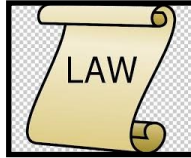




Momentum 1



NAMI Walks 1



Legislation 2



General Mtg 2



Holiday Drive 3



Outreach Event 4

NAMI-Santa Clara County



Helpline (408) 453-0400 x1

November 2022



nami
National Alliance on Mental Illness

NEWS

October 11 General Meeting Recap Momentum for Health: Much More Than Mental Health Care

By Moryt Milo

Momentum for Health, one of SCC's largest nonprofit agencies, helps youth and adults diagnosed with mental health disorders. The agency focuses on the whole person by recognizing that successful treatment requires viewing an individual's health through a 360-degree lens.

Bindu Khurana-Brown, Associate Director of Momentum's Crisis Stabilization Unit and Mobile Response, said the team addresses an individual's needs on various levels. The programs range from Full Service Partnerships (FSP) for acute care to outpatient programs to crisis management to residential treatment facilities.

Individuals seeking out behavioral health services through Momentum need to be insured through Medi-Cal. They must agree to enter the program voluntarily. Clients come through a referral. The first step is a call to the behavioral health call center: 800-704-0900.

Susan Cardoza, FSP Program Manager, said referrals come through the Santa Clara County behavioral health call center where a clinician will assess the person's needs and determine the right fit.

What are the options?

One option is the FSP or Intensive Full Service Partnership (IFSP) program, developed for acute care clients. This is Momentum's highest level of care program. Clients range in age from 26–59. Once accepted into the FSP program, a case manager provides medication support, helps with day-to-day activities, and helps them transition back into the mainstream.

Cardoza said, "We play a major role in providing that human kind of support they haven't been receiving elsewhere."

Momentum has outpatient services for adults ages 26 and up. These programs are for those with a mental health diagnosis but at a lower intensity level, said **Yahan Dick**, Momentum's Assistant Director for Youth and Family Services.

Momentum's REACH program, for youth ages 10–25, focuses on early intervention and prevention for youth with first signs of psychosis. The goal is to support them from developing a mental health condition.

There are also two Transitional-Aged Youth (TAY) programs that serve ages 16–25. They access weekly individual therapy and psychiatric services on as-needed basis.

"These individuals have come from a higher level of care," said **Antwon Chatmon**, FSP TAY Assistant Manager. The FSP program is more intense and works with youth who have moderate to severe mental health needs.

Momentum also operates four crisis centers in San Jose for individuals 18 and older. These community-based centers are an alternative to hospitalization. An individual can stay for 30 days with a full complement of wraparound services. The nonprofit also offers a crisis stabilization unit, an acute setting for a 24-hour stay.

"Not only does our treatment focus on navigating challenges with medication and symptoms but what about that next step—getting employment and feeling like you can integrate back into society," Khurana-Brown said. Momentum helps with this as well.

To read the expanded version about Momentum's services, [click here](#).

For more information about all Momentum for Health's services, [click here](#), or [click here](#) to call about specific services if you have private insurance, Medi-Cal, or no insurance.

NAMI Walks Silicon Valley 2022

We walked together for mental health.

October 1, 2022 was a beautiful day and we came together at History Park in San Jose for NAMI Walks Silicon Valley. We'd like to extend a special thank you to everyone who participated in NAMI Walks Your Way Silicon Valley. We had a great

turnout and felt true togetherness and hope for the future of mental health.

We are very excited to share that we have raised over \$266,000 with your help and support. There is still time to fundraise!

Fundraising on our NAMI Walks website is open until Dec. 1.

(Continued on Page 3)

CARE Court Challenges

By Frank Alioto

We have all been excited about the passage of California Senate Bill 1338, more commonly known as CARE Court.

