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NAMI-Santa Clara County



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National Alliance on Mental Illness

NEWS

CARE Court: A New Dawn in Mental Health Treatment

By Moryt Milo

On Sept. 14, 2022, Gov. Gavin Newsom signed the Community Assistance, Recovery and Empowerment (CARE) Court bill into law at Crossroads Village in San Jose. The CARE Act will completely reshape the way those with severe mental illness receive treatment.

“Just a few months ago, I stood here and we laid out a vision, and a marker and a dream, and here we are and we made it a reality,” Newsom said.

CARE Court focuses on individuals diagnosed with schizophrenia and other psychotic disorders. Individuals who are often homeless or incarcerated. The new law will make it easier to divert these individuals into community-based treatment instead of jails due to misdemeanors like trespassing and petty theft.

CARE Court could also be a next step after a 72-hour hold (5150) or a 14-day involuntary stay (5250) as part of a continuum of care. The objective is to eliminate the constant cycling of an individual through the hospital and jail systems where treatment is minimal and insufficient. The program is also aimed at getting individuals living untreated off the streets and into care.

CARE Court is structured to provide court-ordered comprehensive treatment, housing, and supportive services for severely mentally ill individuals for one year, with an option to extend it for another 12 months.

For the first time, families will have a proactive say in a loved one’s care. In the past, families had no input, unless the individual in crisis gave consent. This shift enables a family member to petition the court for treatment and serve as an advocate, supporting the individual as he/she works toward stability and recovery.

The state is committing billions to the program. It already approved \$14.7 billion in funding for a spectrum of housing services and \$11.6 billion in funding for county behavioral health services. Another \$63 billion will be added to help roll out the program and \$1.4 billion to help rebuild the state’s severe shortage of social workers, counselors, and staff.

The program’s success will take time and there are concerns. Unlike Assisted Outpatient Treatment (AOT), also known as Laura’s Law, which lets counties choose to opt-in, CARE Court is mandatory. If a county fails to comply, it could be fined from \$1,000 a day up to \$25,000 per violation.

Counties will also have to carve out a new court system for CARE Court, and there will be growing pains.

As the bill was moving through the state legislature, state Sen. David Cortese said judges brought up issues related to staffing, especially qualified case workers. CARE Court will rely on social workers and clinicians to review each case to determine who qualifies for the program. That workforce rebuild will take time. Equally so will be the demand for enough beds and long-term care facilities. All of which will be needed to accommodate CARE Court’s requirements.

Seven counties will pilot the program starting Dec. 1, 2023. Santa Clara County will be in the second cohort beginning Dec. 1, 2024. This could work to the county’s benefit, Santa Clara County Supervisor Susan Ellenberg said.

“It will be significant because we can learn from their experiences and challenges, and where to cover the gaps,” she said.

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

To learn more about CARE Court, [click here](#).

NAMI Walks Silicon Valley 2022

NAMI Walks is here! Please join us on Saturday, October 1. It’s not too late to register, and it’s fast and free. Simply go to namiwalks.org/siliconvalley right now.

We’re walking at History Park, 1650 Senter Rd. or 635 Phelan Ave (main entrance), San Jose. The Walk is from 9:00 A.M. to

1:00 P.M. We will have entertainment, music, food trucks, and ice cream (available for purchase).

We’ll have great speakers. You won’t want to miss our keynote speaker, Drew Robinson of the San Francisco Giants, who will

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Mental Illness Awareness Week (MIAW) Oct. 2–8, 2022

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends, or coworkers. That is why each year, during the first week of October, NAMI and participants across the country raise awareness of mental illness, fight discrimination, and provide support through Mental Illness Awareness Week (MIAW).

We believe that mental health conditions are important to discuss year-round, but highlighting them during MIAW provides a dedicated time for mental health advocates across the country to come together as one unified voice.

Since 1990, when Congress officially established the first full week of October as MIAW, advocates have worked together to

sponsor activities, large or small, to educate the public about mental illness. Each day throughout the week, we will be raising the voices of people with lived experience to talk about serious mental illness (SMI) and the need for improved crisis response and mental health care.

Mental Illness Awareness Week runs from October 2–8 and coincides with additional related events:

- ◆ Tuesday, Oct. 4: National Day of Prayer for Mental Illness Recovery and Understanding
- ◆ Thursday, Oct. 6: National Depression Screening Day
- ◆ Monday, Oct. 10: World Mental Health Day

Summary of September 12 General Meeting Jail and Court Family Support

By Moryt Milo

When an adult child is arrested and the underlying issue is due to a mental illness, parents are frightened and have no idea where to turn. Alone, they scramble for information.

There is help, though, through NAMI and its Family Jail Support Group. This monthly group can provide the necessary tools to help families navigate the complex jail system. The facilitators have the contacts and forms needed to make the process easier, and the support network is there to ease a family's fears.

Kathy Burden and Heidi Alexander, two of the Family Jail Support Group facilitators, understand the emotional toll this takes through their own lived experience navigating the system to help their children.

At NAMI's September general meeting, Burden talked about the importance of completing form AB 1424, which provides the history of a loved one's health to the authorities at the jail. Even if the authorities can't update the family about their loved one—unless the individual signs a release of information (RO)—families can speak to them. The other important form is the Family Input Form for the court. This pertains to the individual's mental health, as well.

Completing this form enables parents to explain that their child has a mental illness and needs to be assigned to the behavioral health court, not the criminal court. Burden points out that the

more information the public defender and case workers have, the better they can advocate. Both forms are on the NAMI website.

Today, there are more options than when Burden and Alexander's family members went through the criminal justice system. There are various diversion tracks that bypass the criminal justice courts. There is Assisted Outpatient Treatment (AOT), crisis mobile teams, and CARE Court coming online next year.

Ideally, Burden said, a family wants to try and be proactive before it reaches crisis level, but there are times this is simply not possible. If the situation becomes dangerous, 911 is the number to call. Ask for a CIT (Crisis Intervention Trained) officer to come out on the call.

Burden and Alexander said a family can try everything to prevent their loved one from being arrested, but sometimes that is the only way to get them help.

"We are all frustrated and scared," Burden said, "but at least in the group you are not alone and there are always tips and hope."

View the entire presentation about the Family Jail Support Group on the [NAMI YouTube Channel](#).

To read more about the Family Jail Support Group, [click here](#).

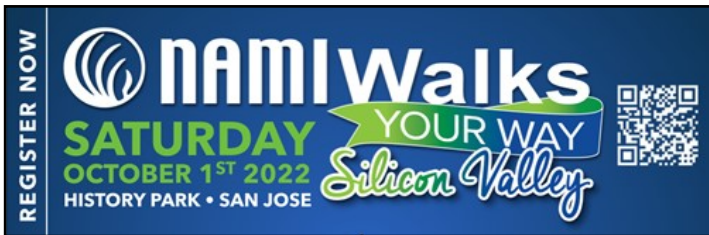
For more information if a family member is arrested, [click here](#).

Upcoming October 11 General Meeting Momentum for Health

Bindu Khurana-Brown will be presenting on the wide continuum of services offered by Momentum for Health. Momentum for Health is the largest provider of behavioral health services to adults in Santa Clara County and understands the complexity that comes alongside working with those who have serious mental illness. The program offerings include a wide variety of engagement services spanning from the Crisis Stabilization Unit to outpatient services. The presentation will provide a lens into the program offerings and what is available to those served by Momentum for Health.

Bindu has been licensed as an LMFT since 2008 and is currently the Associate Director of the Crisis Stabilization Unit in San Jose and the North County TRUST team operated by Momentum for Health. Her clinical experience has included hospice, adolescent group homes, outpatient and inpatient clinical roles working with individuals with serious mental illness and dual diagnosis issues, as well as intensive outpatient programs with adolescents and transitional-aged youth. In addition, Bindu has been an adjunct faculty at Argosy University and is currently adjunct faculty at Santa Clara University in the Counseling Psychology master's program.

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



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talk about his own mental health journey. And he will be joined by the SF Giants Mental Health Advocate Team.

We have two honorary chairpersons—Santa Clara County Supervisor Susan Ellenberg and Dr. Christopher von Jako, President and CEO of BrainsWay. Dr. von Jako will be with us in person.

Right now, we are at 63 percent of our goal of \$280,000; that translates to \$177,000. We know that with your help we can reach our goal.

And why is it important to reach our goal? The money raised helps fund our vital programs and supports NAMI-Santa Clara County's mission of education, advocacy, support, and awareness. And as you know, all of our programs are free to the community.

If you are unable to walk with us at History Park, you can still register and walk virtually from wherever you are. Walk around your neighborhood, do a yoga class, go for a bike ride, do an art project—it's totally up to you.

