoseca.gov or (408) 535-4901

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
info@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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