



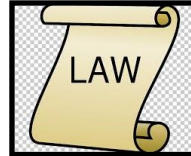
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NAMI-Santa Clara County



Helpline (408) 453-0400 x1

February '23



nami
National Alliance on Mental Illness

NEWS

Central Wellness & Benefits Center: Mental Health Services for the Uninsured

By Moryt Milo



For those who are uninsured and in need of mental health services, the prospect of finding help is daunting. But there is a solution. Santa Clara County operates a long-time program that caters to this demographic. It starts with a call to the county's **Behavioral Health Call Center**. The screener determines the person's insurance status. If they are uninsured, the individual will be referred to the Central Wellness & Benefits Center (CWBC). This is a free mental health program, funded through the Mental Health Services Act. People can also connect to the program by reaching out to the county's **Navigator Program**, or they can walk into Behavioral Health Urgent Care, which is located on the Valley Medical Center campus. Any one of these options is a path toward mental health support. **Behavioral Health Urgent Care services** are available from 7 A.M. to 7 P.M. seven days a week. The facility is currently housed in the same building as CWBC, 2221 Enborg Lane in San Jose.

CWBC is a stand-alone behavioral health program for the uninsured that provides basic mental health services and medications, including injections if needed, as well as more extensive outpatient treatment for those who qualify. CWBC has its own team of therapists, rehabilitation

counselors, psychiatrists, and peer support (individuals with lived experience who are there to help one navigate the system).

LouMeshia Brown, M.A., LMFT, Division Manager who oversees the county's clinical services teams and its six programs of which CWBC is one, said, "[For] individuals new to the county or have a break in their coverage, we have a benefits team dedicated to helping them go through the process to secure benefits."

The program works with individuals 18 and older. Those with Medicare who don't have mental health coverage, individuals on MediCal, and those with a combination of both can utilize the program as well.

CWBC assists between 600-800 people annually, and Brown said even if someone comes in for mental health services and has something else happening in their lives, such as being unhoused or food insecure, CWBC has various rehabilitation counselors who can direct them to other community resources.

For individuals who come to the clinic with a dual diagnosis of mental health and substance use, rehabilitation counselors are there to connect them with other services. For those coming out of the criminal

justice system, CWBC will assist with a warm handoff to the re-entry program.

"All it takes is a call to the Call Center to connect," Brown said, noting individuals can come to the program as a self-referral, through a loved one's referral, or through an early intervention program. Brown said this is one of the most critical adult programs in the county system.

"These individuals are the most vulnerable with the greatest need," she said, "and we provide the exact same care they would get in any of our other outpatient programs."

She acknowledges that the process of finding mental health services can be overwhelming, especially when someone is in crisis. "If you need help, we are here. Please reach out. No one should suffer alone, suffer in silence," she said. "There is a community of resources available for you."

To reach the Central Wellness & Benefits Center, call 408-885-6220, open Mon-Fri 8 A.M.-5 P.M. (This is not a crisis center.)

To reach Behavioral Health Urgent Care, call 408-885-7855.

To reach the Behavioral Health Call Center, call 800-704-0900, press 1.

NAMI-SCC Office Is Now Open

As of Monday, January 30, 2023, the NAMI-Santa Clara County office will be open to the public. Please note the hours: **Mon-Fri 10 A.M.-2 P.M.** That's when the Helpline staff will be available.

**WE ARE
OPEN**

Election of Board Officers for 2023-2024

At the February General Meeting, we will be announcing the nominees for NAMI-SCC Board Officers for 2023-2024. The officers are President, 4 Vice Presidents, Treasurer, and Secretary. Our Bylaws dictate that we also accept nominations from the floor at the meeting and we will do so. Our annual election of officers will take place at the March 2023 General Meeting.

If you'd like to learn more about our Board of Directors, contact NAMI-SCC Board Vice President **Beverly Lozoff** at blozoff@namisantaclara.org

Charitable Giving

We want to thank you for contributing to NAMI-Santa Clara County via Amazon's AmazonSmile program. While the donation percentage of individual purchases is small, our donations have totaled over \$6000 since the program's inception in 2013.

Amazon plans to wind down the AmazonSmile program by February 20, 2023. Once AmazonSmile closes, nonprofits will still be able to seek support by creating their own wish lists. So stay tuned for how you will be able to continue supporting NAMI-SCC.

