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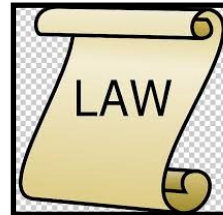
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NAMI Santa Clara County

December '21 / January '22



nami
National Alliance on Mental Illness

NEWS

Living & Working with a Serious Mental Illness Is Doable, According to Dr. Marjorie Baldwin November 9 General Meeting

By Moryt Milo



Marjorie Baldwin, then a professor at East Carolina University, never imagined that her years of research in employment discrimination toward those with disabilities would turn personal.

Yet that's exactly what happened fourteen years into her career when her son was diagnosed with schizophrenia. Baldwin's work as a health economist expanded to include discrimination against workers with mental illness.

In 1999, when her son's behavior led to a mental health crisis, hospitalization, and a diagnosis of schizophrenia, Baldwin was completely blindsided, and she found herself donning two hats: one, as a mother of a son afflicted with a serious mental illness (SMI); the other, as a researcher looking to understand ramifications of SMI and what it might mean for her son David's future.

"I grieved for the son I had lost," she said, then delved into the subject matter as a researcher. She discovered that mental illness stereotypes remained formidable within the workplace, educational institutions, and even the healthcare sector.

Through her research and lived experience with a son with schizophrenia, three key societal stereotypes emerged: 1) dangerous to others; 2) responsible for their illness; and 3) incompetent in the workplace.

The first stereotype reared when Baldwin and her husband arrived at the hospital after David's initial psychotic break. The parents were asked to sign papers to withdraw David from school, which they did. When he was able to return part-time, the school required a hearing. Even though they approved his reinstatement, David was not permitted to live on campus. Baldwin knew the school saw him as a danger to others, even though the opposite was true.

As David made plans to return to school, Baldwin reached out to disability services on campus for assistance. That's when stereotype number two emerged—responsible for one's illness.

The disability counselor implied David "got into trouble." Baldwin shot back, "My son did not get in trouble, he got sick," and Baldwin never spoke to that person again.

Appalled that this person blamed David for his illness, Baldwin knew that science had proven mental illness was a brain disorder, and it was no one's fault.

The third stereotype arose after David graduated from school. He had a severe setback that landed him in jail. Eventually, he recovered and wanted to work, but the only suggested job was collecting coins from a vending machine. The implication: a mentally ill person was incompetent. "My research showed this was wrong," Baldwin said.

Over time, David built a successful business as a handyman, married, and had two children. His mother would become internationally recognized for her employment discrimination work, and write a book based on her research to dispel mental illness stereotypes in the workplace.

The day David married, Baldwin knew what her mother-son dance song would be, "To Dream the Impossible Dream."

To read the entire story, go to <https://namisantaclara.org/nami-santa-clara-blogs/>

To watch Marjorie Baldwin's General Meeting presentation, click [here](#).

Marjorie Baldwin is the author of *Beyond Schizophrenia: Living and Working with a Serious Mental Illness*. [Click here to learn more about the book.](#)

**NAMI-Santa Clara County Extends Wishes
for a Very Happy and Safe Holiday Season!
The NAMI Office will be closed on these days:
Fri., Dec. 24, 2021 (Christmas Eve)
Fri., Dec. 31, 2021 (New Year's Eve)**



NAMI-SCC Board Officer Nominations for 2022-2023

In accordance with our bylaws, our annual election of officers will take place at the March, 2022 General Meeting.

We need candidates for:

- President
- 4 Vice Presidents
- Treasurer
- Secretary

If you are interested in joining our Board of Directors or wish to suggest someone, please contact NAMI-SCC Board Co-President **Beverly Lozoff** at blozoff@namisantaclara.org. Nominations will be accepted from the floor at the February and March 2022 general meetings.

Giving Tuesday



Giving Tuesday is a global generosity movement. On Nov. 30, NAMI-SCC will participate in the Giving Tuesday campaign. Generosity is a fundamental value anyone can act on and it gives us the power to make a positive change. We are all in year two of experiencing the pandemic, and generosity is what brings people together across the globe.

Double Your Impact! Donate on our Giving Tuesday campaign page to support NAMI-SCC mental health programs in your community. Every dollar donated will be matched by some generous supporters up to \$45,000 until Dec. 31, 2021. Go to <https://give.namisantaclara.org/donate> or scan the QR code.



With your help and generosity, NAMI-SCC can offer our services and we can stomp out the stigma together! So, please consider a donation with NAMI-SCC and give back to your community.

