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NAMI Santa Clara County

May 2022



nami
National Alliance on Mental Illness

NEWS

April 12 General Meeting Summary Out of Trauma Can Come Life-Changing Growth

By Moryt Milo

In a world bombarded by wars, pandemics, and civil unrest, how do those dealing with traumatic experiences make it through? How do they overcome the pain?

There is a way through because people are resilient, and it starts with the right strategies, one called Post-Traumatic Growth (PTG), where a positive change can occur in people after they overcome a highly stressful event, according to Sharon Cyrus-Savary, LMHC, Director of CA START (Systemic, Therapeutic, Assessment, Resources, and Treatment) East Bay and San Andreas.

Cyrus-Savary talks about how individuals can thrive if they learn how to look at life and their environment with a positive lens. "Suffering doesn't have to debilitate us. We can find ways to endure through that suffering," she said.

Cyrus-Savary specializes in a multi-disciplinary approach to treatment that includes positive psychology, strength-based approaches, & trauma-informed care.

She recognizes the challenges of achieving Post-Traumatic Growth with populations that have developmental disabilities (I/DD), Autism (ASD), and those with mental illness. But she believes through positive psychology it can be achieved. And the research backs up her work.

Clinicians have looked for ways to build support and resilience among some of the most vulnerable in society. One approach has been to focus on five key areas of Post-Traumatic Growth that have led to positive outcomes. They are Spiritual Development as in "I accept"; Personal Strength, "I can"; Close Relationships, "I cherish"; Greater Appreciation for Life, "I thank"; and New Possibilities, "I dream."

The first step toward these five elements on the recovery path involves what Cyrus-Savary describes as three ingredients: perceived safety, empowerment, and connection.

When a person feels safe psychologically and emotionally, the individual is more

willing to open up and engage. This leads to a sense of empowerment. The person finds her voice and is able to make choices, which might be through a simple question such as "Would you like to go for a walk?" This allows the person to make her own decision and build a connection.

"Researchers found when these three things happened, results were quite profound," said Cyrus-Savary, referring to the start of the Post-Traumatic Growth recovery process.

"What people look for is unconditional, positive responses from others to help get through," she said. "This includes the families and caregivers who support individuals with I/DD, ASD, and mental health issues."

To read the full story, go to [NAMI blogs](#).

To hear Cyrus-Savary's full talk, listen on the [NAMI Santa Clara YouTube channel](#).



May Is Mental Health Awareness Month

By Anh Nguyen

Mental Health Awareness Month is a time for advocacy for those with mental illnesses. The month was established in 1949 to increase

awareness of the importance of mental health and wellness in people's lives, and to celebrate recovery from illness.

Our mental health is affected by what goes on in our lives and it shows up in unique ways. It's important to be aware of one's mental health, how to take care of it, as well as signs of poor mental health.

To promote mental health awareness in May, NAMI-SCC will be dedicating each week to a specific theme.

- ◆ Week 1: Introducing NAMI programs and staff
- ◆ Week 2: Caring for Oneself and Others
- ◆ Week 3: Building a Mental-Health Friendly Community
- ◆ Week 4: Envisioning Hope for the Future

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NAMI National Convention (NAMIcon): June 14-16, 2022



Registration is open for NAMIcon 2022. (Super Bird Registration is open until April 30.) Once again, NAMI National's annual convention will take place **virtually**.



from UCLA where she studied obsessive-compulsive disorder (OCD), and she's authored multiple books, two of which reached #1 on the New York Times best-seller list.

The full schedule of workshops, plenaries, and special events is now available! Don't miss this once-a-year opportunity to hear

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.

NAMI National has announced the first-day plenary speaker is actor, author, and mental health advocate Mayim Bialik. Mayim Hoya Bialik is best known for her award-winning performance on CBS' "The Big Bang Theory" and as the current co-host of "Jeopardy!" She is also a champion for mental health awareness and advocacy. Bialik earned a B.S. and Ph.D. in Neuroscience

inspiring speakers and learn from mental health leaders and experts at the largest community gathering of mental health advocates in the U.S. NAMIcon will offer more than 30 workshops dedicated to mental health research, crisis response systems, promoting equitable care and support for underserved communities, and youth-focused programming.

