



Community Award 1



Looking Back 2



General Meeting 2



AB 1424 2



BHB Heroes Awards 4

NAMI Santa Clara County

February '21



nami

National Alliance on Mental Illness

NEWS

David Mineta Receives Community Merit Award

By Moryt Milo



David Mineta's career has strong roots in Santa Clara County. He earned his Master's Degree in social work (MSW) from San Jose State University and a Bachelor's Degree from the University of California, Berkeley. He worked for 14 years as the Asian American Recovery Services Deputy Director in the Bay Area. From there he served in President Barack Obama's administration in the appointed position of Deputy Director for Demand Reduction for the Office of National Drug Control Policy. After a five-year stint, he returned to the Bay Area to become President and CEO of Momentum for Health. David is the recipient of NAMI-Santa Clara County's 2020 Community Merit Award.

David found his calling in the field of social work, determined to help some of the most underserved and vulnerable in society. For close to 30 years not a day has gone by in which David hasn't been eager to improve the behavioral health landscape.

David's interest in social work began as he watched a family member struggle with depression. Later he volunteered at an agency where he worked with a team of social workers. The experience convinced him to earn his MSW. "I spent the next 30 years in the field loving my work," he said.

As President and CEO of Momentum for Health, David envisions the nonprofit to be like any other healthcare provider, i.e., without stigma or fear and not pushed to the side because the focus is on mental illness. To achieve this goal, he wants all services to be integrated eventually inside the Momentum system instead of referring them out. This is particularly relevant when behavioral health is the underlying issue.

As the pandemic lingers, David said, "In the midst of a storm, people pulling together and working across siloes is so important. Our behavioral health issues are going to be with us for a long time. We have to play the long game like a marathon, but right now we are running a sprint."

To listen to the interview with David Mineta, go to <https://youtu.be/2QBsDw323t8>

To read the full interview online, go to <https://namisantaclara.org/nami-santa-clara-blogs/>

Dear NAMI-SCC Supporters



Wishing you a very Happy New Year!

I would like to express my deep gratitude for your ongoing support of NAMI-SCC throughout the years and especially in 2020 in a time of a chaotic pandemic. Your support gives us hope that we can all make a difference in the lives of our loved ones. With this support, we have been able to continue our much-needed services during a time when all of us are feeling anxious and stressed.

This year was unprecedented in the number of contributions we received at year's end (mid-November to mid-January) totaling \$104,441. Individual gifts ranged from \$5 to \$15,000. A special shoutout needs to go to the following donors who gave \$10,000 or more: **John & Gini Mitchem, Meir & Navah Statman, Gabrielle Solleder, and Aakash Desai.** We are deeply touched and gratified.

We all hope for a bright and better 2021 and I hope to meet you in person when life returns to normal.

Best Regards,

Rovina Nimbalkar

NAMI-SCC Executive Director

A Quiet Reflection on 2020

By Kyle Galimba
Events & Fundraising Manager



A simple breath can break down the tension in your body and bring your mind into focus. It is a natural calmness that we often take for granted. The persistent confusion in 2020 heightened our anxieties and we raced to keep up with news and information instead of slowing down and checking our own mental health, even just for a single breath. NAMI-Santa Clara County wants

to replace those feelings and remind you that in the worst of times, you are not alone. Thank you for sticking with us and if last year was your first time with NAMI-SCC, thank you for the opportunity. We hope to continue our work together and start 2021 with a quiet reflection of NAMI-SCC and our community's spirit.

So many of our plans fell through, but we learned that patience is valuable and solutions are possible. The final day of our first virtual NAMIWalks Silicon Valley season was December 10th and we raised over \$220,000, including our first-ever online silent auction, which raised over \$1,300. We allocated these funds to our community. We trained our staff on virtual platforms and found ways to save the rest of our plans.

We met our volunteers in early December for a special, early-holiday Zoom call to play games, hand out raffle prizes, and share our love and appreciation.

We moved our Holiday Drive to the last week of January, and accepted donations of fuzzy socks, crayons, and stress-relieving coloring books. We will distribute 650 gifts to Barbara Arons Pavilion, Narvaez Behavioral Health Clinic, Riviera Villa, ACT for Mental Health, Veteran Board and Care Homes, Grace Community Center, Heaven's Gate Board and Care, Maria's Room, Marian's Hall, Emergency Shelter in Place motel, Downtown Outpatient Clinic, and NAMI-SCC Connection Support Groups, Mentors, and Volunteers.

The silver lining is that people understand the need for mental health resources and awareness, and more people can help their loved ones. We did it and it's thanks to you.

As we start our new 2021 together, remember that you are stronger than you were before. You can do great things, all you need to do is breathe. NAMI is always a phone call away if you ever need us, and that will never change.

General Meeting News

January 12, 2021 General Meeting Summary Suicide Prevention

Our featured speaker was **Mego Lien**, Suicide Prevention Manager for the County of Santa Clara's Behavioral Health Services Department. Mego's background is in public health, and she spoke about her prior experiences and interest in applying public health, preventive approaches to various health issues, including mental health and suicide. She shared a primer on public health and foundational frameworks from public health and prevention that are applied to the county's suicide prevention efforts.