Holiday Gifts of NARSAD Cards and Jewelry

Looking for that perfect gift? Don't forget about NARSAD art cards and NAMI jewelry! Choose one-of-a-kind cards by and on behalf of persons with mental illness, or handcrafted earrings, pins, pendants, bracelets, and money clips that feature NAMI's signature grassroots symbol designed by family member Mike Warner. Call NAMI San Mateo County to place an order, **650-638-0800**, or go to

<https://namisanmateo.org/gift-shop/>



NAMI-SCC Holiday Drive

This holiday season, NAMI-Santa Clara County will distribute gifts to patients in hospitals, residents at board and care homes and homeless shelters, as well as participants at self-help and veterans centers.

This year, we plan on gifting gift cards and warm, fuzzy socks to more than 700 individuals, which costs us over \$8,000.

NAMI-SCC is looking for contributions in the form of cash, checks, or online donations. If you would like to donate or sponsor the Holiday Drive, please send a check to our office (1150 S. Bascom Ave #24, San Jose, CA 95128) or donate through our website www.namisantaclara.org

Staff Spotlight: Naliah Kelley



Naliah Kelley was introduced to NAMI in her early twenties after being diagnosed with a mental health challenge in her mid-teens. At first, she rejected the notion of "going public" with a mental health diagnosis due to shame and stigma. However, after working with her peer mentor, she felt encouraged to attend the NAMI Connections peer support group where things changed for the better. She then took NAMI's Peer-to-Peer course and is now a facilitator for NAMI Connections.

Naliah has grown to value her unique perspective as someone with lived experience while being the child of a retired clinical psychologist. Now, as a member of NAMI's Warm-line, she seeks to connect with and give back to the mental health community through NAMI. As a CalHOPE Crisis Counselor, Naliah is also motivated by participating in positive life changes, recently obtaining her certificate as a Peer Mentor from San Jose City College.

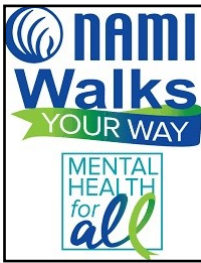
In her spare time, Naliah enjoys reading, music, and family gatherings.

General Meeting Information

There is no general meeting in December. Our next general meeting will take place on January 11, 2022. Stay tuned for details.

NOTE: Past General Meeting presentations can be viewed by going to our website www.namisantaclara.org under News & Events and clicking "General Meetings."

NAMIWalks Your Way Silicon Valley 2021



NAMIWalks Your Way Silicon Valley has been a major success! We have raised over \$275,000 with the help of our community, and our Walk is in the top 5 Fall NAMIWalks in the nation. Supporters from all over the country joined us on October 9th on the National Day of Unity.

Events like this are important because it brings us together. Whether it was online or face to face, our NAMI brothers and sisters walked for mental health advocacy and shared their stories.

NAMI-Santa Clara County is proud of our staff, board members, volunteers, and participants who supported us through this journey. Fundraising, awareness, and positivity are the heart of this event and with your support we were able to achieve this.

Even though our Walk was a virtual event, it did not stop our Team Captains. They got creative and raised funds for NAMI-SCC. Team Weekend Walkers, Team BraveHearts, and Team Families of

Vision met at the park and walked with their team followed by lunch. Team Price Middle School decorated over 1,000 bags with mental health messages. Team Stand Sure participated in NAMIWalks Your Way Silicon Valley for the first time and raised over \$12,000 by sharing their stories. Team Robbins Nest created hundreds of beautiful pumpkin succulents to raise funds for their team. Team El Camino Health Walk 4 NAMI organized a department step challenge.

We all found a way to participate and support. Our heartfelt thank you to you and to all our sponsors for your ongoing and believing in mental health.

If you haven't seen the Walk entertainment yet, please visit our YouTube channel by searching NAMI-Santa Clara County in the YouTube search bar. You will find all the videos under "playlists" and you can choose to watch different talent pieces.

Grants We Recently Received

NAMI-Santa Clara County is so grateful to our many supporters for their generosity. During September, October, and November, we received the following grants. They allow us to continue providing a wide range of programs to the community free of charge. If you know of any foundations or organizations that might be interested in funding our programs, please email our Executive Director, **Rovina Nimbalkar**, at rnimbalkar@namisantaclara.org

- ♦ Kaiser Permanente – \$25,000 for FaithNet
- ♦ TouchPoint Foundation – \$5,000 for Community Peer Program (CPP)
- ♦ El Camino Healthcare District – \$50,000 for Community Peer Program (CPP)
- ♦ Whole Foods \$2892 – Ending the Silence (ETS)
- ♦ Bear Gulch Foundation – \$5,000 for General Fund
- ♦ California Department of Health Care Services (DHCS) – \$33,000 in collaboration with Recovery Café San Jose (RCSJ) for a Peer Connector and a Peer Mentor Program