For more information about the convention and registration, go to <https://nami.org/Get-Involved/Attend-the-NAMI-National-Convention>

NAMI California Conference: August 25-26, 2022

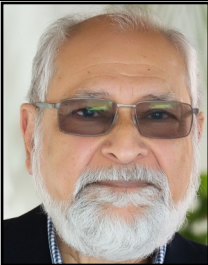


2022 NAMI CA Annual State Conference is scheduled to take place on Thursday & Friday, August 25-26, at Newport Beach Marriott Hotel & Spa in Newport Beach, California.

To register, click here: <https://41339.thankyou4caring.org/2022-nami-california-annual-conference>

For information on booking a reservation at Newport Beach Marriot Hotel and Spa, click here: <https://book.passkey.com/event/50318922/owner/24805/home>

NEW NAMI-SCC Board President: Uday Kapoor



Uday Kapoor, M.S. Electrical Engineering, University of Washington, Seattle 1972, retired as an Engineering Director from Oracle Corporation in 2018. He has over 45 years of experience in several Silicon Valley companies. His adult son has developmental disabilities as well as schizoaffective disorder.

Uday's association with NAMI-SCC started with the Family-to-Family class and intensified when his son faced a housing crisis due to the sudden closure of the board and care facility where he lived. Uday believes that solutions to the challenges in the housing situation can be effectively addressed by collaborating with Santa Clara County and other stakeholders. He joined the NAMI-SCC Board in 2017 as Vice President of Supportive Housing and was elected President in March 2022.

Upcoming May 10 General Meeting Sorting Out Public Benefits for You or Your Loved One

When sorting out public benefits for your loved one with mental health challenges, there are plenty of barriers and landmines. It is essential to have a basic understanding of the "alphabet soup" of public benefits to maximize the available benefits.

For instance, how do you define "disability" for public benefits purposes? What is the difference between SSI and SSDI? How about the difference between Medi-Cal and Medicare? What are Childhood Disability Benefits? And how does the Regional Center fit into all of this?

Attorney **Ellen Cookman** will answer all of these questions and more at our upcoming May general meeting and will provide tips for preserving these needed benefits. Ellen is the principal of Cookman Law, PC in Palo Alto, California, where she and her team are passionate about helping families of all shapes and sizes

plan for the future and utilize available resources. Ellen received her J.D. from UC Berkeley School of Law and her LL.M. in Estate Planning, Trust and Probate from Golden Gate University. She lives in East Palo Alto with her husband, two cute and very active boys (one on the autism spectrum), a boxer-pit bull mix named Ulysses and a kitty named Skittles.



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



On your feet, participants! Join us as we step into NAMWalks Your Way 2022, which promises to be our most meaningful event ever. It is a new day for mental health and we will embrace it together on Saturday, October 1, at History Park San Jose.

You will not want to miss it: a vibrant gathering where inspiration can shine on all of us. We will cheer each other on while raising our voices to be heard, united in our commitment to raise awareness of our cause, funds to drive NAMI's free, top-rated programs, and build community in every sense of the word.

NAMIWalks Your Way will be here before you know it, so register today! Let's open up doors for everyone from every walk of life to have access to the mental health resources and community they deserve.

Register today: namiwalks.org/siliconvalley

Mental Health for All — and Always!

Mental Health Matters at Work



NAMI-Santa Clara County would like to present our newest presentation: Mental Health Matters at Work: Speaking Our Minds. This presentation is catered to working professionals and their companies and teams. Our goal with this presentation is to share the fundamentals of mental health, personal testimonies from

professionals with mental illnesses, and resources on how to make the workplace a more mental-health friendly space.

If you and your company would be interested, simply email rnimbalkar@namisantaclara.org.

Please help us spread the word about our newest presentation!

Legislative Update: What About California's Children?

By Frank Alioto

In recent months, much has appeared in the press about the two consecutive years of enormous state budget surpluses. Some of the significant investments being made by the state of California are to eliminate homelessness and to supply the services needed to keep people from returning to homelessness again.

