

Kyle's Story

"Taking the NAMI Peer to Peer class opened a new world for me. It was a crucial step in my path of recovery in which I found the support of peers essential for progress. It worked to dispel the stigma I had inherited from our culture about my own condition. I learned from the experience of others and got inspiration, motivation and acceptance. I finally both knew and felt that I wasn't alone in this type of suffering. In the class I was able to both develop a deeper understanding about mental health and acquire practical skills, all in an environment of mutual support, curiosity, generosity and respect. This educational experience marked a turning point in the course of my life, one that complimented and enhanced my medical treatment and brought a much-needed hope to myself and those around me."

Kyle - NAMI FaithNet Presenter



TESTIMONIALS from our peers and family members clearly express the core values of NAMI-Santa Clara County: **Hope, Empowerment, Support and Advocacy.**

With help from friends like you, the National Alliance on Mental Illness-Santa Clara County (NAMI-SCC) has been dedicated to serving the community through education, support, and advocacy for over 40 years.

Research shows that 1 in 5 people are currently living with a serious mental health condition. It is likely that you have a friend, family member, or colleague who is experiencing a mental health challenge. Show them that you care by donating to NAMI-SCC. With your donation, NAMI-SCC can continue its mission of helping people find wellness and recovery.

Last year, NAMI-SCC served 9,700 people through educational courses, community presentations, warmline assistance, peer support, and support groups. In keeping with NAMI's belief that cost must never be a barrier to increased knowledge and improved quality of life, we charge no fees for our programs, training courses or support efforts.

However, we cannot do it alone. Please consider giving to NAMI-SCC this holiday season. Your generous gift will directly support all of our signature programs, as well as help people in our community find wellness and recovery.

Any amount will help.

Your donation is appreciated and will be used to support our friends, family members, colleagues, and neighbors right here in Santa Clara County.

With Deep Gratitude:

Kathy Forward
Executive Director

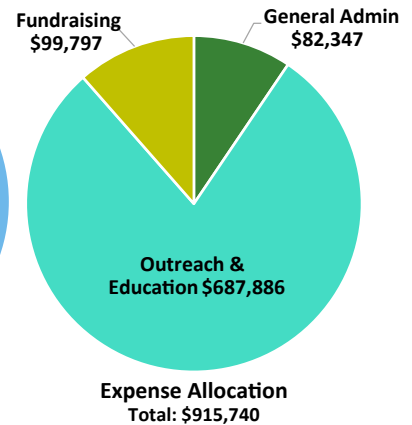
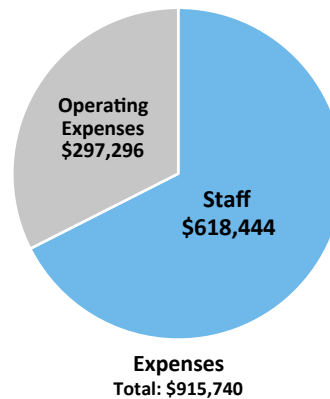
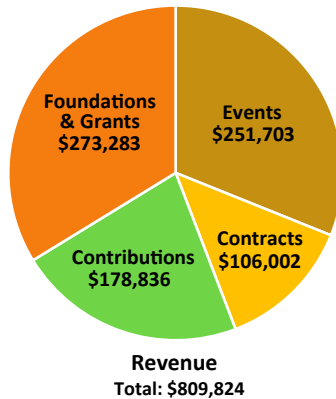
Victor Ojakian
Co-President

Beverly Lozoff
Co-President

Our Mission

The mission and values of NAMI-Santa Clara County are to help people with a lived experience of mental illness and families by providing support, education and advocacy; to promote research; to reduce stigma and discrimination in the community; and to improve services by working with health professionals and families.

2018 Budget



Significant Statistics

- Population served: Santa Clara County
- Staff: 14 FTE (100 Staff, Teachers & Presenters)
- Total 2018 Operating Budget: \$915,740
- Clients: 9,800
- Volunteers: 225; Volunteer Hours: 29,000
- Value of Volunteer Hours: \$580,000

Programs and Services

Education & Support Programs

Family-to-Family Education Program — 12-week course for family members with a loved one with mental illness (offered in English, Spanish, Mandarin and Korean). 17 Classes/Yr.

NAMI Basics Program — 6-week course designed for parents & caregivers of minors who have a mental illness. 3 Classes/Yr.

Peer-to-Peer Program — 10-week experiential education course focusing on recovery for persons 18 and over (offered in English and Spanish). 9 Classes/Yr.

Provider Education Program — 5-week course for professionals who work with persons living with mental illness and/or their families. 7 Classes/Yr.

Peer PALS Program (Peer Associate Leadership Support) — Matches trained PAL with someone with like interests & who is in need of support from isolation. Matched pairs engage in weekly talks and activities. 40 Matches/Yr.

Mentors on Discharge — Matches trained Peer Mentor with person in a hospital/outpatient program in need of support & resources to transition into the community. 100 Matches/Yr.

NAMI FaithNet — Informational resource for faith communities, NAMI members and community partners. 12 Presentations/Yr.

Support Groups — Provide a safe place for individuals to share concerns about their loved ones living with a mental illness (offered in English, Spanish, Mandarin, Chinese and Korean). 192 Groups/Yr.

Connections Recovery Support Group — Provides support for adults living with mental illness through sharing issues & coping skills. 52/Yr.

NAMI on Campus — Extension of NAMI's mission into the campus community w/student-led clubs that tackle mental health issues.

Outreach

Legislative Initiatives — The NAMI Santa Clara County Legislative Committee actively monitors and advocates for favorable mental health legislation and quality treatment on all levels of government.

Media Liaison — NAMI-Santa Clara County works with local media to provide impartial, objective reporting on issues affecting individuals living with mental illness, their families and the community.

Crisis Intervention Team (CIT) — Police officers & dispatchers of the Crisis Intervention Team are trained to interact with individuals living with mental illness in the community. The program is designed to minimize use of force, increase officer/public safety & explain available resources in community policing. 5 Trainings/Yr.

NAMI SCC Warmline Help Desk & Community Resource Center Experienced Warmline volunteers/staff with lived experience offer support, information and referrals via phone, email or walk-ins, a mental health resource library and resource materials are provided. The office is open 10 am-6 pm, M-F (except holidays). Expanded hours started July 2018.

Presentations

In Our Own Voice — Presentations throughout the community by trained individuals living with mental illness. 200/Yr.

Ending the Silence — Presented to high school students to learn about mental illness. 25/Yr.

Other Services

General Meetings — Informative monthly meetings with presentations on rehabilitation, housing, mental health services, estate planning and legal issues. Open to public. 9 Meetings/Yr.

Newsletter & Resource Guide — Provide information about activities, educational programs, support groups and services. 10 Newsletters/Yr. Resource Guide updated regularly.

VA Kiosks — A collaboration between NAMI-Santa Clara County and the Veterans Administration that provides kiosks with video and print materials about mental illness. 6 Locations in hospitals and on college campuses.

Outreach Events/Speakers Bureau — Experienced volunteers staff resource tables and discuss mental illness at schools, colleges, hospitals, public institutions and community organizations. 240/Yr.