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NAMI Santa Clara County

July/August 2021



**nami**  
National Alliance on Mental Illness

**NEWS**

## Moms on a Mission/Housing That Heals June 8 General Meeting

By Moryt Milo

When **Teresa Pasquini** and **Lauren Rettagliata** released their “Housing That Heals” paper in May 2020, the study struck a nerve in the mental health community, and the women knew why.

“There was so much truth in what we were saying,” Teresa said.

A truth that advocated for local, state, and federal policymakers and community partners to think beyond the Housing First model and focus on building a continuum of care model for those living with serious mental illness (SMI). A model based on a prevention/intervention plan to help “flatten the harm curve by providing the right care at the right time in the right place,” Teresa said.

Both women have sons living with serious mental illnesses. The women have been advocating for decades to change California’s flawed mental health system.

Teresa’s son, Danny, was diagnosed with schizoaffective disorder in his teens and placed on a Lanterman Petris Short (LPS) Conservatorship at age 19. For most of his adult life, he has lived in locked long-term

care psychiatric facilities known as IMDs, or Institutions for Mental Disease. After 20 years, he now lives in an open residential treatment facility in Morgan Hill.

“Even though I had resources, and my full-time ability to navigate a maze in one of the most integrated healthcare systems in the country, it was still a nightmare,” Teresa said.

In 2013, Lauren joined the Mental Health Commission in Contra Costa County and met Teresa, already a member. The two became friends and formed an alliance.

Lauren & Teresa decided to spend a year traveling throughout California in search of a blueprint for SMI care. They found several facilities, but also discovered that many would not admit individuals with a difficult history. This left those with the greatest need for a continuum of care program relegated to few options and often back on the streets or in shelters.

The women logged 3,000+ miles & visited 22 facilities. Their quest for answers became the “Housing That Heals” paper.

With the pandemic and COVID-19 on the wane, the women are preparing to go back on the road and visit, among other places, Mental Health Systems Inc. in Southern California. The Fresno campus includes Assisted Outpatient Treatment, a residential treatment facility, permanent housing, and an array of outpatient and community-based services.

“We know grassroots advocacy works,” Lauren said. “We dream of the day there will be a fluid continuum of care of Housing That Heals for those who live with Serious Mental Illness.”

These are two moms on a mission, with no intention of slowing down until their dream becomes reality.

To read the full article about *Moms on a Mission*, go to <https://namisantaclara.org/nami-santa-clara-blogs/>

Click here to read the *Housing That Heals* paper.

To learn more about Teresa Pasquini and Lauren Rettagliata, go to [https://www.youtube.com/watch?v=t\\_NsDe9Bm14](https://www.youtube.com/watch?v=t_NsDe9Bm14)



## NAMI-SCC Education Classes

NAMI-SCC will offer Family-to-Family, Peer-to-Peer, and Provider education programs in the fall.

◆ **Family-to-Family** is an 8-week course for family members who have a loved one with a mental illness; it’s offered in English, Spanish, Mandarin, and Korean. Call our Warmline to sign up.

◆ **Peer-to-Peer** is a 9-week experiential course focusing on recovery for individuals 18 and over; it’s offered in English and Spanish. Call our Warmline to sign up.

◆ **Provider Education** is a 5-week course for professionals who work with clients who have a diagnosis; here are the tentative start dates for upcoming Provider classes: **July 23, Sept. 10, Oct. 22**. For more info, email [providercourse@namisantaclara.org](mailto:providercourse@namisantaclara.org)

# NAMI National Convention / July 27-28, 2021



There's no better time than now to register for Virtual NAMICon 2021. Attend NAMI's two-day event dedicated to informing the mental health community with resources, research & support.

- ◆ **Special Fireside Chat** with former Destiny's Child singer/songwriter **Michelle Williams**.
- ◆ **Special Research Plenary** with **Dr. Joshua A. Gordon**, Director of the National Institute of Mental Health.

- ◆ **Special Panel Discussion:** At the intersection of Race, Identity & Mental Health: What's Next?

More than 30 workshop sessions in five different program tracks — view the complete listing of [sessions and descriptions](#)

Incredibly low registration fee: \$10 for young adults and peers, \$15 for NAMI members, \$25 for non-members.

For more information about the convention and registration, go to [www.nami.org/convention](http://www.nami.org/convention)

## NAMI California's Second Virtual Annual Conference October 14-15, 2021

By NAMI California

Last year, many of us transitioned to work remotely away from colleagues, and were forced to practice physical distance from friends and loved ones. NAMI California is here to help local communities navigate through the mental health implications of these still uncertain times.