As part of those efforts, money is also being poured into programs designed to keep those with mental illnesses from being condemned to jail time. Judges will be able to divert those suffering from behavioral challenges into therapeutic environments rather than cells where there is a high likelihood of a return to jail if they cannot receive appropriate psychiatric care.

But what about California's children? Is any consideration being given to the youngest Californians and their mental health needs?

As it turns out, there are a number of progressive bills working their way through the Legislature that NAMI-Santa Clara County members need to be aware of and support. The following bills are all being supported by NAMI California:



AB 1969 This bill will help California schools develop peer to peer mental health training programs from grades K through 12. Bill **AB 2124** proposes a similar system.

AB 2281 is the preschool Mental Health Services Act. NAMI supports this bill because evidence suggests that the earlier a mental illness is detected and treated, the better the chances are for long-term

recovery.

AB 2317 is for children's psychiatric residential treatment facilities. The bill creates a new licensing category in California that will permit counties to build such facilities locally in their county.

AB 2786 This bill will permit the state of California to create a pilot program so that foster youth with mental health challenges can be kept and treated in-state instead of being placed in out-of-state facilities.

SB 1302 will appropriate one billion dollars to create high-school student wellness centers on their campuses.

In short, much is being considered by the Legislature to make life better for California's children with behavioral challenges.

Staff Spotlight: DeLoria White

DeLoria White holds a Master's Degree in Mental Health and Wellness from Grand Canyon University. She began volunteering with NAMI-Santa Clara County in 2019 in the Community Peer Program after taking Peer-to-Peer. She is passionate about the help NAMI provides to individuals and the community. DeLoria is also involved in NAMI FaithNet as an African Ancestry Co-Coordinator. She is committed to giving back to others what has been freely given to her.

DeLoria is a mental health and substance use survivor. Life was topsy turvy for many years due to her addiction to alcohol and cocaine. It wasn't until 2007 that she received a diagnosis of major depression, anxiety, and post-traumatic stress disorder. Today, DeLoria regularly sees a therapist and attends a support group, both part of her self-care. Her medication is part of her daily routine. She knows what keeps her going and on the right track. She practices some simple principles to get through each day, one day at a time.

DeLoria is the mother of 3 and has 8 grandchildren, and she enjoys spending time with family. She also enjoys cooking, crocheting, reading spiritual material, watching crime shows, and loves gospel music.



Mental Health Month



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Stay in touch with us through social media so you can meet our staff, learn how to care for yourself and others, help us build a mental-health friendly community, and envision a

mental-healthy friendly future. There will also be a prayer vigil to honor those who have lost their lives to suicide and for those who attempted suicide. If you would like to stay updated on all this and more, follow us on social media:

Twitter: @namisantaclara

Facebook: @namisantaclaracounty

Instagram: @namisantaclara

LinkedIn: @namisantaclaracounty

5th Annual Older-Adult Mental Health Symposium

Register for this year's 5th Annual Older Adult Mental Health Awareness Day Symposium, a free, all-day virtual event featuring engaging plenaries, informative sessions, and a diverse array of topics addressing the most pressing needs in older adult mental health.

WHEN: Monday, May 16

TIME: 10 A.M.–5 P.M.

Keynote Q&A with **Jane Pauley** and **Ramsey Alwin**

To register, go to <https://connect.ncoa.org/products/5th-annual-older-adult-mental-health-awareness-day>

See Page 5 for additional Mental Health Month activities.

Donor-Advised Funds

Donor-advised funds are the fastest-growing charitable giving vehicle in the United States because they are one of the easiest and most tax-advantageous ways to give to charity. While NAMI-SCC cannot recommend specific financial resources, here's an example: [What is a Donor-Advised Fund? | Fidelity Charitable](#)

BHB Community Heroes Awards Luncheon

The County of Santa Clara Behavioral Health Board will host the 11th Annual Behavioral Health Community Heroes Awards on Wednesday, May 4, from 12:00 P.M.–1:30 P.M. virtually via Zoom. This year's theme is **Building Community in Challenging Times** and former County Supervisor and community activist Blanca Alvarado will provide the keynote address.

