



Mental Health Month 1



NAMI Walks 2



General Meeting 2



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Capitol Advocacy Day 4

NAMI Santa Clara County

May 2021



nami
National Alliance on Mental Illness

NEWS

Falling Into the Housing Gap April 13 General Meeting

By Moryt Milo

Four walls, a foundation, and a roof provide shelter but not a safety net for those with mental health needs. It's the supportive services within this structure and the next structure and the one after that that will determine an individual's successful recovery.

It's this continuum of care that provides the critical framework to prevent our most vulnerable from falling into the housing gap. Whether it's a locked residential facility, permanent supportive housing, or supportive housing in a step-down program, appropriate housing matters.

California State legislators, Santa Clara County officials, professionals in the behavioral health field, and families who have loved ones with mental illness and developmental disabilities acknowledge it won't happen overnight. But it's not impossible, and the pandemic has opened the door to an unexpected opportunity.

Covid exposed, in real time, an undeniable array of weak links in the Santa Clara County mental health system including inadequate mental health services, staffing, and levels of care, crowded group homes, the dearth of supportive housing, and the shortage of facilities for individuals transitioning out of acute care, residential housing, and jails.

On April 13, 2021, NAMI-Santa Clara County held a panel discussion on the housing gap dilemma and the continuum of care. The panelists included former California State Senator **Jim Beall**, Santa Clara County Deputy County Executive **Ky Le**, Momentum for Health President and CEO **David Mineta**, NAMI-SCC peer mentor **John Duckworth**, and NAMI-SCC family member and Family-to-Family instructor **Matt Jacobsen**.

A new sense of urgency has government officials, legislators, and behavioral health professionals looking for innovative

solutions to house the mentally ill and those with developmental disabilities. Some of these ideas include purchasing hotels and turning them into permanent supportive housing, finding ways to bring supportive housing online faster, and exploring how to prevent the loss of more beds and safety net services.

For Jim Beall the answer is clear, "We need to support our legislators and demand their accountability. Get behind them when they are proposing things and for God's sake don't stand on the sidelines."

To read the full article on *Falling into the Housing Gap*, go to <https://namisantaclara.org/nami-santa-clara-blogs/>

To learn more and listen to the panel discussion in its entirety, go to NAMI-SCC's YouTube channel https://youtu.be/9SQiQLTv_E

May Is Mental Health Awareness Month



mental health and acknowledging that it's okay to not be okay

For 2021's Mental Health Awareness Month, NAMI National will continue to amplify the message of "You Are Not Alone." We will use this time to focus on the healing value of connecting in safe ways, prioritizing

through NAMI's blog, personal stories, videos, digital toolkits, social media engagements, and national events.

Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives—a nation where **no one feels alone** in their struggle.

Help us spread the word through awareness, support, and advocacy activities. Share awareness information, or **#MHAM** throughout May.

See page 3 for some MHAM events.

NAMI National Convention (NAMICon): July 27-28

The COVID-19 pandemic has had an unprecedented impact on mental health. The road to recovery will require the mental health community coming together to ignite powerful conversations, develop and discover solutions, and drive awareness—and that Time Is Now at **Virtual NAMICon 2021**.

And the time to unite is NOW...time to ignite powerful conversations and time to connect at Virtual NAMICon. Here are 5 great reasons to attend:

1. **An incredible value**—NAMICon is only **\$10** for students and peers, **\$15** for NAMI members and **\$25** for nonmembers.
2. **A convenient, online experience**—Your internet connection gives you access to our event no matter where you are.
3. **Plenary Speaker Joshua A. Gordon, MD, PhD**—The Director of the National Institute of Mental Health returns to

NAMICon to share an overview of the current challenges and opportunities in mental health.

4. **Programming built around five tracks**—

Timely and informative content focused on research, youth and young adults, mental health conditions, community support systems, and addressing mental health disparities.

5. **The largest community gathering of mental health advocates in the U.S.**—Help bring greater awareness and solutions for people living with mental health conditions.

For more information about the convention and registration, go to www.nami.org/convention



NAMIWalks Silicon Valley 2021

By Kyle Galimba, NAMIWalks Manager



Kick-Off Event: NAMIWalks Silicon Valley 2021 is in full swing! Please join us for our **Kick-Off Event (KOE)** on **June 5**. Like last year, we will have a drive-thru lunch pickup from **noon–1 P.M.** at our office, 1150 S. Bascom Ave, San Jose. In addition to lunch, there will be entertainment, goody bags, and more waiting for you!

Are you an artist who misses their audience? Do you want to sing a

song, perform a dance, read a poem? Contact kgalimba@namisantaclara.org and we'll make it happen! For reference, here's last year's KOE entertainment: https://youtu.be/l2-XOKFB_lo!

We're excited to see you face-to-face and provide a meal, so please keep an eye out for updates!