The County of Santa Clara's Suicide Prevention Program was established in 2010, following a cluster of youth suicides in Palo Alto high schools. At that time, community stakeholders convened and created the county's Strategic Plan for Suicide Prevention—the second such plan in the state of California. Since the beginning, suicide prevention in Santa Clara County has been and continues to be a community-wide effort. The Suicide Prevention Program, stakeholder workgroups, and Suicide Prevention Oversight Committee were formed based on the recommendations in the strategic plan. Today, the program has four full-time staff and a team of 10 outreach volunteers, and runs four community stakeholder workgroups. In addition, various cities in the county have started their own suicide prevention taskforces.

Mego gave examples of numerous suicide prevention activities that take place through the program—public awareness campaigns to reduce stigma and encourage people to seek help; numerous training opportunities in mental health and suicide prevention; a partnership to work with school communities on youth suicide prevention; and gun safety outreach. Mego also provided opportunities to get involved with the county's efforts, from simply signing up for the program's newsletter or distributing resources to taking a training or joining one of the workgroups. More information is available at www.sccbhd.org/suicideprevention or by contacting Mego at Mego.Lien@hhs.sccgov.org

Upcoming February 9 General Meeting The #SameHere Global Mental Health Movement



Eric Kussin, our February speaker, will discuss how mental health is a topic for "5 in 5" and stretches way beyond the "1 in 5" statistic that is so often the focus. The mission of the #SameHere Global Mental Health Movement is to normalize society's perception of mental health and make it part of our everyday conversation. He will also discuss his original concept: We're All a Little Crazy.

Eric is a 19-year pro sports executive who has worked at the NBA league office and with such teams as the Chicago Sky, the Chicago Bulls, Phoenix Suns, New Jersey Devils, and Florida Panthers. Then a debilitating mental health crisis stopped Eric's career and life in its tracks for over two years. After many failed treatment modalities, he was lucky enough to learn healing practices that enabled him to dig out of his abyss and find a higher calling: getting involved in mental health advocacy work and helping to change society's perception of mental health, making it part of our everyday conversation, where people can say, "Same here, I've been through some/many of life's challenges as well."

Eric formed a global alliance: The Global Mental Health Alliance. It is comprised of athletes and celebrities, along with media members, expert practitioners, advocates, and everyday heroes who have come together to make talking about mental health a common topic for "5 out of 5" of us.

Eric travels around the country and the world, presenting at college campuses, K-12 schools, corporate offices, and professional sports teams.

Eric holds a Bachelor's Degree from Cornell's Dyson School of Business, Marketing and Management, and "keeps his foot in sports," consulting for professional sports teams & leagues.

NOTE: You'll find this presentation as well as past ones at www.namisantacalara.org under the tab "General Meeting."

AB 1424—Help Spread the Word About It!

By Lisa Baumann



Twenty years ago, in 2001, the California State Legislature passed AB 1424. It requires any mental health professional who is evaluating a patient for involuntary psychiatric treatment to accept family input and take the historical course of the illness into account when making the decision about continued treatment. The Legislature declared that “persons with mental illness are best served in a system of care that supports and acknowledges the role of the family.” The intent of the Legislature was to “ensure that families are part of the system response, subject to the rules of evidence and court procedures.”

AB 1424 allows families to collaborate with mental health professionals in their loved one’s treatment process even when a release of information form has not been signed. The law specifies that they must accept family input.

Information about this legislation has not been consistently disseminated, and many families and professionals are not aware of its existence. NAMI-Santa Clara County is beginning an educational campaign to spread the word and plans to contact all local mental health facilities and providers to encourage them to incorporate the use of the form as part of their standard procedures. We want hospitals to provide the form to all families when a loved one is admitted so that every patient has the possibility of family input. We would like all mental health staff in Santa Clara County to be educated about it so that it will be a permanent part of all treatment procedures. We will keep you updated on our progress.

You can help our AB 1424 educational campaign by talking about the law to mental health professionals that you know.

In the early 2000s, NAMI-Santa Clara County worked with the County’s Behavioral Health Services Department to develop the AB 1424 Input Form to help families organize their information for psychiatrists and other mental health professionals. The form documents the history of a loved one’s mental illness, including

hospitalizations, medications, treatments, goals, and much more. Without this vital information, treatment for our loved ones can be hit or miss, especially when other records are not easily available. We recommend that families fill out the form, keep it updated and ready to give to a mental health professional when needed. Last year, we updated the form to make it easier to use. Here is the link to the updated form in several languages, as well as instructions on how to fill it out: <https://namisantaclara.org/ab1424form/>

When my son was hospitalized, the hospital staff did not know what they were required to do with the AB 1424 Form I submitted. After leaving the hospital, my son was admitted to a crisis residential facility whose staff actually read my AB 1424 Form and realized that even though my son seemed recovered, his history showed that he needed follow-up care. The form explained the progression of his illness from diagnosis up to his hospitalization and showed that he would benefit from structured follow-up care. I am grateful to the staff at his crisis residential facility for incorporating his history into his treatment and the great support he is receiving to this day. I have hope for his recovery.