Join in to help celebrate and recognize those whose efforts improve the quality of life for county residents. To register, please follow this link: [Register Here](#)

Research Study on Eating Disorders

A research group at Stanford University is conducting the [Teen Health Study](#) to investigate factors that predict healthy adolescent development and eating behaviors. The results of the study will be used to inform future eating disorder prevention programs. The research group is currently seeking participants to help conduct their work. If you are a parent with (or without) a history of an eating disorder and have a healthy 13–15 year-old daughter, you can follow [this link](#) to complete a short interest survey. Your daughter will be eligible to earn up to \$225 for completing 7 visits over the course of 5 years and parents will be eligible to receive \$15 for completing a short questionnaire.

Please email teenhealthstudy@stanford.edu with any questions.

NAMI-Santa Clara County Community Resource & Support Center

1150 S Bascom Av #24, San Jose, CA 95128

Ph: 408-453-0400 Fax: 408-453-2100

Website: www.namisantaclara.org

Email: office@namisantaclara.org

Office Hours: 10 A.M.–6 P.M. M–F

To reach our Helpline, call 408-453-0400, Opt 1;
After hours, press Opt 4.

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JOIN AND BECOME A NAMI MEMBER NOW!

NAMI membership enables you to subscribe to the latest mental health updates, participate in online discussion groups, learn how to advocate in your community and add your voice to the mental health movement.

[JOIN NAMI NOW!](#)



Mental Health Month Kick Off Celebration!

In honor of Mental Health Awareness month, please join us as we gather to raise awareness on mental illnesses. Come to learn about available resources and get involved to end stigma.

Free Admission
MAY 6TH, 2022
11AM to 3PM

**1075 E. Santa Clara St.,
 San Jose, CA. 95116**

Taste of Cultural Foods
 Cultural Activities, Games, and
 Performances
 Santa Clara County Resources
 Take a tour of the Zephyr Self-help Center
 and the Q Corner
 Consumer Crafts and Arts Fair

Please contact **Suzanne Chiu** for
 questions and vendor inquiry
suzanne.chiu@hhs.sccgov.org



COUNTY OF SANTA CLARA
Behavioral Health Services
 Supporting Wellness and Recovery



WELLNESS • RECOVERY • RESILIENCE



Programs will provide promotional items,
 resources, and linkages to BHSD services.



Tentative Mental Health Month events:

May 4 - NAMI In Our Own Voices Presentation at Zephyr
May 11 - Hearing Voices Network Presentation at Zephyr
May 11 - 5:00PM - 8:00 PM: Comunidad Latina and Native
 Family: Celebrating Cultural Wellness & Resilience
 (Registration Required)

May 18 - DBSA Group and Presentation at Zephyr
Week of May 23rd and May 27th - Vietnamese speaking tour
 at Vietnamese American Service Center by appointment
May 25 - I) Karaoke with participants and staff - Music
 wellness engagement.

2) Sharing/Story about mental health related to Vietnamese
 3) Resource table and games

May 26 - African Immigrant Wellness Zumba Dancing at
 Zephyr

May 27 - 7pm-9pm: In Our Own Voice and Special Trust Needs
 Discussion

May 31 - 12:00pm- 1:00pm African Immigrant Wellness Coffee
 ceremony.

CCWP Town Hall Meeting

Discussion on Supporting Wellness & Recovery: Mental Health
 Concerns, Community Needs and Improving Service Delivery
May 11 - 5:00pm - 9:00pm Town Hall Meeting on Mental Health
 Awareness for African Immigrant Community (Discussion on
 Supporting Wellness & Recovery: Mental Health)

May 16 - 6:00pm - 7:30pm (Via Zoom) Comunidad Latina Town
 Hall Meeting (Registration Required)

May 19 - 5:30pm - 7:00pm (Via Zoom) Native American
 Community Town Hall Meeting (Registration Required)

Please contact (408)792-2140 if you have any questions