Tax-Free Donations

Tired of having your taxes increase due to Required Minimum Withdrawals (RMD's) from your retirement accounts? Contact your broker about tax-free donations of all or a portion of your RMD's to NAMI-SCC! Here's how:

How eligible seniors can deduct charitable donations - The Washington Post

Legislative Updates — Year in Review

By Frank Alioto

The COVID pandemic, now deep into its second year, has spawned a second epidemic in America, this one an epidemic of serious mental distress. Calls to Mental Health helplines such as our NAMI Warmline have increased tremendously.

Many of those calling had not experienced serious mental distress and its side effects before COVID. And many with behavioral diagnoses pre-COVID experienced more acute symptoms of their conditions.

One of the ways NAMI-SCC has responded has been to create an innovative, yearlong outreach program to our elected representatives to ensure that they understand clearly and specifically the effects the pandemic is having on our community and the institutions that serve those with behavioral health challenges.

Over this past year, our legislative team has met one on one with just about every one of our Santa Clara County elected representatives ranging from our Board of Supervisors to members of the California State Senate and State Assembly and our elected members of the US Congress. These meetings have been highly successful, and we plan to continue them into 2022 and expand their content and purpose.

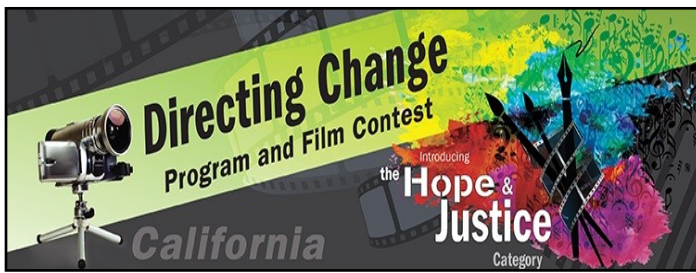


Just as importantly, we have been closely tracking legislation that will affect mental health care and treatment in California both near term and in the future.

It has been a strong year for mental health legislation in our state and this will have positive effects on those suffering from mental health challenges for many years to come.

California State legislation that has passed and been signed into law in 2021 ranges from mental health education in grade school, middle school, and high school to an incredible 22-billion-dollar bill signed by Governor Newsom designed to rebuild the mental health infrastructure in California, end homelessness in our state, and in Santa Clara County the Board of Supervisors voted unanimously to implement "Laura's Law" and to make Assisted Outpatient Treatment (AOT) available in our county.

The list of Mental Health Legislation that has been signed in California in 2021 is lengthy, too lengthy to list all of it in this newsletter. If you are interested in the legislation that has been passed and signed in 2021, please contact me at falioto@namisantaclara.org and I will email you the list of legislation we have followed with a synopsis of each law.



The 10th 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, 2022. Read more about the submission categories, including the new Hope and Justice category, and contest rules by going to www.directingchange.org

Adult Mental Health First Aid

This 8-hour free course teaches adults how to help someone who is developing a mental health problem or experiencing a mental health crisis.

WHEN: Wed., Dec. 1/2 ~ 9:30 A.M. – 1:30 P.M. (English)
Wed., Dec. 8/9 ~ 12:30 P.M. – 4:30 P.M. (English)

WHERE: 1075 E Santa Clara St., 2nd Floor, San Jose

INFO: This free training is for individuals who live or work in the County of Santa Clara. Contact **Peggy Cho** at 408-792-3916, Peggy.Cho@hhs.sccgov.org for registration (email preferred)

Zephyr Self-Help Center Annual Craft Fair

Zephyr Self-Help Center



December 9, 2021

Interested in selling your crafts for the holidays?
Contact Zephyr to register for a space at
(408) 792-2140.

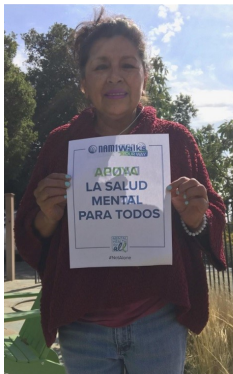
Space is limited.

Zephyr Self-Help Center
1075 E. Santa Clara Street
San Jose, CA 95116
1 408-792-2140
www.sccbhsd.org/zephyr

Thursday
December 9, 2021
10:00-2:00 PM



NAMIWalks Silicon Valley 2021 Photos



Stamping Out Stigma
Bringing Awareness

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.**

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