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NAMI Santa Clara County

November 2020



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National Alliance on Mental Illness

NEWS

The Hardest Job at NAMI-SCC

By Moryt Milo

Information provides empowerment. Empathy brings solace, and out of chaos comes clarity. The NAMI Warmline has the people and tools to shepherd a caller through each one of these critical moments. Oftentimes, the need can be all three at once.

Kathy Forward, former executive director of NAMI-Santa Clara County, said, "The Warmline is the hardest job here." But that doesn't stop the seven staff members and three volunteers from giving each caller the necessary time to help an individual sort through the relentless trauma when loved ones face crisis—what NAMI Warmline Manager, **Sarah Prabhu**, calls customized one-on-one support. The Warmline is a noncrisis resource, not a Hotline.

Initially, the caller has so much happening that the conversation can be chaotic, Prabhu said. "As they talk, their mind will become less scrambled; it will quiet and they begin to articulate their problem which helps clarify what they need." To achieve this clarity, the Warmline operator listens through service, support, and wisdom to provide appropriate information. The most common calls include difficulty in accessing mental health services due to the laws, finding board and care facilities, and families putting shame and blame on themselves.

The Warmline has tools for each of these callers. Navigating the system may mean dealing with HIPAA regulations. NAMI has form AB 1424 to help families communicate with doctors about a loved one's mental health history, medications, and contacts. For individuals who have been arrested, the Warmline can guide the caller to a family jail support group. For individuals in immediate crisis, the Warmline can guide the caller to the SCC Mobile Crisis Response Team. The first call doesn't have to be to 911. For those suffering with shame and blame, NAMI has classes and support groups to educate and empower them.

One caller sums it up best, "Thank you so very much for being on the other end of the line today."

Contact the Warmline: **Mon-Fri 10 A.M.-6 P.M. at 408-453-0400 option 1**; after-hours voicemail service **Mon-Fri 6-9 P.M. and Sat-Sun Noon-6 P.M. at 408-453-0400 option 4**; or go to <https://namisantaclara.org/classes/warmline/>

To read more about our Warmline, go to our blog at <https://namisantaclara.org/nami-santa-clara-blogs/>

NAMIWalks Your Way Silicon Valley—One of the Highest-Earning NAMIWalks in the Country!



This year has brought unexpected challenges, but after months of planning NAMIWalks Your Way Silicon Valley went live on Oct. 10 through our YouTube Channel! And, to date, we have raised close to \$210,000.

Over 250 people tuned into the live stream to hear opening remarks from NAMI National's CEO, **Dan Gillison**, followed by a moving speech from **Rev. Jason C. Reynolds, Sr.**, Pastor of Emmanuel Baptist Church in San Jose. He spoke of the work he has

done with NAMI-SCC as well as his work as the youngest Sr. Pastor at a certified mental health stigma-free congregation. He spread the message of hope and to bring us closer to one another during a time of uncertainty and anxiety. You can still watch the

full live stream as well as classes, entertainment, and discussion by searching for NAMI-SCC's YouTube channel.

NAMI-SCC is proud of our first virtual event and grateful to our staff, volunteers, and participants who contributed their passion and dedication to this amazing cause. We're at about 80% of our \$270,000 goal, and with your support we know we will raise the funds and achieve mental health for all!

More to Come: Fundraising continues until December 10, so there is still time to register, form a team, and do your part to stamp out stigma and support mental health.

The holidays are coming and we have something special for your favorite Warriors fan at home! Please look for future emails and updates about our **virtual silent auction** that will include an autographed Lee #1 Warriors jersey and autographed Stephen Curry photo (both with certificates of authenticity).

