



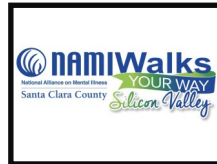
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NAMI Santa Clara County

April 2022



nami
National Alliance on Mental Illness

NEWS

Mental Health Peer Support Specialists Will Add Boots on the Ground

By Moryt Milo

Perhaps it required a pandemic and the rearing of a mental health crisis to make it happen. Former State Sen. Jim Beall had tried twice before to pass a peer support law. Both times it was vetoed by the governor. On the third try, **SB 803** was signed and on Sept. 25, 2020 enacted. California is the 49th state to have a Peer Support Specialist Certification Program. Since then, California Mental Health Services Authority **CalMHSA** and various other agencies including **CAMPRO** (California Association of Mental Health Peer Run Organizations), **California Alliance for Child and Family Services**, and **NAMI California** have been working jointly to launch the program between May 2022 and July 2022.

"I think it will grow," retired State Sen. Beall said optimistically. "My perception is throughout the mental health community we will have boots on the ground for mental health services, and an army of peer support that is trained."

For the first time in the state's history, parents, peers, caregivers, and family members are being recognized and potentially compensated for a job they

understand intimately. Payment will come through Medi-Cal funding, and the certified Peer Support Specialist will be a new code in the billing system.

To become a certified Peer Support Specialist, an individual needs to complete 80 hours of curriculum and training requirements. To be certified, the person needs to pass a statewide exam. This is the track for those who currently do not work in the mental health sector as a peer support employee or who won't satisfy the grandfathering provisions.

For individuals who are peer support employees as of Jan. 1, 2022 and work at various mental health agencies or nonprofits, there are grandfathering provisions in place through December 2022. These individuals are required to have work experience hours, 20 hours of continued education, and have completed a peer training. They must pass a statewide exam.

All individuals must have a high school diploma or equivalent degree and be at least 18 years old.

NAMI California Director of Workforce Community Engagement Ragini Lal said,

"We worked closely with CalMHSA to build off of NAMI's core competencies, values, and goals."

It's important to note that individuals working in nonprofits such as NAMI's peer support programs are not required to become certified to continue their work. The same is true for those who facilitate family support groups. This option is available to individuals with lived experience who wish to take on more rigorous training and work toward certification.

David Mineta, CEO of Momentum for Health, said such a program can't come soon enough with a 46% vacancy for clinicians industrywide.

"This is such a moment in time that requires thinking outside the box. We need to make changes to help people faster and quicker," he said.

To read the full story, click [here](#)

To learn more about the Peer Support Specialist Certification program, click [CALMHSA](#)

Installation of NAMI-SCC Board Officers 2022-2023

NAMI-Santa Clara County board officers are:

President: **Uday Kapoor**

VPs: **Beverly Lozoff, Harold Brown, Juan Perez, Frank Alioto**

Treasurer: **Steve Wade**

Secretary: **Peter Newman**

NAMI-SCC's annual election of officers for 2022-2023 was held at the March general meeting. Installation of officers will take place at the general meeting on April 12.

Our Board of Directors consists of officers and members at large. Officers are listed at the left. Members at Large, appointed by the president, are **Karen Deloumi** and **Moryt Milo**. One additional position rounds out the Board: Past President, **Vic Ojakian**.

NAMI National Convention (NAMIcon): June 14-16



Registration is now open for NAMIcon 2022. NAMI National's annual convention will take place **virtually** again this year.

As one of the largest community gatherings of mental health advocates in the U.S., NAMIcon provides an incredible opportunity to bring awareness, resources and solutions to a wider audience of people affected by mental health conditions — both nationally and globally.

The pandemic and global events of the past two years have had a profound effect on everyone's mental health — individuals, youth, families, communities of color, and frontline professionals. It's more important than ever for us to join **Together for Mental Health**, a timely and appropriate theme for the 2022 convention.

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

General Meetings

March 8 General Meeting Summary Research on Mood Behavior in Adolescents

By Moryt Milo

Dr. Rajpreet Chahal, a Postdoctoral Fellow in the Department of Psychology at Stanford University, researches the effects of stressful experiences on brain development, puberty, and mood behavior in adolescence.

Her work has added significance since the pandemic. Prior to the pandemic, studies reported 9% of adolescents between the ages of 12-17 showed signs of depression and anxiety. In 2020 as shelter-in-place and remote learning became part of daily life, the percentage shot up close to 18%.

Her team looks deeper into the causes through what Chahal describes as internalizing symptoms such as nervousness, and loneliness that are apparent in individuals exhibiting higher levels of anxiety and depression. The goal is to understand the causes, and then look for ways to intervene as early as possible.

Chahal found three aspects to internalizing symptoms. The first is early life stress, e.g., an abusive home or the death of a loved one. The second cause is based on whether a child goes through puberty early or later in life. The third is brain function and if the brain is developing with lower or higher connectivity.