A Conversation About Tardive Dyskinesia

By Anh Nguyen

Have you ever heard of Tardive Dyskinesia (TD)? It's a movement disorder that presents as a range of muscle movements in the face, neck, torso, arms, and/or legs. TD can result from taking certain health medicines such as antipsychotics. The good news is that it is completely manageable and treatable. Even greater news, I was able to interview Athena, a person from NAMI Colorado with lived experience.

You can watch the interview here: <https://bit.ly/namitdinterview>

Athena will answer questions such as "How would you explain to a child what TD is?" and share how TD can affect one's self-esteem. It's an interview you don't want to miss! To learn more about TD, visit talkabouttd.com.

NOTE: Be sure to subscribe to our YouTube channel for more content!

General Meeting Information

Jan. 10 General Meeting CARE Act

By Moryt Milo

Stephanie Welch, Deputy Secretary of Behavioral Health for the California Health and Human Services Agency, provided an in-depth update of the goals and implementation plans for the Community Assistance, Recovery, Empowerment (CARE) Act.

The CARE Act, passed last year, is designed to help the sickest of the sick diagnosed with schizophrenia and other psychotic disorders. The law will make it easier to divert individuals into community-based treatment instead of incarceration.

"This is not a criminal process, this is a civil process," Welch said, "so we hope it will be a collaborative and supportive process."

The key takeaways from her presentation include:

- ♦ CARE Act is different from an LPS conservatorship because it doesn't rely on custodial settings or long-term involuntary care.
- ♦ It's different from Assisted Outpatient Treatment (aka Laura's Law) because a court petition can be initiated by individuals known to the participant—family, clinicians, physicians, first responders. The person is not required to have a history of incarceration or hospitalization.
- ♦ Participants can appoint a supporter—family member, friend, or peer with lived experience—to assist and help guide their treatment decisions.
- ♦ The petition and implementation of services have specific timelines to make sure treatment is provided on a timely basis. (Individuals have a status hearing in the eleventh month to determine if they can graduate after a year. This time period can be extended for an additional year.)

The entire General Meeting presentation is available on the NAMI-SCC YouTube channel.

Upcoming Feb. 14 General Meeting NAMI Peer Programs

Receiving a diagnosis of a mental health condition can be a traumatic experience. It can leave a person feeling hopeless and alone. However, recovery is possible!

Studies have shown that in addition to medical treatment and psychotherapy, social connections play a significant role in recovery.

NAMI-Santa Clara County's Community Peer Program (CPP) is a 4-month program designed to assist motivated individuals in their wellness and recovery by connecting them with a Peer who is also living with a mental health diagnosis and is doing well in their own recovery journey. We will hear from Sara Swanson and Sarah Prabhu about this and other peer programs offered at NAMI-SCC.

Sara Swanson is the coordinator for CPP. She has been with NAMI-SCC for almost 11 years. She found help for her own mental health diagnosis at NAMI-SCC. Today, she uses all that she learned to support others through the program.

Sarah Prabhu is the Programs Manager for NAMI-SCC peer programs. She oversees Helpline, NAMI's signature Peer-to-Peer education course, Connection Recovery Peer Support Groups, and CPP. In addition to working at NAMI-SCC, Sarah and her husband volunteer as facilitators for NAMI Family Support Groups (Transition-Age Youth and Faith-Based Families of Vision).

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

25 Years at NAMI-Santa Clara County

By Stacy Badgis

At our Employee Appreciation Luncheon in December, we presented **Donna Mechanic** (left in photo) with a plaque designating 25 years at NAMI-SCC.

Donna is our Administrative Helper. You may ask...what does Donna do? More than most people know! She handles one of our most important communications with our donors—thank you letters! In addition, she handles all the deposits, participates on the walk committee, assists in printing/mailing for all NAMI events, formatting and proofreading the newsletter, just to name a few. She wears lots of hats and is very dedicated to NAMI-SCC and its success. She continually goes above and beyond to get her work done and we are very lucky to have such an amazing employee as Donna!



Staff Spotlight: Jeanine Corneliussen



In 1983, **Jeanine Corneliussen** started her own business. As The Residential Designer, she designs and does construction drawings for new homes, additions, and remodels. And she is a published performance poet.

Jeanine's first interaction with NAMI-SCC occurred in 2016 when she was in behavioral health. The In Our Own Voice presentation impressed and inspired her. After leaving the hospital, she started attending the Connections Recovery Support Group.

Since then, she has become more and more involved with NAMI-SCC. Currently, Jeanine works as a coordinator and co-facilitator for Connections, she's a presenter for In Our Own Voice, and she answers calls on the Helpline. She has co-led Peer-to-Peer and, from April 2021 through June 2022, she was a crisis counselor for CalHope through NAMI-SCC. In these ways, she gives back to NAMI and our amazing mental health community.