I am as excited as everyone else. After all, the bill passed by a vote of 162 to 2 in our California Legislature and was promptly signed into law by our Governor. However, I also feel we would be remiss if we did not mention that there is opposition to the law and its passage. In the end, whether CARE Court is implemented as approved or in some alternative form will depend on the courts.

Some opposition comes from places you might expect and some opposition to CARE Court is coming from unexpected places.

As we are aware, proponents of the law believe CARE Court will increase upstream diversion from the criminal legal system as well as the mandatory conservatory legal channels by diverting people from imprisonment and into care. It would seem like a win-win both for the state of California and for persons needing mental health care.



Opposition to implementation of CARE Court centers around four primary concerns: 1) Belief that CARE Court will enable unacceptable shortcuts in the legal system that will remove the protections of independent medical diagnoses and treatment; 2) Some believe CARE Court is unnecessary since it is already possible to conserve a person with mental illness and mandate their care; 3) Some are claiming CARE Court will lead to further discrimination against the homeless and people of color in that a need for psychiatric care could be used as an excuse to remove them from the streets; and 4) Human Rights Watch goes a step farther and even believes the new law can be used to coerce people into medical treatment, and it will simply be used to coerce the homeless into medical treatment they do not need.

NAMI strongly supports CARE Court and believes its implementation will be a benefit for those who suffer from mental illnesses and have a strong positive effect for all in California.

Upcoming November 8, 2022 General Meeting County of Santa Clara Navigator Program

On July 27, 2022, the County of Santa Clara launched the Behavioral Health Navigator Program, intended to help individuals and families find information about mental health and substance use services in the county. Any resident in Santa Clara County can call the behavioral health noncrisis line at 800-704-0900, option 4, and a peer navigator will provide personalized assistance and guidance for wellness services and support. Now that the program has been up and running for a few months, we will hear from Alicia Anderson and Rosa Ortiz about its progress.



Alicia Anderson, LCSW, is a senior manager in the County of Santa Clara Behavioral Health Services Department. Currently, she oversees LGBTQIA+ wellness services and additional peer-run programs in the Access Division of the department. Alicia began her career working within community agencies supporting youth in the child welfare

system and folks across the lifespan experiencing homelessness. In her 8+ years at the County, Alicia has overseen programs in substance use treatment services, integrated behavioral

healthcare, housing services, and emergency response programs. She is forever pushing bureaucratic systems to be more accessible, inclusive, and adaptable to what the community wants and needs.



Rosa J. Ortiz, LCSW, is Program Manager for the Behavioral Health Navigator Program. Rosa started out as a behavioral health counselor working in the nonprofit sector with the Spanish-speaking population supporting individuals enrolled in CalWORKs. In addition, she worked with individuals suffering from severe mental illness in a sub-acute residential treatment facility. She managed a substance use prevention program and resource center for children, youth, and families throughout Santa Clara County. She worked at the behavioral health call center for more than 4 years as the Lead Clinician and sometimes managed the call center. She had the opportunity to oversee programs in substance use treatment services contracted through Santa Clara County. Rosa strives to provide the community she lives in with support, advocacy, and education about resources and accessible services.

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



**Office will be closed
Nov. 11 for Veterans Day and
Nov. 24 & 25 for Thanksgiving.**

Note about NAMI-Santa Clara County Board Meetings: NAMI-Santa Clara County's Board of Directors meets ten times per year (except August and December) 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.

NAMIWalks Your Way Silicon Valley 2022

(continued from Page 1)

Our goal is to raise \$280,000. 100% of the funds raised go towards NAMI- SCC's free, top-rated programs.

Please ask your friends and family to support NAMI-SCC. You can create a Facebook fundraiser, email them, or get involved with NAMI-Santa Clara County in any other capacity! Here is our walk website: www.namiwalks.org/siliconvalley.

If you participated in NAMIWalks Silicon Valley, we would love to hear how you made the walk your way! Please post

your photos or videos by using the tag @namisantaclara and use our hashtag #namiwalksSV.