In-Person or Hybrid Event: Due to recent California guidelines from Governor Newsom, we may be able to have a hybrid Walk this year, meaning you'll have the option of meeting in person on **October 9**, or doing a virtual walk just like last year. Either way, we'll offer entertainment, activities, and more!

Honorary Chairs: We are proud to announce our Honorary Chairs for this year: California State Senator **Dave Cortese** and Congressman **Ro Khanna**! We're grateful they'll join us on such an amazing day of unity and mental health awareness!

Volunteers: Do you want to help us with the Walk and volunteer for NAMI-SCC's biggest event of the year? Would you like to donate to or sponsor the event? For information, please contact Kyle at kgalimba@namisantaclara.org or go to www.namiwalks.org/events/siliconvalley

May 11 General Meeting

"Celebrating Faith & Spirituality in Mental Health Recovery—& the Faith Communities that Make It Possible"

Come to the general meeting to be inspired.

- ◆ We'll hear testimonials from individuals for whom spirituality is a cornerstone of their wellness and recovery.
- ◆ We'll see an excerpt from a powerful new movie produced by Congregation Beth Am that documents its mental health support group, *Beit R'fuah*, House of Healing.
- ◆ We'll honor twenty congregations in Santa Clara County, highlighting the extraordinary work they're doing as Mental Health Friendly/Stigma-Free Congregations.
- ◆ And we'll express our gratitude to the Santa Clara County Behavioral Health Services Department for the generous Innovation Grant that funds our FaithNet work.

NAMI-SCC Membership



NAMI-Santa Clara County membership enables you to subscribe to the latest mental health updates, participate in an online discussion group, learn how to advocate in your community, and add your voice to the mental health movement.

When you become a member of NAMI-SCC, you automatically have access to membership benefits at all three levels of the organization—national, state, and local.

Become a member of our NAMI-SCC community and add your voice to our efforts to advocate for better mental health services and combat the discrimination associated with mental illness. Our membership community is strong and growing. With your help, our voice grows that much stronger. Visit our website at <https://namisantaclara.org/get-involved/join/> or call the Warmline **M-F 10 A.M.-6 P.M., 408-453-0400 Opt. 1.**

Happy Mental Health Awareness Month

Some Events During May

By Kyle Galimba

Warriors Game

May 1 marks the start of another mental health awareness month, and NAMI-Santa Clara County has just the thing! How does a one-of-a-kind event with the Golden State Warriors sound?

This series begins with an official NBA game, Golden State Warriors v. Oklahoma City Thunder on **May 6**. Don't miss out on our home court's first celebration for mental wellness! Follow us on social media @NAMISantaClaraCounty on Facebook, Instagram, Twitter, and LinkedIn, or visit our website www.namisantaclara.org for updates!

Do you want to be seen on the big screen during the game in your favorite Warriors gear?

One lucky participant will win a raffle prize: the chance to share their love and support for mental wellness and the Warriors during the game! Register for NAMIWalks Silicon Valley 2021 by **noon on Tuesday, May 4**, for your chance to win! What is Dub Hub? Please click here: <https://www.nba.com/warriors/fans/dub-hub-experience/resource-guide>

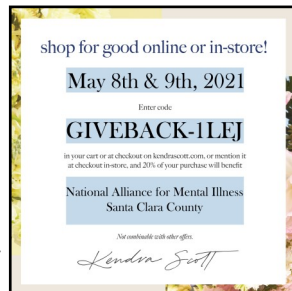
We will announce the winner during our **YouTube Livestream NAMIWalks show** at **12:30 P.M.** that same day. Our NAMIWalks manager will discuss this year's Walk activities and ideas! To register, go to www.namiwalks.org/events/siliconvalley

Children's Mental Health Awareness Day

May 7 is a day intended to raise awareness about the importance of children's mental health and show that positive mental health is essential to a child's healthy development.

Mother's Day with Kendra Scott!

We are grateful to all the moms for their love and support! **Kendra Scott**, the jewelry and home decor boutique at 334 Santana Row #1070, is giving back. On **May 8 & 9**, use the code **GIVEBACK-ILEJ** at checkout (either in-store or online at <https://www.kendrascott.com/>) and NAMI-SCC will receive 20% of your total purchase. More details are on our website: www.namisantaclara.org Show some love to your favorite person while also supporting an amazing cause!