She looks forward to continuing this work far into the future. Assisting people in achieving their goals gives her life a deeper meaning. Each interaction inspires her to see new possibilities.

The 2023 California State Budget and Mental Health

By Frank Alioto

Last year, California enjoyed a whopping 100 billion-dollar budget surplus. What a difference a year can make!

As we enter 2023, California is expected to face an enormous 22 billion-dollar budget shortfall. Some financial analysts in the state believe that the deficit this year may be even higher than 22.5 billion dollars, possibly closer to 25 billion dollars. Furthermore, initial budget projections show there will be a budget shortfall in the 2024 California financial year as well.

Our state's financial analysts are pointing to high interest rates, fewer capital gains to be taxed, lower corporate profits, the multi-year COVID pandemic, and the movement of the American economy into recession as principal causes for the projected revenue challenges we face.

The causes of the financial shortfall are not the subject of this article; rather, it's on the money that will be devoted to mental health care and where cuts will be made in mental health care allocations, as the Governor and state financial officers try to bring the overall state budget in line with California's new financial realities.

Since taking office, Governor Newsom has been a strong advocate for upgraded mental health care for California. Despite the looming budget shortfall, he continues to place mental health, homelessness, substance abuse, and education as high priorities for the state.



Concomitant with those priorities, Newsom has backed legislation that will renew, rebuild, and strengthen California's mental health programs and mental health workforce. As of this writing, Newsom has stated he does not intend to reduce funding devoted to these priorities and efforts.

He has stated that cuts and delays will be made in capital projects such as transportation and certain long-term climate change and environmental projects as well as delays in repayment of federal loans to bring the California budget expenditures in line with our state's projected income. He has also stated it is not his intent to access California's 35 billion-dollar financial reserves or other emergency usage funds.

The Governor's final budget will be presented for review and approval in May and June. We will keep you informed of any proposed budget changes that could affect mental health issues and care in California. Right now, however, we are pleased to report that the Governor and the state of California continue to recognize the importance of maintaining and expanding mental health care in California for all who need it.

NAMI-Santa Clara County commends the Governor for his decision to preserve funding for mental health during this time of financial duress. It is the right thing to do.

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.

New Support Groups at NAMI-SCC

- ♦ **GRASP** (Grief Recovery After a Substance Passing) provides help, compassion, and understanding for individuals and families who have had someone die because of substance abuse or addiction. It meets the 1st Wednesday of the month from 6:30–8 P.M.

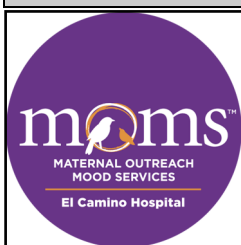
For information about the Willow Glen group, contact **Konne Ainsworth** via email, teacherkonne@yahoo.com, or by phone, 408-718-9284.

For information about the Los Altos group, contact **Elizabeth** at eshow818@gmail.com

For the following groups that have recently started up, please call our Helpline at **408-453-0400** option 1 for more information.

- ♦ **NAMI Connection Recovery Support Group** led by and for people of color. This group for peers 18 and older meets the 1st and 3rd Wednesday of the month from 7-8:30 P.M.
- ♦ **NAMI Support Group in Spanish** facilitated by Spanish-speaking peers. This group for peers 18 and older meets the 2nd and 4th Wednesday of the month from 7-8:30 P.M.

4th Trimester Maternal Mental Health & Wellbeing



4th Trimester Maternal Mental Health & Wellbeing, led by a member of the Maternal Outreach Mood Services (MOMS) Program at El Camino Hospital, discusses the 4th trimester, the period after the birth of a baby, the changes that occur, the opportunities to enhance parent wellbeing and plan for as well as promote self-care during this important time.

This one-hour virtual group session is ideal for parents and their support partner(s) who are preparing for the birth of a baby. The session is free and meets on the second Tuesday of the month: Feb. 14, Mar. 14, Apr. 11, June 13, 2023.

Here is the link for registration: <https://elcaminohealth.coursestorm.com/category/4th-trimester-maternal-mental-health-wellbeing>

A Zoom link will be provided within a confirmation email after registration and two days before the session begins. If you have questions or concerns, call 650-988-8468.



The 11th 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, 2023. Read more about submission categories, including the new Hope and Justice category, and contest rules by going to www.directingchange.org

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!

