



Officers Election 1



NAMICON 2



General Mtg. 2



NAMI Walks 3



U.S. Global Leader 3



Heroes Awards 4

NAMI-Santa Clara County  Helpline (408) 453-0400 x1

April 2024



**nami**  
National Alliance on Mental Illness

**NEWS**

## What Is TRUST? How Does It Work?

By Moryt Milo

Momentum for Health Community Collaborator Paula Giannoni is on a mission to educate the community about Santa Clara County’s newest mobile field team that is dispatched to individuals in the midst of a mental health or substance use crisis.

TRUST, short for Trusted Response Urgent Support Team, is the only non-law-enforcement crisis team in the county that meets people where they are. The team is dispatched to offer services and resources, to listen and help de-escalate the situation. The team stays as long as needed.

The program launched in November 2023 and now operates throughout the county, having just recently expanded into the West Valley to cover Los Gatos, Saratoga, Campbell, and Cupertino.

TRUST was created through a grassroots movement by the community for the community after families witnessed their loved ones in mental health crisis lose their lives to police responding to the scene. While TRUST has the ability to place an individual on a 72-hour involuntary hold or a 5150, that’s not the goal according to Giannoni. De-escalation is the focus.

The mobile field team is a Santa Clara County program operated by two

organizations. Momentum for Health works the North County, and Pacific Clinics works the South County and West Valley. The team operates 24/7 and is a service for those 18 and older.

When an individual is having a mental health or substance use crisis that does not involve a possible suicide, drug overdose, or weapon, a family member or friend should call 988, not 911. When a 988 operator answers, the caller should ask for TRUST. The operator will dispatch a TRUST team to the location or connect the caller to the TRUST call center.

When a TRUST van arrives and knocks on the door, three individuals are there to help—a peer outreach specialist, a crisis intervention specialist, and a certified EMT. There are no police. The peer specialist has lived experience, and the crisis intervention specialist has substance use experience.

“We come with physical, mental health, and substance use [knowledge] on hand and can accommodate and help,” Giannoni said.

But we are realistic, she added. The person has the right to refuse services or resources, at which point the team often pivots to other family members struggling with the situation. TRUST is not a one-and-

done service, the team doesn’t leave. They look at the situation holistically.

“We see what’s around us. Is there a parent, friend, or family member in distress?” Giannoni said. “Any way we can provide our services [we will]. We know this situation affects more than one person.”

Even after they leave, TRUST will follow up one to two times to see if the individual might be more receptive to services and to check in with the family. These checks are done whether the initial contact is good or bad, Giannoni said.

TRUST’s mission is clear. According to Giannoni, “When going through a crisis, it’s better to meet you where you are comfortable.”

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

To learn more about TRUST, [click here](#).

To watch the TRUST NAMI YouTube presentation, [click here](#).



## Installation of NAMI-SCC Board Officers 2024-2025

Our Board officers for 2024-2025 are:

President: **Uday Kapoor**

VPs: **Beverly Lozoff, Juan Perez, Frank Alioto, Moryt Milo**

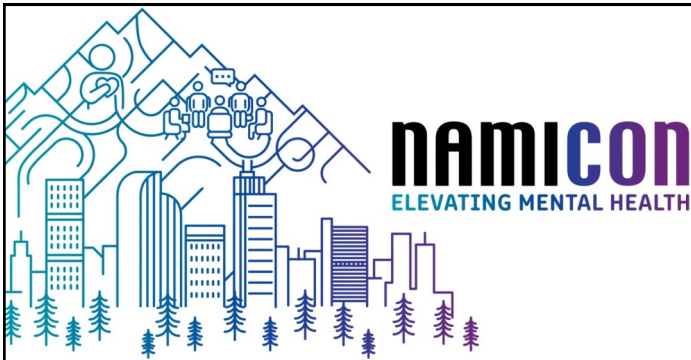
Treasurer: **Steve Wade**

Secretary: **Peter Newman**

NAMI-SCC’s annual election of officers for 2024-2025 was held at the March general meeting. Installation of officers will take place at the general meeting on April 9.