Chahal's research has been following 225 youth over an extended period of time, which differentiates her work from similar research that's done during a moment in time. Her team has been studying a cohort of youth between the ages of 9-14 for seven years, checking in with them every two years. This group is now between the ages of 15-21.

Instead of a snapshot analysis, she has years of data on how a young child's anxiety or depression develops through adolescence and the factors behind it.

Her research shows that children who had stressful experiences, especially caused by unpredictable situations, retain high levels of stress through adolescence. This also affects brain development, showing lower levels of cognitive connectivity.

The research found that even in the most challenging circumstances, higher levels of peer support and family support helped lower levels of anxiety and depression. These support networks also made a difference in teens with suicidal thoughts.

The team concluded that all dimensions of stress related to how the body and brain developed.

To watch Rajpreet Chahal's full presentation, click on [NAMI Santa Clara YouTube Link](#)

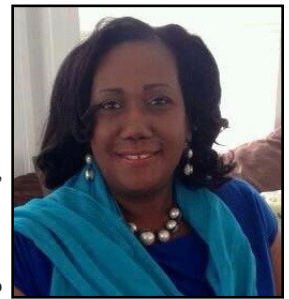
April 12 General Meeting Post-Traumatic Growth: Moving Forward During Life Challenges

Positive psychology is the scientific study of what enables individuals, organizations, and societies to best develop and flourish. The focus of research is on psychological well-being, cultivation of best practices and resources, and applying the potential of people for a best possible life.

Research suggests that between 30-70% of people who experienced trauma also report positive change and growth after their traumatic experience.

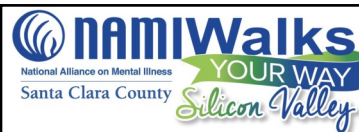
Post-Traumatic Growth (PTG) describes the positive change occurring in an individual after they've experienced a highly stressful life event; it recognizes that stress and growth often co-exist. PTG refers to the idea that suffering does not have to debilitate a person. In fact, finding a way to endure through significant suffering can lead to meaningful development of personal character. Reports of post-traumatic growth have been found in people who have experienced bereavement, coping with medical problems, accidents, house fires, sexual assault and sexual abuse, combat, refugee experiences, and being taken hostage. A post-traumatic growth perspective can be used to support children, adults, families, and communities.

Sharon Cyrus-Savary, LMHC, is the Director of CA START (Systemic, Therapeutic, Assessment, Resources, and Treatment) East Bay and San Andreas. With years of experience in developing, implementing, and managing mental health programs, she specializes in a multidisciplinary approach to treatment that includes positive psychology, strength-based approaches, and trauma-informed care. Her experience includes intellectual and developmental disabilities, autism, forensic psychology, child welfare, substance use, and family therapy. Ms. Cyrus-Savary taught college courses and is a subject matter expert and trainer on many topics in mental health. In her current role, Ms. Cyrus-Savary collaborates with state regional centers, community stakeholders, hospitals, and other agencies to coordinate efforts that will increase access to appropriate mental health treatments and supports for individuals with autism and with I/DD and mental health concerns.



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

NAMIWalks News



NAMIWalks Silicon Valley Kick-Off Event & NAMI-SCC Picnic
Save the Date!



My Cause My Cleats

My Cause My Cleats is an in-season San Francisco 49ers campaign whereby players and coaches select a nonprofit or cause that is close to their hearts to bring awareness to that nonprofit or cause. We are proud to announce that 49ers' offensive guard, **Laken Tomlinson**, has selected NAMI as his nonprofit of choice and donated his cleats from last season

and 2020! Check out these nifty cleats signed by Tomlinson himself.

Thank you, Laken Tomlinson, for all you do to help raise awareness for us.

Get your shoes ready because NAMIWalks Silicon Valley is coming to you this fall on Saturday, **October 1**. After two long years, we are hoping to have an in-person walk. We cannot thank you enough for your support during the pandemic and for helping us reach our NAMIWalks goal. We are very excited that this year we will be able to see you in person, walk with our teams, and hug each other on completing another 5k for mental health. The NAMIWalks website is now up. Check it out at namiwalks.org/siliconvalley

To kick start NAMIWalks Silicon Valley 2022, we are organizing the NAMI-SCC picnic and NAMIWalks Kick-Off event on Saturday, **July 9**. Yes, you read it right. We are combining both events and we just can't wait to see you. More information on the location and time to be announced, so please stay tuned.

Legislative Update: SB 964

By Frank Alioto

Governor Newsom Is Committing the State to Radically Improve and Expand Its Behavioral Health Services. Where Will the Needed Workforce Come From?

There is a serious shortage of social workers and behavioral and mental health workers in California.