Thank you to all the team captains, participants, donors, and sponsors. Without you, this would not have been possible. Our work does not stop here! Together, we will advocate for mental health for all. The more we spread the word and offer mental health services and resources, the more we fight the stigma!

**We would like to thank our amazing sponsors.
We could not have done it without you.**



NAMI SCC Holiday Drive

This holiday season, NAMI-SCC will distribute gifts to patients in hospitals, mental health residential facilities, and homeless shelters, as well as participants at self-help and veterans centers. This year, we plan on gifting a gift card and warm, fuzzy socks for the winter chill.

NAMI-SCC is looking for contributions in the form of cash, checks, or online donations, or you can purchase the socks through the following link:

https://www.amazon.com/hz/wishlist/ls/MZ30MRBNH8LB/ref=hz_ls_biz_ex

Each year, we distribute gift bags to over 700 individuals, which costs us over \$8,000. Please help us bring a smile to folks at local hospitals, mental health care facilities, homeless shelters, and self-help and veterans centers. Too often they aren't able to spend the holidays with their loved ones nor do they receive gifts.

If you would like to donate or sponsor the Holiday Drive, please send a check to NAMI-SCC, 1150 S Bascom Av, #24, San Jose 95128. Or donate through our website, www.namisantaclara.org



Giving Tuesday

Giving Tuesday is a global generosity movement unleashing the power of people and organizations to transform their communities and the world. This year, Giving Tuesday takes place on November 29, and NAMI-Santa Clara County is participating so we can continue to do the work we have been doing for over 47 years.

NAMI-SCC has never closed our doors. We have been working with the same passion as before the pandemic, if not more. Why is that? Because it is needed! Now more than ever, mental health needs your support. On November 29, please consider making a donation small or big to help our community and support mental health. With your help and generosity, NAMI-SCC can offer our services and we can stomp out the stigma together!

NAMI Fundraising

Are you scheduled to receive a Required Minimum Distribution (RMD) from a retirement account (IRA) that may significantly increase your tax liability? Please consider a Qualified Charitable Distribution (QCD) to NAMI-Santa Clara County. While NAMI cannot recommend specific financial brokers, you can learn more at this website: [Reducing RMDs with QCDs | Charles Schwab](#)

SVILC People's Thanksgiving

The Silicon Valley Independent Living Center (SVILC) will be hosting a People's Thanksgiving on November 17, 2022. It will be a smaller event this year to allow for social distancing. Attendees are asked to be fully vaccinated with at least two doses of an approved COVID-19 vaccine.

RSVP: 408-894-9041 or email info@svilc.org (Space is limited; first come/first served.) You must give your name, address, phone number, email address, number in party, and confirmation of vaccination.

WHEN: Thursday, November 17, 2022

TIME: Noon to 1:30 P.M.

WHERE: John Burns Gardens Senior Apartments
820 Agnews Road, Santa Clara 95054

WHAT: Turkey, mashed potatoes, gravy, vegetables, salad, rolls, pie, & coffee
Visit with SVILC staff, Board, volunteers, friends

COST: Free, courtesy of wonderful donors

Outreach Event

Liliana Medel and **Erika Alvarez Hernandez** recently supported an Outreach event at the OCD Awareness Fair at Stanford. Office staff and volunteers support many events across the county year round.



Behavioral Health Board Openings

The County of Santa Clara Behavioral Health Board (BHB) has three open seats for consumers 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. Receipt of your application will be acknowledged, and the information provided will be shared with the County Board of Supervisors and members of the Behavioral Health Board for consideration.

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.

Board of Directors

Uday Kapoor

Vic Ojakian

Beverly Lozoff

Juan Perez

Harold Brown

Frank Alioto

Steven Wade

Peter Newman

Karen Deloumi

Moryt Milo

Newsletter Staff

Beverly Lozoff

Stephanie Schonian

Donna-Jo Mechanic



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!