Our Board of Directors consists of officers and members at large. Officers are listed at the left. Members at Large, appointed by the president, are **Karen Deloumi, Jillian Wang, and Dolly Sandoval**. One additional position rounds out the Board: Past President **Vic Ojikian**.

## NAMI Convention 2024 Elevating Mental Health



The 2024 NAMI Convention takes place Tuesday, June 4, through Thursday, June 6, in Denver, Colorado at the Sheraton Downtown Denver Hotel.

Get ready for an energizing in-person celebration of all the unique and important voices—including yours—who are creating positive change in mental health. Whether you're a long-time NAMI advocate or brand new to our movement, NAMICON is for you.

To register, go to <https://convention.nami.org/en/registration-form?no-cache=true>

## NAMI CA Conference 2024

# SAVE THE DATE!

OCTOBER  
3-4, 2024

NAMI CALIFORNIA 2024 ANNUAL CONFERENCE

JW MARRIOTT ANAHEIM RESORT



## Charitable Giving

Become a NAMI member to support all three levels of the organization—national, state, and local—with one payment! Our national and state organizations lobby for mental health legislation at the federal & state levels and staff helplines which refer callers to local NAMI affiliates like ours. We have three membership rates depending on what makes the most sense for you. Click here: <https://namisantaclara.org/membership-donation/>

## El Camino Healthcare District Recognizes NAMI-SCC

On February 13, the El Camino Healthcare District Board Chair highlighted NAMI-Santa Clara County as the Grant Partner Spotlight Presenter at their board meeting. Since 2012, El Camino Healthcare District has invested in improving the lives of people with mental health conditions by awarding a grant to NAMI-Santa Clara County's innovative peer support program, the Community Peer Program. The grant enables NAMI-Santa Clara County to provide 800+ individuals living in the El Camino Healthcare District with peer support and mentoring for a 4-month period.

Thank you, El Camino Healthcare District, for recognizing NAMI-Santa Clara County's work in the community and for your continued support of the Community Peer Program.



## Upcoming April 9 General Meeting Dr. Karen Adams: Mood & Menopause



Dr. Karen Adams is our April 9 general meeting presenter. Dr. Adams will discuss what is known about the links between major depression, generalized anxiety, and perimenopausal/menopausal mood instability. She will also address how menopause affects those with bipolar disorder and schizophrenia. Dr. Adams is doubly board-certified in Obstetrics and Gynecology (OB-GYN) and Lifestyle Medicine, and is a Menopause

Society-certified menopause specialist and expert in sex medicine at the Stanford Health Care Gynecology Clinic. She is a clinical professor of medicine in the Department of Obstetrics and Gynecology at Stanford University School of Medicine and a faculty affiliate of the Stanford Center on Longevity.

As an OB-GYN for over three decades, Dr. Adams specializes in managing the symptoms of menopause, diagnosing and treating female sexual dysfunction, and utilizing lifestyle medicine to decrease the risk of chronic conditions associated with aging.

**NOTE:** Past General Meeting presentations can be viewed by going to our website, [www.namisantaclara.org](http://www.namisantaclara.org), under News & Events and clicking "General Meetings."

## May Is Mental Health Month

May is Mental Health Awareness Month. We want to highlight mental health activities and special events taking place in May. If you know of any activities or events, please contact the Newsletter Team at [newsletter@namisantaclara.org](mailto:newsletter@namisantaclara.org)

## NAMIWalks SV 2024 Website Live!

SAVE THE DATE: NAMIWalks Silicon Valley 2024 will take place on October 5, 2024. Our website is now live! We'd like to invite you on this journey for mental health for all.

Keep checking this website for updated information: <https://namiwalks.org/siliconvalley>

## Price Middle School Receives Community Merit Award



Each year, NAMI-SCC recognizes an individual or organization in the community that contributes to mental health with our Community Merit Award. This year, Ida Price Middle School in the Cambrian School District is the recipient. At the NAMI-SCC February general meeting, two Ida Price Middle School representatives accepted the award:

Eighth-grade Teacher and Walk Organizer Stacey Bibo and Principal Margaret Lavin.