If you have questions, please contact our Assistant Walks Manager, **Kyle Galimba** at KGalimba@namisantaclara.org

Town Hall with Senator Jim Beall



State Senator Jim Beall is hosting a special Mental Health Town Hall on **Thursday, Nov. 5** from **11 A.M.-to noon**. The event is co-sponsored by the Healthier Kids Foundation and the Behavioral Health Contractors' Association of Santa Clara County. Together, they will highlight 2020's groundbreaking mental health bills and answer questions on the next steps in California's mental health advocacy work.

You can register through this link: <https://zoom.us/meeting/register/tJYrde2urDliEteHHHw8sTvSiiNfOMaOLab8>

Updates to Laura's Law

Most are familiar with the Lanterman-Petris-Short Act (LPS). Its section name in the California Welfare and Institution's code is 5150 (72-hours hold), 5250 (14-days hold), and so on. This past June the California State Auditor was asked to provide an audit reviewing implementation of the LPS Act by Los Angeles and two other counties, given the concern of inconsistent implementation.

Surprisingly, the auditors found that the LPS Act's criteria for involuntary holds and conservatorships *are* sufficient to meet the intent of the Act. However, they found that the State is *not* adequately caring for Californians with serious mental illnesses. They focused on the fact that when consumers with serious mental illness are released from holds and conservatorships, they do not receive adequate or any follow-up services. (Only 9% were determined to have received appropriate services.)

The report issued in July 2020 recommended: *Require counties to adopt assisted outpatient treatment programs. Further, the Legislature should explicitly allow for medication requirements as*

a part of court-ordered assisted outpatient treatment and change the eligibility requirements for assisted outpatient treatment programs so that they do not exclude individuals who have recently left conservatorships. You can see the report at: <http://www.bsa.ca.gov/reports/2019-119/summary.html>

On Sept. 25, 2020, **Governor Newsom** signed AB 1976, making changes to Assisted Outpatient Treatment (AOT), or Laura's Law. Beginning July 1, 2021, the law removes conditions for counties or groups of counties to fully implement Laura's Law. It requires counties to offer AOT unless the counties opt-out by a resolution passed by the governing body stating reasons for opting out and any facts or circumstances relied on in making that decision. (Currently it is opt-in.) The law would also repeal the expiration of Laura's Law, thereby extending it indefinitely instead of having to renew it every 5 years. It would additionally authorize a judge in a superior court to request a petition for that order to be filed for a person who appears before the judge.

General Meeting Information

October 13 General Meeting Summary Personalized Treatments for Mood Disorders

Dr. Leanne Williams, Professor of Psychiatry and Behavioral Sciences at Stanford University, presented "Personalized Treatments for Mood Disorders." Given the advancements in neuroscience, neuroimaging, technology, and digital innovation, researchers have been able to better understand the brain, detect mental disorders, tailor interventions, and promote wellness.

Dr. Williams' research has focused on building a platform for precision medicine for psychiatry, specifically depression and anxiety. The goal of the research is to do better for individuals exhibiting symptoms in terms of the impact on their lives. Currently, psychiatrists rely on trial and error in prescribing medications, and only 3 out of 10 patients are recovering on the first try. Researchers want to double that number, and Dr. Williams feels that their findings suggest that they can.

Dr. Williams was very impressed with the thoughtfulness of the questions asked by audience members.

NOTE: To view the full presentation, go to www.namisantacalara.org and scroll down to General Meeting.

November 10 General Meeting Impacts of Vicarious Trauma

Our upcoming General Meeting speakers are with El Camino Hospital's Scrivner Center for Mental Health and Addiction

Services. **Brianne Baker**, LMFT, is Adult Outpatient Manager and **Laura Tannenwald**, LMFT, is Senior Program Therapist of Addiction Services. They will talk about the impacts of vicarious trauma and what you can do about it.

The pandemic has exposed us to varying experiences of trauma, isolation, loneliness, and a lack of connection. It is important to understand how others' trauma and experiences impact us personally, but also how we can care for ourselves in order to help care for others. Vicarious trauma is a term used to define the impact the world, people, and life circumstances have on us and how we are influenced by those we care for and support on a daily basis. Understanding this impact allows us to focus on how to use the information to promote healthy resilience in the face of challenging situations, awareness of our own warning signals, and implementation of strategies to support personal wellness that will allow us to continue to care for and support others.