Last year, Stanford psychiatrist Dr. Brandon Bentzley contacted NAMI-SCC to find out how he could improve treatment for his patients with mental illness. In November, the Warmline Staff met with Dr. Bentzley. As the staff shared their personal experiences, the issue brought up most often was that medical personnel either do not know about the AB 1424 Form or they do not consistently consider the information. After meeting Dr. Bentzley, the Warmline received a follow-up email saying that he and his Stanford colleagues are now discussing how to incorporate the AB1424 Form into their procedures. We are very thankful to Dr Bentzley for listening to us to help improve patient outcomes. We at NAMI believe that doctors want to help their patients and we can educate them on the existence of the AB 1424 form so they can use it too.

Election of Board Officers for 2021-2022

At the February general meeting we will be announcing the nominees for all Board Officer positions for 2021-2022. The officers are: President, 4 Vice Presidents, Treasurer, and Secretary. The election will take place at the March general meeting.

Our Bylaws dictate that we also accept nominations from the floor at the general meeting, and we will accept such nominations. (It should be noted that all of the incumbent officers have presented themselves as nominees for their existing Board positions.)

Our Board of Directors consists of Officers and Members at Large. The Officers are elected; the Members at Large are appointed by the Board President.

NAMI-SCC to Screen the Film *Bedlam*



On **February 15 at 3 P.M.** NAMI-Santa Clara County will be screening the film *Bedlam*, by acclaimed documentarian and psychiatrist **Dr. Kenneth Rosenberg**. The Peabody Award-winning producer debuted the documentary at the Sundance Film Festival in 2019. Recognized as a scorching denouncement of mental healthcare

in our nation, this visceral portrayal of a broken system advocates for change.

Throughout the local screening, Dr. Rosenberg will participate in a live chat with the audience. To learn more about Dr. Rosenberg’s personal journey in the filming of *Bedlam*, read NAMI’s interview with the doctor at <https://namisantaclara.org/nami-santa-clara-blogs/> or watch on YouTube at <https://youtu.be/Oe65NYuLhHM>

An invitation regarding access and additional information will be emailed soon.

Funding for Crisis Intervention Training (CIT)

Take a moment this tax season for mental health.



You can make a difference with one simple check.

This tax season, you have an opportunity to join NAMI California to raise funds for the critical Crisis Intervention Training program, an initiative that is proven to help local law enforcement better understand and safely interact with someone experiencing a serious mental health crisis within communities across the state.

Showing your support is easy to do: Simply check the box entitled "National Alliance on Mental Illness California Voluntary Tax Contribution Fund" on your state tax return. If you itemize deductions, your donation will be tax-deductible the following year.

Visit <https://namica.org/tax-return/> to learn more about this crucial initiative.

Behavioral Health Board Seeks Community Heroes



2021 marks the tenth year that the County of Santa Clara Behavioral Health Board has honored community heroes in a variety of categories. Their intent is to recognize programs and individuals who have made

an "extraordinary difference" in the lives of people with behavioral health challenges.

This year, eleven programs and individuals will be recognized in the following categories: Agency, Consumer/Client, Educator, Elected Official, Faith-Based, Family Member, Media, Mover & Shaker, Young Mover & Shaker, Program, Volunteer. For a description of the categories as well as a nomination form, go to

<https://www.surveymonkey.com/r/2021heroesawards>

Nominations are due on **Sun., Feb. 28, 2021**. Selected recipients will be recognized on **Wed., May 5, 12-1:30 P.M.** via Zoom. Given the COVID-19 crisis, last year's awards ceremony had to be cancelled, so the 2020 recipients will be formally recognized on May 5.

For additional information or help with completing the nomination form, please contact **Jessie Ferguson** at 408-885-3642 or jessie.ferguson@hhs.sccgov.org

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

☐ My company has a Matching Gift Program: _____

Name: _____

Address: _____

City/ State _____ Zip Code _____

Phone: (____) _____ Email: _____

To pay online, go to www.namisanclaara.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. Part of the membership dues enrolls you at NAMI State and NAMI National, which in turn automatically registers you as a member at all levels. Your additional donation helps ensure that we are able to maintain our office, as well as our educational programs. Your membership and donations are tax deductible. **Tax ID #94-2430956**

I would like to donate:

☐ \$50 ☐ \$75 ☐ \$100 ☐ \$250

Other _____

☐ In Honor of: ☐ In Memory of

Amount Enclosed: \$ _____

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.namisanclaara.org

office@namisanclaara.org

Office Hours: 10 A.M.-6 P.M. M-F

To reach our Warmline, call

408-453-0400 Option 1;

after hours, press **Option 4.**

Board of Directors

Vic Ojakian
Beverly Lozoff
Navah Statman
Juan Perez
Harold Brown
Uday Kapoor
Steven Wade
Peter Newman
Karen Deloumi
Frank Alioto

Newsletter Staff

Beverly Lozoff
Stephanie Schonian
Donna-Jo Mechanic

Follow Us On:

