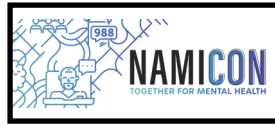


You Are Not Alone 1



Board Officers 1



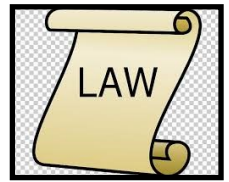
NAMI Convention 2



Gen'l Meeting 2



NAMI Walks 3



Legislation 3

NAMI-Santa Clara County

Helpline (408) 453-0400 Opt.1

April '23



nami
National Alliance on Mental Illness

NEWS

You Are Not Alone, A Conversation with Ken Duckworth

By Moryt Milo



Ken Duckworth knew that NAMI needed a book driven by individuals with lived experience, not your

standard doctor-patient saga. He sensed what would resonate with the readers since he too had mental illness in his family, having grown up watching his father suffer from severe mood swings caused by bipolar disorder.

As chief medical officer for the National Alliance on Mental Illness, Duckworth wanted the book to run the mental health gamut from peer-based evidence to the latest research. He also needed the story to be inclusive and cover races, religions, and ethnicities. The project looked like a heavy lift, but he had been working on the idea for a decade.

Then COVID-19 struck and Duckworth said he caught a lucky break in the middle of a tragedy that gave him the opportunity to pen what would become *You Are Not Alone*.

COVID changed the mental health narrative from a "they" thing to a "we"

thing, he said. The public was finally waking up to the fact that millions of Americans in the country were in need of mental health services and support. That the mental health system was broken and the nation was ill-equipped to handle it.

Since its publication five months ago, the book has sold 31,000 copies with all the proceeds going to NAMI. Duckworth isn't taking a dime. His goal is to help as many people as possible as he tours the country in person and virtually, where he often has interviewees from the book join him.

"I absolutely knew it in my heart I had to write it," he said, "and I wanted it to reflect [NAMI's] values."

Duckworth connected with dozens of families and individuals, and 125 people candidly talked about their experiences. Families and individuals described their frustrations trying to find proper treatment. Others talked about suicide and coping, or how assisted outpatient treatment saved them. The stories were straightforward and at the same time lessons of hope and perseverance.

For many, the experience was cathartic. They trusted Duckworth. They believed in

his project and the NAMI motto, You are not alone. They wanted to be heard and felt pride in contributing to the book's universal purpose, he said.

Until he interviewed dozens of people across the country, he said, "Even I didn't appreciate how great peers were and other families to families with lived experience," even though Duckworth considers himself a recovery-oriented psychiatrist and advocate of the peer movement.

As he worked on the book, he thought about how the 43-year-old organization's story was long overdue, and saw himself as the storyteller. But the true champions were the NAMI community, he said.

"I'm the author, but it's our book. It took a village to create it and without the people in the book there is no book," Duckworth said.

To read the complete interview, [click here](#)

The NAMI book, *You Are Not Alone*, is available at [Amazon](#). All the proceeds go to NAMI.

Election of Board Officers 2023-2024

Here is our slate of candidates for 2023-2024:

President: Uday Kapoor

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

Treasurer: Steve Wade

Secretary: Peter Newman

We were not able to vote in March, so the slate will be voted on at the April general meeting, and installation of officers will take place in May.



Registration is now open for the NAMI National Convention, NAMICON 2023. Please note that there are two formats this year. The in-person event takes place Wed, May 24–Sat, May 27 in Minneapolis; and the online, Zoom format takes place Tue, June 6–Thu, June 8. In Minneapolis, you’ll choose from 50+ sessions and have opportunities to meet people from across the country. For the online event, you’ll choose from the best recorded sessions from Minneapolis with live Q&A.

Go to convention.nami.org for more details, the preliminary agenda, and registration information.

Behavioral Health Board Community Heroes Awards



The County of Santa Clara Behavioral Health Board

will be holding its 12th Annual Behavioral Health Community Heroes Awards event. This year’s theme is Dedication and Resilience, and Judge Stephen Manley is the keynote speaker.

Here are the details for the awards event:

WHEN: Wednesday, May 3 ~ 12:00 P.M.-1:30 P.M.

WHERE: Via Zoom

TO REGISTER, go to:

<https://bit.ly/12thAnnualHeroesAwardsRegistration>

Supporting LGBTQ+ Youth and Adults

Family-Acceptance Project Practices: This day-long workshop provides an overview of evidence-based strategies to help racially, religiously, and culturally diverse families learn to support their LGBTQ+ children. It includes learning about multilingual Family Acceptance Project resources that teach about family-rejecting behaviors that contribute to health risks and family-accepting behaviors that protect against risk and promote well-being.

WHEN: Tuesday, April 11, 9 A.M.-4:30 P.M.

TO REGISTER: Providers register through sccLearn; others go to: www.surveymonkey.com/r/SCCFamilyAcceptanceProject

Upcoming April 11 General Meeting: The Independent Living Empowerment Project (ILEP)

The Independent Living Empowerment Project (ILEP) is a new program in Santa Clara County by the Independent Living Association (ILA) and Community Health Improvement Partners (CHIP). Independent Living Homes provide a shared living environment for individuals with mental health challenges, various disabilities, and low income. The mission of the ILEP is to support Independent Living operators, tenants, and the community by promoting high-quality independent livings. The goal is to empower tenants in their recovery.



The Santa Clara County ILA team members are Hana Brett, Program Manager, who has been a part of this program since its inception in April 2022; and Roni Rodriguez, Peer Support Staff, who joined the program in the fall of 2022. Please see their website for more



information: <https://ilacalifornia.org/santa-clara-county>

The ILEP presentation will cover:

- ✓ What is an Independent Living and the Independent Living Association?
- ✓ How to become a member and the membership benefits
- ✓ ILA Quality Standards
- ✓ How you can get involved
- ✓ Testimonial from ILA Founding Member



The Independent Living Empowerment Project (ILEP) is a group of Independent Living operators, tenants and community partners committed to improving the quality of Independent Livings in Santa Clara County. ILEP increases access to quality Independent Livings to empower tenants on their journey of recovery.

The mission of the ILEP is to support Independent Living operators, tenants and the community through promoting high quality Independent Livings.

Membership Benefits



ONLINE DIRECTORY

The ILA Directory displays unbiased information about Independent Livings in Santa Clara County.



EDUCATION & TRAINING

The ILA provides education and training for Independent Living operators, tenants and community members.



PEER REVIEW & ACCOUNTABILITY

Each member of the ILA will receive annual visits to support them in their pursuit of providing quality housing.



ADVOCACY

The ILA supports the rights of Independent Living business operators and tenants.

CONTACT US

SantaClara@ILACalifornia.org | 650.288.9100 | www.ILACalifornia.org

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



Save the Date: NAMI Walks 2023 will take place on Saturday, October 7, at History Park in San Jose. Please look for lots more details in the coming months.

Walk Registration: The Walk website is now live, so you can go to www.namiwalks.org/siliconvalley to register.

Thank You to Our Donors



NAMI-SCC is grateful to our many supporters for their generosity. In the last three months, 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 organizations that might be

interested in funding our programs, please email our Executive Director, Rovina Nimbalkar, at mimbalkar@namisantaclara.org

- ♦ Silicon Valley Community Foundation: \$50,000 for Community Peer Program (CPP) and Helpline
- ♦ Cigna; \$100,000 for CPP
- ♦ Korean American Comm. Foundation: \$12,500 for FaithNet
- ♦ Macy's: \$2,500 for ETS (Ending the Silence)
- ♦ Ayco Charitable Foundation: \$5,000 for General Funds
- ♦ Taube Family Foundation: \$5,000 for ETS
- ♦ Bear Gulch Foundation: \$5,000 for General Funds
- ♦ The Episcopal Church: \$2,000 for FaithNet

Employee Spotlight: Llecenia Solorio



Llecenia Solorio is NAMI-Santa Clara County's new Events Manager. She has an extensive background in Project Management, Strategic Planning, and Public Relations. She has experience in cultivating connections and creating trusted partnerships with various organizations, corporate sectors, and public agencies, all while providing a wide range of interpersonal skills, analytical leadership abilities, and

multi-tasking strengths. She is deeply committed to providing awareness on issues that impact our community and social environments most specifically in the field of Mental Health Advocacy for all, diversity, and inclusion.

Llecenia is an active member of the South Bay Vintage Social Club, a society for history aficionados, and she has a keen interest in fashion, music, and film of the olden days.