To continue nurturing our extraordinary communities until we can gather in-person again for large events, our second virtual conference presents the opportunity for meaningful discussion, and the ability to reflect and connect with peers statewide.

We encourage reflection, exploration, and celebration, as we virtually come together again this year. Last year, our first-ever

virtual event reached new members within our community and created opportunities for engaging discussions within the virtual platform. We hope that the virtual space will again create a platform for a continued exchange of ideas and resources.

**Register for the virtual event!**

All workshops will be recorded and available after the Conference has ended.



## CalHOPE Connect

By Stephanie Schonian

*"I'm so lonely, I haven't seen my friends since this all started. What if they don't like me anymore?"*

*"My husband lost his job due to the pandemic. Where can I get help with groceries for our family?"*

*"I'm afraid to go out in public. I'm afraid to get vaccinated. When is life going to be normal?"*

As our state slowly re-emerges from the pandemic, we still face a multitude of challenges. Displaced workers, families who have lost loved ones and are having difficulty getting through the grieving process, increasing numbers of unsheltered men, women and children all make this period very challenging. The physical and emotional stress of the last 18 months has been a catalyst for the upsurge in depression, anxiety, and feelings of hopelessness for everyone from children to the elderly. So many are feeling helpless, confused, and simply do not know where to turn for support.

In addition to our Warmline support and Covid-19 resources on our website, NAMI-Santa Clara County is proud to be

partnering with NAMI California and the California Department of Health Care Services through the CalHOPE Connect program: an initiative to provide free, confidential crisis counseling, resources, and referrals to people all over the state via the **CalHOPE Live Chat Line** at [www.calhopeconnect.org](http://www.calhopeconnect.org)

A dedicated staff of NAMI-Santa Clara County employees has attended intensive, ongoing training to be able to support this effort and to be at the ready when those in crisis reach out to CalHOPE. Visitors to the site are looking to discuss their struggles and receive emotional support as well as practical advice from someone who has experienced tough situations and the many challenges of Covid-19.

Referrals to NAMI support groups and educational programs all over the state provide increased confidence to visitors that they are not alone in their feelings and that there is ongoing support for working through the tough conditions that we all face. In their discussions with those who access the site, the NAMI Crisis Counselors also suggest helpful strategies for increased and appropriate self-care.

It is clear that while visitors to the site remain anonymous, we are helping to reduce the stigma they experience when discussing the mental health concerns that may be arising in their family or themselves. The Live Chat line offers the opportunity to express these concerns via text messaging—they feel safe communicating this way when they feel they may be overheard by nonsupportive family members. Many visitors to the site return for subsequent visits and are free to ask for the Crisis Counselor they worked with during a previous call. We find younger family members often choose to communicate via phone text messaging, as opposed to using the "family" computer.

It is gratifying for the NAMI-SCC Crisis Counselors to have the opportunity to be involved in this work. When a visitor breathes a sigh of relief and thanks us for being there and offering such wonderful support as well as avenues for continued learning, we know that we have made a difference in someone's life that day; and that difference might be just what they needed in their path to recovery.

**Note:** There will be **no** general meetings in July and August. Look for information about our **Sept. 14** general meeting in our next newsletter.

# NAMIWalks Silicon Valley 2021 / October 9, 2021



**Day of Unity:** This year's Walk takes place on **October 9**, the National Day of Unity. Many NAMI affiliates around the country will hold their Walk on that day too. Our event will be a hybrid, meaning some activities will be virtual, like last year, while other activities will be live. Stay tuned for details.

## Registration for NAMIWalks:

It's time to register for NAMIWalks Silicon Valley 2021 at [www.namiwalks.org/events/siliconvalley](http://www.namiwalks.org/events/siliconvalley) You can register as a Walker or Team Captain and start building your team. Consider starting a family or corporate team, share your personal story of triumph, and ask people to support you in your efforts to raise



money. On the site, you can also donate, sponsor, find additional information, and more. Under the resources tab, you'll find the documents that explain how to register, how to fundraise online, how to connect your Walk fundraiser to Facebook and other social media.

