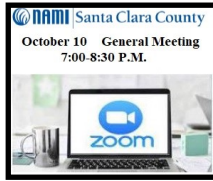




NAMIWalks 1



MIAW 2



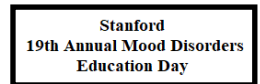
General Meeting 2



NAMIWalks 3

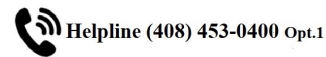


Legislation 3



Mood Disorders Day 4

NAMI-Santa Clara County



October '23



nami
National Alliance on Mental Illness

NEWS

Is the Governor's Plan to Amend MHSA the Right Move?

By Moryt Milo

For close to 20 years, California's Mental Health Services Act (MHSA) has been a lifeline for a number of behavioral health care programs not covered by Medi-Cal. Come March 2024, some of that funding could shift dramatically if voters approve the referendum on the ballot.

Proposition 1, as it will be known, combines Senate Bill 326, authored by State Sen. Susan Eggman, a bill to amend the allocation of MHSA dollars, and Assembly Bill 531, authored by Jacqui Irwin, a \$6.4 billion general obligation bond that would aim to significantly increase the state's psychiatric and addiction services infrastructure. The Mental Health Services Act will be renamed the **Behavioral Health Services Act**.

The new legislation would amend MHSA—which passed in 2004 as a 1% tax on individuals who make more than \$1 million annually—by carving out 30% from the annual tax for housing the chronically homeless, new housing construction, and assertive treatment for those with severe mental illness and substance use disorders. This year, the tax generated about \$3 billion in revenue. That equates to a \$1 billion carve out.

The mandated realignment of funding would significantly alter the counties broad discretion over how these monies are spent. The shift would reduce available funds for non-mandated programs such as adult outpatient services for the mentally ill, county crisis response services, and resources and services for people of color and in the LGBTQ+ community.

There are some winners in the reshuffling. The California Alliance of Child and Family Services lobbied nonstop to make sure that early intervention and prevention programs were not cut.

Adrienne Shilton, director of Public Policy and Strategy for the California Alliance of Child and Family Services, said the organization's advocacy paid off. Within the 35% of funds allocated to the Behavioral Health Flexible Account bucket, 50% of those dollars will go toward early intervention services, and of that amount 50% must be designated for children and young adults ages 0-25.

The bill will also require that 4% of MHSA dollars be set aside for prevention and 51% of those dollars is to be spent on children and youth 0-25, as well. These funds will be administered directly through the State

Department of Public Health not through counties.

"This was like our North Star to get both of these two requests," Shilton said. Proponents and opponents alike acknowledge that cuts to programs and services will be unavoidable within the new framework, and where those cuts come from is an ongoing question and concern.

Momentum For Health CEO Dave Mineta said the nonprofit is waiting to hear from the Santa Clara County Behavioral Health Services Department on potential funding cuts, in anticipation of voters approving Prop. 1.

"Of course, everyone wants additional resources for substance use disorders and behavioral health housing, and yet there are serious concerns about this package of legislation and what these [changes] are going to do to the existing systems when they take the brunt of the shortfall dollars," Mineta said.

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

NAMIWalks Silicon Valley 2023 Is Almost Here



NAMIWalks Silicon Valley 2023 takes place on Saturday, October 7 at History Park, 635 Phelan Av, San Jose.

To register, go to [NAMIWalks.org/siliconvalley](https://namiwalks.org/siliconvalley)

To volunteer, go to https://namiscc.ivolunteer.com/event_007

See page 3 for all the details.

Mental Illness Awareness Week (MIAW) Oct. 1–7, 2023



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).

Mental health conditions are important to discuss year-round, but highlighting them

during MIAW provides a dedicated time for mental health advocates 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.

This year's MIAW will center on the theme "Together We Care. Together We Share." This campaign speaks to the impact of NAMI's support resources. It conveys the power of coming together in community, which can be healing as people gather to share their experiences. Our hope is that, through this campaign, we can spread awareness of two of NAMI's major support resources: NAMI Support Groups and the new NAMI Teen and Young Adult HelpLine.

Mental Illness Awareness Week runs from October 1–7 and coincides with additional related events:

- ◆ Tuesday, Oct. 3: National Day of Prayer for Mental Illness Recovery and Understanding
- ◆ Thursday, Oct. 5: National Depression Screening Day
- ◆ Monday, Oct. 10: World Mental Health Day

Are you in a crisis? Call or text **988** or text **TALK** to **741741** any time of the day 7 days per week. The Lifeline provides free and confidential support for people in distress, as well as prevention and crisis resources for you or your loved ones.

Suicide Prevention Proclamation by Board of Supervisors

In recognition of Suicide Prevention Awareness Month, the Santa Clara County Board of Supervisors recognized the National Alliance on Mental Illness-Santa Clara County (NAMI-SCC) and the tremendous work done by the NAMI-SCC team in supporting people and their loved ones who have a lived experience of mental illness. Our Board President, Uday Kapoor, was asked to do an invocation at the start of the meeting on September 19, and our Executive Director, Rovina Nimbalkar, spoke about the efforts being made by NAMI in support of suicide prevention.



October 10 General Meeting Dr. María José Hummel: The Science of Nutrition



Dr. María José Hummel's presentation will cover the nutritional and lifestyle factors that affect the brain as well as the different diseases and conditions that affect the brain, such as mood disorders (depression and anxiety) and neurological disorders (such as Parkinson's and Alzheimer's disease). Evidence-based information will be

given about what nutrients have been shown to improve brain function and help prevent mood disorders.

Dr. María José Hummel is a nutritionist, health educator, author, international speaker, and former engineer. She holds multiple degrees, which include a Bachelor's in Engineering from Cal Poly,

a Master's of Science in Nutrition from the University of Bridgeport, Connecticut, a Master's in Public Health from San Jose State, a certification in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell University, and she holds a doctorate in Naturopathy as well as a Doctorate in Philosophy (Ph.D.) in Natural Medicine from the International Institute of Original Medicine.

As a health educator and plant-based nutritionist, certified by the American Association of Lifestyle Medicine, Dr. Hummel enjoys sharing not only her knowledge, but her passion for nutrition, health, and plant-based cooking. Her current work as a program coordinator involves conducting nutrition education and dietetic interventions to reverse chronic conditions and improve biometric markers.

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

NAMIWalks Silicon Valley 2023

By Llecenia Solorio



Let's lace up our walking shoes and get ready! NAMIWalks Silicon Valley is filled with excitement as we gear up for this transformative community walk. It's a call to action for individuals, friends, families, organizations, and fellow community members to demonstrate our unwavering support for mental health advocacy.

Join Us! Saturday, October 7th at the wonderful History Park of San Jose.

Address: History Park of San Jose, 635 Phelan Avenue, San Jose, CA 95122

Doors will open at 8:00 A.M. for Check-in & Registration; the program is scheduled to commence promptly at 9:30 A.M., and festivities will end at 1:00 P.M. We're thrilled to feature an outstanding lineup of speakers, sponsors, and entertainment, followed by fantastic food truck vendors for this year's walk event.

NAMIWalks Silicon Valley eagerly looks forward to welcoming you, as we unite to create a positive impact on mental health awareness. See you all there!

Keynote Speaker: Mr. Paraag Marathe, President of San Francisco 49ers Enterprises. Mr. Marathe's dedicated advocacy for mental health awareness, particularly within the realm of eating disorders, is both inspiring and impactful. His personal journey and family experiences bring a valuable perspective to our cause.

Honorary Chair: Santa Clara County Supervisor Cindy Chavez is a longstanding advocate for mental health support in the Santa Clara County community, and her unwavering commitment continues to strengthen our collective efforts.

Sponsors: We are thrilled to share our current sponsors who have generously contributed a total of \$198,469 to date. This collective effort is a remarkable milestone for our mission, signifying the growth of our network of friends and sponsors for NAMIWalks 2023. A warm welcome to our new partners: The Health Trust, Palo Alto University, SJ Integrative Wellness Center, and SJ Police Officers Association. Their support significantly strengthens our cause.

We also extend our deepest gratitude to our Presenting Sponsors John and Gini Mitchem, Navah and Meir Statman, and BetterHelp. Your generous contributions and presence are truly invaluable.

We're eagerly anticipating a day filled with unity, inspiration, and a profound impact on mental health awareness.

Reminders: 1) Please bring a reusable water bottle or container as we'll have a refillable water station available. 2) Dogs are more than welcome! Just remember to keep them leashed. 3) Carry cash or card, as we'll have accessible free and paid parking options, along with a variety of food vendors.

NAMIWalks Silicon Valley stands as our largest fundraiser; every dollar raised directly supports our free public programs. Thank you all for your unwavering support.

Looking forward to walking alongside you all!

