

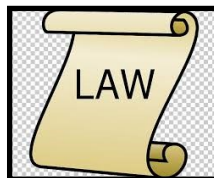
NAMI CA Conference 1



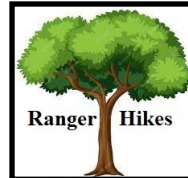
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NAMI-Santa Clara County

Helpline (408) 453-0400 Opt.1

July / August '23

**nami**

National Alliance on Mental Illness

NEWS

Parisi House on the Hill Merges with Momentum for Health

By Moryt Milo

Sometimes nonprofits know when a merger is a flawless fit. It's rare, but in the case of Momentum for Health and Parisi House on the Hill, the decision had no doubters. The timing was right and the leaders of each organization had been working together for years.

Parisi House Executive Director Pat Mitchell started thinking about the nonprofit's future in 2019, the 25th anniversary of its founding. The organization is the only residential treatment facility in Santa Clara County where mothers struggling with drug and alcohol addiction can stay with their babies and young children as they detox and work on their recovery. Mitchell wanted to find a partner that could help expand the nonprofit's services and also provide career growth opportunities for the staff.

"Honest to god the very first partner we thought of was Momentum for Health," said Mitchell, now Chief of Staff at Momentum. "It was definitely the first conversation [I thought we] should have, and the only conversation we needed to have."

The merger fit right in with CEO Dave Mineta's future vision for Momentum for Health. **Mineta's** goal, since the beginning

of his tenure at Momentum, has been to build out a seamless healthcare template where mental and physical health services are not siloed but operate in a symbiotic manner. Momentum had already been referring mothers to Parisi House, and now Parisi House would be able to provide these women mental health services and job training, and address other important needs.

"We have the same vision. The same values. The same work ethics and the same mission. It just makes things much simpler," Mineta said.

Clients find Parisi House through various referrals including social services, social workers at hospitals where babies are born to addicted mothers, and providers like Momentum. The services currently are only available to women with MediCal.

Mitchell said the No. 1 reason that keeps mothers from getting treatment is the fear of being separated from their child. Parisi House takes that off the table for mothers with children from birth to five years old. Mothers, with up to two children, can stay at Parisi House throughout inpatient treatment. The facility can accommodate up to 20 mothers at a time.

At Parisi House, women learn how to prepare healthy family meals and parenting skills. These women have been struggling for so long, they often have co-occurring diagnoses like a mental illness and substance use addiction.

The average stay is about 60 days. Once the client graduates from acute care, the mother steps down to transition housing with her child. This is where child after-care programs, job services, and support groups kick in to help mothers stabilize and avoid relapse.

Both Mineta and Mitchell say even with all these guardrails in place, the road to successful recovery and staying sober is not easy. "You can't release someone after transition housing and their next stop is the streets, that's a travesty," Mineta said.

Mitchell and Mineta see this problem as a foundational issue and something they must tackle as they look toward the future with a merger that enables them to work closely together.

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

For more info about Parisi House, contact Jeff Geiger at JGeiger@momentumforhealth.org

NAMI California Annual Conference August 24-25, 2023

The NAMI California Annual 2023 Conference takes place on **Thu & Fri, August 24-25**, at the Grand Sheraton Sacramento Hotel, 1230 J Street in Sacramento, California. Advocacy Day and a Youth Summit are scheduled for **Wed, August 23**. Advocacy Day includes a rally to advocate for access to mental health care and legislative visits at the State Capitol. [Register Here for the Rally](#). See page 2 for more details.

To register for the conference, go to <https://41339.thankyou4caring.org/2023-nami-california-annual-conference>

For information on booking a reservation at the Grand Sheraton Sacramento Hotel, go to <https://www.marriott.com/event-reservations/reservation-link.mi?id=1668012413224&key=GRP&app=resvlink>



NAMIWalks Kickoff and Picnic

By Llecenia Solorio, Events Manager

On behalf of the entire NAMIWALKS team, we want to express our heartfelt gratitude to all those who attended the NAMIWalks Kickoff and Picnic: our dedicated Volunteers, Staff, Sponsors, NAMIWalks Participants, Family and Friends. From the moment everyone began to arrive, the atmosphere was one of warmth, compassion, and a shared commitment to mental health advocacy. You all made our event for Mental Health yet another success.

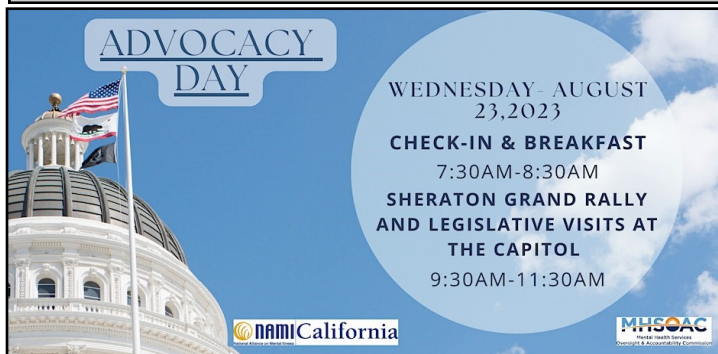
To our incredible speakers—Niku Sederat, High School Intern and Founder of Unite, and Uday Kapoor, NAMI-Santa Clara County Board President—we are grateful for your unwavering support. And a huge thank you to our event photographers, Tiffany Austin and Jan Prinzivalli.

As we reflect on the success of the Kickoff event 2023, we are filled with

gratitude and renewed motivation. Together, we have taken another significant step towards creating a society where mental health is prioritized, stigma is eradicated, and support is accessible to all.

We encourage you to stay connected and continue supporting NAMIWALKS Silicon Valley at our upcoming **NAMIWalks Mental Health For All** on **October 7, 2023**. Stay tuned for all the important details about the event in the next newsletter.

NAMI Cal Advocacy Day August 23, 2023



This year's Youth Summit, intended for the youth/TAY community, begins with Advocacy Day at the State Capitol followed by a mental health-themed comedy special, panels, workshops, and more!

If you have questions about Advocacy Day or the California Conference, contact **Eugenia Cervantes** at Eugenia@namica.org

Bunching Gifts

Consider bunching charitable gifts to NAMI-Santa Clara County that you would normally make over two or three years into a single year so that you can take advantage of an itemized deduction that exceeds the standard deduction and lowers your taxes.

Learn more here: <https://www.cnb.com/2023/06/07/how-to-save-on-taxes-with-charitable-giving.html>

June 13 General Meeting Recap Mental Health Parity: Know Your Rights

By Moryt Milo

The NAMI June General Meeting focused on mental health parity and understanding your rights. The talk was presented by Shalini Arora, a senior attorney at Bay Area Legal Aid (Bay Legal), and Sonali Parnami, a program manager at the Santa Clara County Health System.

The presentation pertained to private insurance and was not applicable to MediCal or members of Kaiser Permanente. Arora explained that federal and state parity laws mean individuals with private insurance are entitled to equal coverage for physical and mental health.

If a health plan provides unlimited visits for diabetes care, a physical health specialty need, the plan must also provide unlimited visits for someone diagnosed with schizophrenia,

bipolar disorder or depression, which is also a medical specialty. This also applies to pre-authorization requirements and medications. If no pre-authorization is needed to see an orthopedics specialist, then the same holds true for a psychiatrist.

When health plans deny mental health treatments, medications, or doctor visits, individuals have the right to appeal to their healthcare provider first. If that is unsuccessful, the person can appeal to the California Department of Managed Health Care or the California Department of Insurance, depending on the situation. This can be complicated and appeal deadlines are a factor. Individuals can also reach out to Bay Area Legal Aid for assistance for any of these issues by calling 855-693-7285.

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

Thank You to Our Donors



NAMI-Santa Clara County is grateful to our many supporters for their continuing 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

- ◆ Menlo Park Presbyterian Church—\$10,000 for FaithNet
- ◆ Oshman Family Jewish Community Center—\$17,112.21 for FaithNet
- ◆ Kaiser Foundation Health Plan—\$25,000 for FaithNet
- ◆ The Valley Foundation—\$50,000 for Community Peer Program (CPP)

Special acknowledgment to Aakash Desai and David Nguyen (founder of Jackfoot) for their donations of \$18,750 and \$17,000 respectively for NAMI-Santa Clara County programs.

Staff Spotlight: Barb St. Clair



Barb St. Clair works on NAMI-Santa Clara County's Helpline team providing support and resources to Santa Clara County families. In addition, she facilitates Provider classes, presents to local law enforcement teams during their Crisis Intervention Trainings (CIT), and continues to volunteer as a Family-to-Family class facilitator.

Barb lives in Los Gatos. She enjoys spending time with family, cooking, gardening, reading, and walking her Akita-Lab, Ellie. She is always looking for a good read and appreciates recommendations!

Behavioral Health at Good Sam Shutting Down

By Frank Alioto

In February 2022, the Santa Clara County Board of Supervisors declared a mental health and substance use "state of emergency" for our county. A year and a half later the state of emergency still exists and has not been lifted.

Despite this continuing state of emergency, our local Good Samaritan Hospital (a Hospital Corporation of America—HCA—property) recently announced that their inpatient behavioral health facility at Mission Oaks will cease to exist as of August 20.

Good Sam claims the behavioral health facility is being closed because they cannot find the personnel to staff it.

This is a poor excuse for closure. Parent company HCA operates roughly 200 hospitals in the United States; it is one of the largest corporations in the country. HCA is publicly traded and highly profitable. In short, in the grand scheme of things, the expense of expanding the search for personnel, recruiting, and paying personnel to keep the behavioral health facility open at Good Sam is inconsequential for HCA but is of vital importance to the community served by Good Sam.



Further, this closure means that at least some of Good Sam's behavioral health patients will end up being treated at Santa Clara County facilities at county expense.

It is not just the closure of the facility that harms mental health care in our community; it is also the loss of the 18 licensed psychiatric beds in the community served by Good Sam. Licenses for psychiatric care beds are issued by the state of California and it is an involved process to obtain such licenses. The loss of the beds is as important as the loss of the services associated with them.

Good Samaritan has not indicated what the space will be used for after the closure. Whatever the usage, we strongly urge that it save the 18 psychiatric beds for our community.

We urge you to call or write to your elected officials at the county and state levels and voice your concerns about the closing of the Good Samaritan behavioral health facility.

Note About NAMI-Santa Clara County Board Meetings: SCC's Board of Directors meets ten times per year (except August & December) on the 1st 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.

Ranger Hikes Mental Health Summer Series

Come join in a guided hike through your local city park. Learn about the history of the park and fun facts about the natural beauty of the surrounding area. This is an inclusive program hosted by Grace Art and Wellness Center, NAMI-Santa Clara County, and the city of San Jose Park Rangers. It is intended to help participants experience the healing and calming benefits of nature while creating a community around those affected by mental illness.

Information and resources on mental health will be provided at the end of each hike. Bring along water and a snack.

WHEN: Last Saturday of the month
10:15 A.M. to 12:30 P.M.

WHERE: July 29—Kelley Park (Activity # 264.1.1001)
August 26—Lake Cunningham Park
(Activity #264.1.1002)

REGISTER: SJRegistration.com
SJ Registration Help Desk 408-793-5565

NAMIcon 2023

By Barbara Thompson

This year's NAMI National Conference was held in Minneapolis, Minnesota. The theme was Together for Mental Health. There were several plenaries including one by Kenneth Cole, the designer, who launched his Mental Health Coalition during the COVID-19 crisis. This organization seeks to end the debilitating stigma surrounding mental illness and change the way people talk about and care for people with mental illness.

Another plenary included Percy "Master P" Miller and Carmela Wallace talking about their loved ones' suicides and how these tragedies have transformed their lives.

In another plenary, a NAMI NextGen group of young adults shared experiences that have led them to work with youth and young adults so they can be seen and heard.

There were quite a few workshops covering topics such as Best Practices for State Organizations and Affiliates; Workplace Mental Health; Culture and Identity in Mental Health; Innovations in Research and Treatment; Youth and Young Adult Mental Health; and Crisis Response and Intervention.

One night, I participated in the Veterans' candlelight ceremony followed by a concert from the Me2/Orchestra. Every musician has a mental health challenge.

NAMIWalks Kickoff Photos