Brianne Baker is a licensed marriage and family therapist with a BA in psychology and an MA in counseling psychology. For the past 20 years she has been serving her community and providing mental health and addiction services.

Laura Tannenwald holds a Bachelor of Arts in Psychology and Sociology and an MA in Marriage and Family Therapy. She has worked in a variety of settings including private practice, social services, adult day treatment, and hospital-based care.

Thank You, Supporters



NAMI-SCC is so grateful to our many generous supporters. We're able to provide all of our programs free of charge because of this support.

If you are interested in finding out how to support us, go to www.namisanataclara.org or email our Executive Director at

rnimbalkar@namisanataclara.org

Donations

- ♦ Brandy Brager, \$1000
- ♦ Paul Khanna, \$1000
- ♦ Heshmati and Raeissi Charitable Trust, \$500

Grants

- ♦ Hobson Lucas Family Foundation, \$1500 for Ending the Silence
- ♦ El Camino Healthcare District, \$75,000 for Community Peer Program

NAMI-SCC Holiday Drive



The new year approaches and that means NAMI-SCC's Holiday Drive is making sparks fly! We wish we could have volunteers at the office as we did before, but we will focus on the spirit of giving instead!

On Jan. 12 & 13, 2021 from 10 A.M.-2 P.M., NAMI-SCC will have heartfelt gifts available

for pick up at our office.

This holiday season we will once again distribute gifts to people in hospitals, self-help centers, board and care homes, veterans centers, and homeless shelters. If you would like to donate, go to <https://namisanataclara.org/get-involved/donate-nowx/> or mail a check made out to "NAMI-Santa Clara County" to our office. Questions? Please contact kgalimba@namisanataclara.org

If you would like to contribute by buying gifts, please visit our Amazon Smile at <https://a.co/3UAWExH>

We're excited to spend another year together and make a new year tradition. The countdown starts now!

Directing Change Film Contest

EachMind MATTERS presents the **Directing Change Program and Film Contest**

SUBMISSIONS ARE DUE MARCH 1, 2021.

Visit www.DirectingChangeCA.org for contest rules and educational resources.

EachMind MATTERS, CAMERATA, and other logos are present at the bottom of the banner.

The 9th Annual Directing Change Film Contest has launched. Students and young adults are invited to create films to start conversations about mental health and advocate for change. Films are due by March 1, 2021. Read more about the submission categories, including the new Hope and Justice category, and contest rules by going to www.directingchange.org

Spotlight: One Family's Story



Happy Holidayze, Everyone!

(I say that because it is all about keeping a sense of humor when everything appears to go wacky.) When my son was diagnosed with schizophrenia in 2002, I did not have a sense of humor, nor did I know how to handle it. I really messed things up most importantly by not taking care of myself and not educating myself about the system. Well, they always say, it is what it is.

Now that we are miles away from that traumatic beginning, I find it somewhat a blessing that things worked out the way they did. I switched careers and went back to school to become a substance abuse counselor, and subsequently a NAMI

Family-to-Family class teacher and family advocate. I still work as a Provider educator from time to time.

The real blessing is that I have a loving family. My son took the NAMI Peer-to-Peer class, got a peer pal and loved it! His brothers have also taken Family-to-Family, and I invested in a special needs trust. I understand how valiant my son is and how he has coped with his illness. He is my hero. I am so proud of him.

I will never know what our lives would have been like without having mental illness, but it is my assumption that I don't think we would have been so close. Going through all the stressful times has brought us closer, made us more tolerant, more patient, and more grateful to have each other and to be able to joke around. I was fortunate to have NAMI in our lives; no one should go through mental illness alone.

Happy Winter Time!

Diana Guido