Staff Spotlight: Tiffany Austin



Tiffany Austin was introduced to NAMI through her local mental health care provider. In 2022, she completed the Peer-to-Peer and Provider courses with NAMI Santa Clara County. She became a volunteer and helped secure several sponsors for NAMIWalks Silicon Valley 2022. In the spring of 2023, she completed her training to become an Ending the Silence (ETS) presenter. She

then continued to volunteer for NAMI-SCC by assisting with event photography and media relations. When the position of Community and Media Relations Liaison opened up in the summer of 2023, Tiffany promptly applied for it.

Tiffany was born and raised in Santa Clara County, as was her father, while her mother immigrated from Peru to San Jose in the 1990s. Tiffany loves spending time with her loved ones and honoring her late dog and beloved best friend, Kiwi. She graduated from CSU-Northridge. She enjoys crafting, staying active, cooking Peruvian food, and exploring food spots around the Bay Area. She thanks you for supporting NAMI Santa Clara County and wishes you wellness.

Legislative Update: SSI



Supplemental Security Income (SSI) provides modest financial assistance to older adults and people with disabilities. But it has not kept pace with current economic realities. To qualify for SSI, individuals cannot have more than \$2,000 in savings, while married

couples are limited to \$3,000. These outdated "asset limits"—which have not been updated since 1989—make it extremely difficult for SSI recipients to save money for essential expenses such as home repairs, rent, or emergencies without putting the benefits they rely on to live at risk.

U.S. Senators Sherrod Brown and Bill Cassidy just announced the introduction of the SSI Savings Penalty Elimination Act. This bipartisan legislation would raise SSI asset limits to \$10,000 for individuals and \$20,000 for married couples, and index asset limits to inflation. U.S. Representatives Brian Higgins and Brian Fitzpatrick will introduce companion legislation in the House.

Please write your senator and congressperson in support of the SSI Savings Penalty Elimination Act.

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. Currently, our board meetings are virtual; check our website for log-in information.

We Are Updating our Independent Living Home List – You Can Help!

By Lorraine Zeller

In an effort to provide accurate information for our listing of local independent living homes and assess the quality of these homes, we need your help. Our current list is posted at <https://namisantaclara.org/wp-content/uploads/2023/09/Web-Unlicensed-MI-Group-Homes-8-30-23.pdf>.

Homes we call “independent living” have been called by many names such as unlicensed board and care, room and board, shared housing, and so on. The Independent Living Association (<https://ilacalifornia.org/>) describes independent livings as “privately-owned or operated homes or complexes that provide shared housing for adults with disabilities, including mental illness, and others who may benefit from a shared living environment. Tenants in independent livings are able to live independently, are often on a fixed income, and do not need supervision or care from their landlord.”

We need current information about all the independent living shared housing in Santa Clara County, especially those where behavioral health clients are placed or referred to by their providers. And we want to know anything you can tell us about the experience of living in these homes. You can help us find homes whose operators might be open to meeting quality standards that allow them to join the Independent Living Association. We also need to know where living conditions call for taking further action. See Forbes article [Hidden In Plain Sight](#).

If you have experience residing in one of these homes or have a loved one who lives or recently lived in an independent living home, whether it's on or not yet on the list, please contact Lorraine Zeller at ljz1496@gmail.com.

Secure 2.0 Legislation

New legislation provides the opportunity to fund a charitable gift annuity for a charitable gift trust, with a one-time direct distribution from an IRA for a tax-free distribution of up to \$50,000 which can be applied to your required minimum withdrawal.

See more here: [New Tax Law Rewards Charitable IRA Retirees With A \\$50,000 Income Tax Deferral Opportunity](#)

Stanford Mood Disorders Education Day

Saturday, October 14, 2023

9:00 A.M. – 1:00 P.M.

Translating Emerging Treatments for Mood Disorders into Practice

Please join the Stanford University Mood Disorders Center for exciting presentations and Q&A on ground-breaking new insights and treatments for mood disorders by faculty at Stanford. Topics will range from the latest advancements in diagnostics, considerations for special populations, to innovative treatments for mood symptoms, such as brain stimulation, psychedelics, and strategies to personalize treatment.

Mood disorders can have lasting negative effects on individuals, families, the economy, and society. This event will promote awareness and share the latest scientific advancements aimed at reducing suffering caused by mood disorders.

This free educational event is open to all members of the community. Preregister online at the Eventbrite link below to guarantee your spot. For registration and meeting link info, go to <https://www.eventbrite.com/e/19th-annual-mood-disorders-education-day-registration-722280840437>

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

Walk-in Hours: 10 A.M.–2 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!