"Real strength has to do with helping others," said Mr. Rogers.

Flexible Gifts

Please consider a future gift that you can change if your needs and goals change. You can name NAMI-SCC as a beneficiary of a life insurance policy or retirement account. Or include a gift to us in your will or living trust. Keep it simple.

Governor Newsom Proposes Billions for Mental Health Care in California

By Frank Alioto

On Sunday, March 20, Governor Newsom made a major legislative proposal to relieve the mental health crisis in California. Making his sweeping proposal a reality will involve approval by the California legislature as well as California's voters.

Governor Newsom has proposed a five-billion-dollar bond measure to be used for mental health care in California. If all goes well, the measure will be debated during the current legislative session and if the legislature approves, the measure will appear on the November 2024 California Ballot for approval or rejection by California voters.

The Governor, a long-time mental health advocate, announced his plan recently at Alvarado Hospital Medical Center. During his announcement, the Governor stated, "We need to come to grips with the reality of mental health challenges in California and the United States."

Through the five-billion-dollar bond measure, the Governor hopes to bring thousands of new mental health beds into the California mental health system and provide the services, facilities, and personnel necessary for care and recovery for those afflicted with mental health challenges.



Despite California's best efforts in times of plenty, our state's homeless population as well as its mental health population have continued to increase. Both populations are related. California now has 12% of the US population but 30% of the nation's homeless population. The latest data shows approximately 42% of our California homeless have chronic mental or physical disabilities that prevent them

from working. As the homeless population has grown, so has the need for mental health care which simply has not been able to keep up.

NAMI-SCC advocates for access to care and access to housing for those who suffer from mental health challenges and their families. Both housing and treatment are vital for recovery. Both are required for a person to have a maximum opportunity for stabilization and recovery from the debilitating effects of mental illness.

Governor Newsom's proposal addresses these needs. If passed and well executed, his proposal could go a long way in alleviating the homeless and mental health suffering seen everywhere in California.

Note About NAMI-Santa Clara County Board Meetings: 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.

Annual Benefit for Recovery Café San Jose

Recovery Café San Jose is hosting their 11th Annual Closing the Gap fundraiser. It's an opportunity to learn more about what they do and how they do it. Lunch will be served and the folks at Recovery Café will share their annual update, music by the Café Chorus, and member stories. Additionally, California State Senator Dave Cortese and the Hon. Pattie Cortese will be honored with Recovery Café's Bridge Builder Award.

Here are the event details.

Closing the Gap:

An Annual Benefit for Recovery Café San José

WHEN: Thursday, May 4, 2023

TIME: Check-in 11:30 A.M. ~ Program 12:00-1:00 P.M.

WHERE: Villa Ragusa, 35 S 2nd Street, Campbell 95008

Register for this free event: <https://bit.ly/RecoveryCafe>

Learn more about the Café: <https://bit.ly/2PZ6Ee8>

Consider sponsoring this event: <http://bit.ly/3JaVdre>

May Is Mental Health Month

May is Mental Health Awareness Month. We want to highlight activities and special events taking place in May. If you know of any, please contact the Newsletter Team at newsletter@namisantaclara.org



You can help NAMI California strengthen mental health and public safety by contributing to the Mental Health Crisis Prevention Tax Contribution Fund: Line 445 on Cal. Income Tax Form 540. The fund supports an innovative program that provides law enforcement agencies with training, tools, and resources to safely interact with and support individuals experiencing a mental health crisis. This increased support and education is critical to safely engage people living with a mental illness. With these skills, officers can connect people to treatment, counseling, and other supports aiding in recovery.

NAMI California Is Hiring

Under NAMI California's new regional model, its 56 affiliates (20 in Southern California and 36 in Northern California) will be divided into six regions with regional leads providing direct support and oversight. NAMI California is looking to hire affiliate regional leads.

The Affiliate Regional Lead is a leadership position working with the Director of Affiliate Relations on a range of activities to strengthen the role and work of NAMI California affiliates including technical assistance, affiliate capacity building, program development, community engagement, advocacy, and evaluation efforts to engage in a meaningful way with California's local NAMI affiliates. They will be an important member of NAMI California's dynamic team, collaborating with program, community engagement, and administrative staff.

For additional information, please reach out to Eugenia at eugenia@namica.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.

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!