**Sponsors:** We are so grateful to all of our sponsors who have given generously through the years. You'll find our **Virtual Sponsor Fair**, where you can find info and links to our Walk Sponsors. If you own a company or know of one that would like to sponsor NAMIWalks Silicon Valley, please contact [rnimbalkar@namisantaclara.org](mailto:rnimbalkar@namisantaclara.org)

**Volunteers:** Do you want to help us with NAMIWalks Silicon Valley 2021 and volunteer? Would you like to donate to or sponsor the event? For information, go to [www.namiwalks.org/events/siliconvalley](http://www.namiwalks.org/events/siliconvalley)

## Minority Mental Health Month

By Cindy McCalmont

FaithNet will be offering a number of special events during Minority Mental Health Month in July. Here are a few:

1. **A Virtual Workshop: "The Asian American Pacific Islander Model Minority Myth and Mental Health"** on July 29 from 6:30 to 8:00 P.M. Registration information will be sent via Constant Contact.
2. **"Ray of Hope,"** a video in Spanish with Liliana Medel which will be uploaded to the NAMI-Santa Clara County YouTube Channel.
3. **A Podcast** featuring three young men with mental illnesses talking about their experiences through the lens of their cultures: Filipino, African American, and Chinese. The podcast will also be uploaded to the NAMI-SCC YouTube Channel.

We will be sending out a flier via Constant Contact in July with all of the FaithNet events for Minority Mental Health Month. Be sure to look for it.

## NAMI-SCC Legislative Updates

By Frank Alioto

### AB 32: Telehealth for All

**Cecelia Aguilar Curry**, a State Assembly Member who represents the 4<sup>th</sup> Assembly District, has introduced a bill that would require Medi-Cal, our California State health program for low-income people, to pay for healthcare delivered using telehealth technology. The healthcare provider must be enrolled with the State and provide their services on the same basis and at the same rate as if those services were being provided in person.

During the pandemic, many healthcare providers were able to supply effective care using telehealth technology. Furthermore, healthcare provider services were being delivered effectively without risk of infection. This bill would continue indefinitely the flexibility to provide services in person or via telehealth technology.

As part of this bill, the Department of Healthcare Services would be required to seek input, conduct an evaluation, and provide input to the legislature on the most effective uses of the technology and how best to pay for its use in the future.



### SB 32: Follow-Up Appointments Within 10 Days

**Scott Weiner**, State Senator from San Francisco, has authored a bill that would require healthcare providers and insurers to schedule follow-up appointments with psychotherapists or other nonphysician specialists within 10 days of an initial appointment for non-urgent mental health care or substance use disorder.

The bill would close a loophole in the state law & regulations and establish a clear & appropriate timely access standard for follow-up appointments for mental health care & substance use disorder.

In a letter written by NAMI California, "During the pandemic even more than before, California's challenges in addressing problems of homelessness and housing, education and criminal justice are being exacerbated by the lack of timely follow-up treatment for MH/SUD patients who desperately need it. Expanding timely access to MH/SUD services over the full course of treatment that patients require for healing must be one of California's highest priorities."

# Community Education Day for Psychosis



The 2021 Community Education Day for Psychosis on May 22 was organized and cohosted by UCSF Path and Stanford INSPIRE Clinics. For those who could not make it or want to hear some of the presentations again, recordings were made and are now available at

[https://med.stanford.edu/psychiatry/patient\\_care/inspire/2021communityday.html](https://med.stanford.edu/psychiatry/patient_care/inspire/2021communityday.html)

Here is a list of the presentations:

1. Understanding and Working with Hearing Voices and Unusual Beliefs
2. Not Knowing: Early Psychosis and Its Relations (Relations at the edge of adolescence)
3. Update on Psychosis Risk Syndrome
4. Cannabis and CBD Update
5. Medication Q&A
6. Integrating Family in CBTp
7. Stress Management with Experiential Practice

Youth Mental Health First Aid teaches how to identify, understand, and respond to signs of mental illnesses and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

**Who should take the course?** Teachers, School Staff, Coaches, camp counselors, Youth Group Leaders, Parents, People who work with youth

**What does the course cover?** Common signs and symptoms of mental illness in this age group; common signs and symptoms of substance abuse; expanded content on trauma, addiction, self-care, and the impact of social media and bullying.

There are three learning options: virtual, in-person, and blended learning (a combination of virtual and in-person). Training will be held on the following days/times via Zoom:

**Friday, July 9, 23, August 6, 13, 27 / 9 A.M.–4 P.M.**

To be registered for a training course, you must be 18 years of age or older. Please email [LMena@MomentumMH.org](mailto:LMena@MomentumMH.org) with your name/email/phone number/training date you would like to attend. There is no charge for this training. To learn more about Mental Health First Aid, visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.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: \_\_\_\_\_

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.namiantaclara.org](http://www.namiantaclara.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

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San Jose, CA 95128  
Phone: 408-453-0400  
Fax: 408-453-2100

[www.namiantaclara.org](http://www.namiantaclara.org)  
[office@namiantaclara.org](mailto:office@namiantaclara.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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