Questions? Reach out to Andres, NAMIWalks Silicon Valley Coordinator, at aflorez@namisantaclara.org

Recently Received Grants



NAMI-SCC is so grateful to our many supporters for their generosity. From July to September 2022, we received the following grants. These grants allow us to continue providing a wide range of programs to the public 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 mimbalkar@namisantaclara.org

- ♦ El Camino Healthcare District, \$100,000 for Community Peer Program (CPP)
- ♦ County of Santa Clara Inventory Items, \$60,000 for Ending the Silence (ETS) and Community Peer Program
- ♦ Korean American Community Foundation, \$12,500 for FaithNet
- ♦ American Rescue Plan Act grant from City of Milpitas, \$9,000 for Ending the Silence
- ♦ Knight Foundation, \$2,000 for General Fund

Behavioral Health Board Openings

The County of Santa Clara Behavioral Health Board (BHB) has three open seats in the following districts:

- ♦ District 3 Seat 07 (Lee) – Appointee shall be a consumer of mental health services
- ♦ District 2 Seat 13 (Chavez) – Appointee shall be a consumer of mental health services
- ♦ District 4 Seat 16 (Ellenberg) – Appointee shall be a consumer of mental health services

If you are interested in serving, please review the **Behavioral Health Board Bylaws** document and send a completed **application** including a signed indication of availability and consent form acknowledging that the information in the completed application will be shared with the County Board of Supervisors, members of the Behavioral Health Board, and BHB Liaison Team. The application can be submitted to the Office of the Clerk of the Board at the contact information to the right. Receipt of your application will be acknowledged, and the information provided will be shared with the County Board of Supervisors and the members of the Behavioral Health Board for consideration.

Employee Spotlight: Shagufta Alayi



Shagufta Alayi first heard about NAMI from one of her therapists. She then attended and graduated from the NAMI Peer-to-Peer class which she found very helpful in her recovery. After her 30+ years battling mental health conditions and learning to manage her illness, she wanted to give back to the community.

Today, Shagufta is using valuable lessons she learned from her lived experiences to help others and bring hope to all who contact the NAMI-Santa Clara County Helpline. In addition to working on the Helpline, Shagufta facilitates DBSA support groups. She loves working at NAMI and hopes to educate herself more about brain health and find tools to maintain her wellness.

Shagufta is a loving wife and mother. In her spare time, she enjoys listening to music and playing Canasta with her friends.

Note about NAMI-Santa Clara County Board Meetings: NAMI-Santa Clara County's Board of Directors meets ten times per year (except May and August) on the first Tuesday of the month at 5:30 P.M. The board meetings are open to the public and we welcome your attendance. Please check our website for location.

NAMI Fundraising

Applying AmazonSmile for your purchases can be a significant source of charitable funds. To learn more, visit smile.amazon.com/charitylists and select "NAMI Santa Clara County." 0.5% of Amazon purchases by all NAMI-SCC supporters will be substantial over time and help pay the rent!

El Camino Health 5th Annual Maternal Mental Health Symposium



When: Friday, October 7

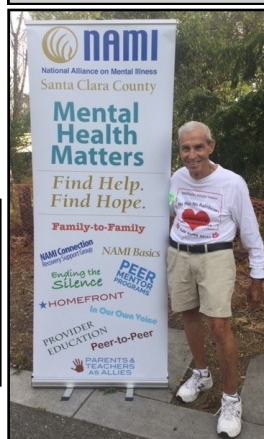
Time: 8:30–4:30 P.M.

This event is generously hosted by the Keller Family and there is no cost to attend. Further details about continuing education units will be detailed on El Camino Health's event website.

For more information and to register, go to

<https://whova.com/web/SXRbVqWspX6nmLlmW3ZQqavzrP8cnXqX%40eJoCmjg19E%3D/>

Passing of Rich Berryessa



Rich Berryessa, longtime NAMI-Santa Clara County member and advocate, passed on September 17, 2022.

In Rich's honor, a funeral & celebration of life will be held at 1:00 P.M. on Saturday, October 8, at Santa Teresa Catholic Church, 794 Calero Avenue in San Jose. (Hawaiian/Aloha attire is requested.)

In lieu of flowers, the family invites people to make a donation to NAMI-Santa Clara County or the Santa Teresa Parish Food Pantry in San Jose.

NAMI Family-to-Family Class in Mandarin

A NAMI Family-to-Family class in Mandarin will be starting soon.

Dates: Tuesdays, October 4–November 22, 2022

Time: 7:00–9:00 P.M.

Via Zoom

Registration: <https://ccmgospelcenter.org/class/registration/> (class code: SM313)

Cost: Free

Contact: Albert Wu, 650-701-3388, albert.wum@gmail.com

NOTE: This NAMI F2F class is for people who are taking care of or living with their family members or friends who have mental and behavioral conditions.

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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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!