Community Education Day for Psychosis

The INSPIRE Clinic at Stanford and UCSF PATH program are co-hosting a virtual event: Community Education Day for Psychosis on **May 22** from **8:30 A.M.-5:00 P.M.** This event is free, but advance registration is required. Presentations will cover wellness, research, recovery stories from youth and families, and creative expression. To register and review the full list of topics, please click on this Eventbrite link:

<https://www.eventbrite.com/e/stanford-ucsf-community-education-day-for-psychosis-tickets-144310559769>

Mental Health in the Workplace

Momentum for Health will host a virtual roundtable with Cisco Systems and the Silicon Valley Business Journal on **May 18** from **10-11:30 A.M.** to discuss mental health in the workplace. The first session is a "fireside chat" with Cisco Systems CEO **Chuck Robbins**, Football Hall of Fame Forty-Niner **Ronnie Lott**, and Silicon Valley Business Journal Editor-in-Chief **Joshua Moss**. This will be followed by Momentum President/CEO **David Mineta** moderating a discussion on the topic with three panelists. Tickets are \$35 per person. Click here to learn more:

<https://www.bizjournals.com/sanjose/event/166285/2021/tackling-mental-wellness-strategies>

Update on Understanding Unity: Our Diversity, Equity, and Inclusion Campaign

Our team has been working around the clock to make this project and prioritize the needs of our community during such a sensitive time. When people are lost, lonely, or confused, they search for answers. That brought many people to learn about mental health and its relationship with racial trauma and racial tension. We are proud to say that our fellow agencies in Santa Clara County and beyond support Understanding Unity and are helping us expand the campaign to reach as many people as possible. That said, we will be postponing the official launch of this campaign to **July** in honor of Minority Mental Health Month. In the meantime, please find our mental health resources related to identity and racial backgrounds here: <https://namisantaclara.org/resources/>

Legislative Updates

Come Advocate for Laura's Law at the Santa Clara County Board of Supervisors Meeting Tuesday, May 25, 2021 9:30-11:30 A.M.

The Board of Supervisors will vote to Opt In or Opt Out of Laura's Law. The Health and Hospital Committee moved to place Laura's Law on the Board of Supervisors' agenda with a favorable recommendation. Now is the time to let them know that you support the implementation of Laura's Law!

As May 25 approaches, check this link for the Zoom information and a detailed agenda:

http://sccgov.iqm2.com/Citizens/Detail_Meeting.aspx?ID=13218

For a sample letter, go to https://namisantaclara.org/wp-content/uploads/2021/03/bos_sample_letter_-_individual.pdf



The Moulton Bill (988) May Be Federal Law, But It's Not Yet Implemented

In 2019, the Federal Communications Commission issued a report requested by Congress to adopt "988" as the National Suicide Hotline number. Not long after, Congressman Seth Moulton of Massachusetts introduced a bill that was passed by Congress. In Oct. 2020, the National Suicide Designation Act was signed into law, making 988 the national number for suicide prevention and mental health emergencies.

NOTE: The Moulton Bill has been signed into law and the rollout process is underway, but NAMI members and the public need to be aware that the system has not yet been implemented! "988" will be implemented by **July 2022**. As soon as 988 is activated, NAMI members will be among the first to know about it. Until that time, any person in need of such services should call **800-273-TALK (8255)**.



Each year, NAMI California hosts advocacy days to provide a platform for advocates to engage with lawmakers on important policies aimed at improving the quality of life for people with mental illness. Save the date for NAMI California's Capitol Advocacy Day on **May 4** (a virtual event this year). NAMI is lining up legislators for visits.

Click here to sign up: <https://zoom.us/meeting/register/tJwude-oqj0sGddkds1RbW7PZIZwG6wCEw1>

BHB Community Heroes Awards

Santa Clara County Behavioral Health Board will host the 10th Annual Behavioral Health Community Heroes Awards on **Wed., May 5, noon–1:30 P.M.** virtually via Zoom. Former State Senator **Jim Beall** will be the keynote speaker. Each recipient will be formally recognized at this year's Community Heroes Awards event. This year, both the 2020 award recipients (who could not be

honored last year due to COVID-19), as well as the 2021 heroes will be honored.

To read about the community heroes and to register, go to www.sccgov.org/sites/bhd/info/MentalHealthBoard/Pages/default.aspx

Study to Understand Suicide

Have you survived a suicide attempt in the past year? Do you have issues due to your mood or behavior? One research group in the Psychology Department at UC Berkeley is conducting a study to examine how different thoughts, behaviors, and emotions are related to decision-making and psychological symptoms. You may be eligible if you **1)** are between 18-55 years old; **2)** have had a suicide attempt in the past year; **3)** do not have a history of mania or schizophrenia; **4)** are able to get to the UC Berkeley campus for up to four 2-3 hour visits. You will be paid \$30 per hour in return for your participation.

You can find more information about the program at <https://calm.berkeley.edu/participate/understanding-suicide-attempts/> If you are interested in participating, please take the prescreen survey here: https://ucbpsych.qualtrics.com/jfe/form/SV_aibSRaNwipK3QDH Leave a voicemail or email with your name, phone number, the name of this study (BAMH Study), and available times you can speak on the phone (during work hours). **510-542-8969** or calmprogram@gmail.com.

Website: <https://calm.berkeley.edu/>

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: _____

I would like to donate:

☐ \$50 ☐ \$75 ☐ \$100 ☐ \$250

Other _____

☐ In Honor of: ☐ In Memory of

Amount Enclosed: \$ _____

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. 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**

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
office@namisantaclara.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.**

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