The situation has been exacerbated over the past two years by large numbers of resignations during the pandemic. At a time when the state's behavioral health needs have gone from "challenging" to "crisis" and drug addiction, substance abuse, and homelessness have hit record levels, some facilities across the state have been forced to close due to worker shortages.

To address the broad range of staffing challenges, Senator Scott Wiener of San Francisco has introduced **Senate Bill 964**, "The Behavioral Health Workforce Revitalization Act."



The purpose of the bill is to retain good, experienced mental health workers and to increase the size of the state's behavioral health workforce as needs for their services increase due to the planned expansion and upgrade of the state's behavioral health and substance abuse systems.

Senator Wiener believes, as do many others, the key to a better behavioral health system in California is an increase in the state's behavioral health workforce, to provide the workforce with opportunities to continue to grow through advanced training and education, and to help keep them by providing competitive pay and benefits. Overall, SB 964 is an aggressive approach to solving personnel issues that have plagued our state's behavioral health system for a very long time.

CARE Court: New Plan to Help Californians Struggling with Mental Health Challenges

CARE (Community Assistance, Recovery, and Empowerment) Court is a new policy framework to assist people living with untreated mental health and substance abuse challenges to get the care and services they need to get healthy. Governor Newsom announced this new framework at a news conference in San Jose on March 3. The proposal, which must be approved by the Legislature, would require counties to provide comprehensive treatment to the most severely impaired and untreated Californians and hold patients accountable to their treatment plan.

CARE Court won't wait until someone is hospitalized or arrested before providing treatment. It will provide an opportunity for a range of people, including family members, first responders, intervention teams, and mental health service providers to refer individuals suffering from a list of specific ailments, many of them unhoused, and get them into community-based services.

The CARE Court framework was created using the evidence that many people can stabilize, begin healing, and exit homelessness in less restrictive, community-based care settings. The framework provides individuals with a clinically appropriate, community-based and court-ordered Care Plan consisting of culturally and linguistically competent county mental health and substance use disorder treatment services. These include short-term stabilization medications, wellness and recovery supports, and connection to social services, including housing. Services are provided to the individual through an outpatient model while they live in the community.

CARE Court builds on Governor Newsom's \$14 billion multi-year investment to provide 55,000 new housing units and treatment slots and nearly \$10 billion annually in community behavioral health services. The Governor's approach focuses on quickly rehousing unsheltered individuals with behavioral health issues, all while new units come online, while also transforming Medi-Cal to provide more behavioral health services to people struggling the most.

Planned Giving

Bequests are a popular and fairly simple way to make a planned gift. These “outright” gifts are charitable contributions left as a bequest in a legal will. They’re usually given as a specific amount, a remainder of a donor’s estate after other bequests have been paid, or a percentage of a donor’s total wealth. While NAMI-SCC cannot recommend specific financial resources, here’s an example: [What are Bequests? | Fidelity Charitable](#).

Support CIT on Your Tax Form

NAMI California is asking Californians to support mental health and public safety by “giving a little of what you’re getting back” this tax season. By making a voluntary contribution to the Mental Health Crisis Prevention Voluntary Tax Contribution Fund—Line 445 on Form 540 when filing 2022 income taxes—Californians can support peace officers, individuals, and families experiencing a mental health crisis.

NAMI California experts agree that increased support and education for law enforcement is critical to safely engage people living with a mental illness. With these skills, officers can connect people experiencing a crisis to treatment, counseling, and other supports.

Contributions will help support and expand the successful mental health crisis intervention strategies. To date, over 10,000 law enforcement personnel have received training on de-escalation skills, scenario-based training for mental health crisis response, and instruction from experienced officers.

UC Berkeley CALM Program Behavior and Mental Health Study

Researchers at UC Berkeley are seeking participants for a paid in-person study on recent suicide attempts. [Click this link](#) to see if you may be eligible!

In order to determine study fit, you will be asked to complete a 1-minute prescreening survey and a screening phone call that takes between 5 and 30 minutes. If you are eligible following the phone call, you will be invited to participate in three paid study sessions. The first session is conducted online through Zoom and the following two sessions are in-person at UC Berkeley. Participants are compensated \$30 per hour and each session lasts between 2 and 3 hours, thus total compensation can be up to \$270.

The CALM Program is looking for people:

- ◆ Between the ages of 18-55 years old;
- ◆ Able to come to the UC Berkeley campus for up to four 1-3 hour visits;
- ◆ Who have attempted suicide in the past 5 years;
- ◆ Who are currently sober or not experiencing problems due to alcohol or drugs.

To find out more, visit calm.berkeley.edu/participate, email calmprogram@gmail.com, or call 510-519-4305.

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.namisaclara.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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Fax: 408-453-2100

www.namisaclara.org
office@namisaclara.org

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

To reach our Helpline, call
408-453-0400 Option 1;
 after hours, press **Option 4.**

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