The school's dedicated staff members and students organize "Price Walks for Mental Health," a mental health walk and fundraiser on Ida Price Middle School's campus. The school prioritizes mental wellness for the student population by having the entire community involved. For the past several years, the student body and staff have advocated for mental health through a variety of mental health-related activities, lesson plans, discussions, and a major fundraiser. Their walks have raised over \$30,000 in total for NAMIWalks Silicon Valley.

Thank you, Ida Price Middle School students, staff, and community, for your dedication and mental health activism!

## Staff Spotlight: Kristina Alaniz



Kristina Alaniz's path to becoming the Events Coordinator at NAMI-Santa Clara County is one defined by a deep commitment to mental health advocacy and community support.

Introduced to NAMI through online family support groups, Kristina's journey with the organization began with her participation in a Family-to-Family

class. Upon completing the class, she felt compelled to take her involvement farther, becoming a team captain and co-founder of Team Saturday School with her classmates and newfound friends. This collaborative effort allowed her to amplify her impact and connect with others who shared her passion for mental wellness.

Kristina then made the decision to undergo training to become a facilitator of the Family-to-Family class. As a facilitator, she

found immense fulfillment in empowering others and providing support to families navigating the challenges of mental illness.

With a background rooted in the Bay Area, where she grew up and completed her education, Kristina has dedicated over 25 years to working in the nonprofit arena. Throughout her career, she has consistently sought opportunities to make a meaningful impact wherever possible, driven by her passion for helping others. As the Events Coordinator, Kristina is eager to lead this year's NAMIWalks Silicon Valley into its 6th year, recognizing the significance of this event in raising awareness and support for mental health initiatives in the community.

Kristina currently resides in San Jose with the youngest of her three children along with her beloved fur-babies: four cats and a chihuahua. She spends her free time enjoying anything outdoors, attending music concerts, volunteering, and spending time with friends and family.

## Moonshot!

By Frank Alioto

America is rated as the best and strongest country in the world in many disciplines ranging from space exploration to scientific excellence to military power, as well as leadership in many arts. There simply has been nothing like America, ever.

Unfortunately, we are also at the top of the list in depression and drug abuse and have similar rates of mental illnesses as the rest of the world.

You would expect the United States, the world leader in science and discovery, to lead the world in its mental health care. But we don't sit anywhere near the top. The recognized global leader in

mental health care and treatment is Sweden. The United States ranks thirtieth...just behind Slovenia.

It is time for America to step up where mental health care and cures are concerned. It is time for another American moonshot, but one of a completely different scope and purpose. It is time for America to get serious about cures for mental illnesses. It will take years and many billions of dollars and the best minds on our planet, but we are the only people who can do this. If not us, who? If not now, when?

**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.

# Community Heroes Awards

The County of Santa Clara Behavioral Health Board will be holding its 13th Annual Behavioral Health Community Heroes Awards event on Wednesday, May 1. (See flier at right for details.) This year's theme is Hope and Healing, and NAMI-SCC's Executive Director Rovina Nimbalkar is the keynote speaker.

The deadline to register to attend in person is Sunday, April 21.

To sign up, go to <https://bit.ly/2024HeroesAwards-InPerson>

To register to attend via Zoom, go to:

<https://bit.ly/2024HeroesAwards-Virtual>



NAMI-SCC'S **Harold Brown** is one of this year's community heroes. Harold has served on our Board of Directors as Vice President of Fundraising for 10+ years. He has tirelessly led efforts to secure vital resources for our affiliate, enabling us to expand our outreach and impact. Harold's commitment to NAMIWalks has led to many successful fundraising campaigns and sponsorships that have made a significant difference in the lives of those affected by mental illness. His initiative led to the formation of our Community Advisory

Council. In addition, Harold's commitment to Ending the Silence, one of NAMI's signature programs, led to the creation of a database of pertinent information about middle and high schools in the county. His passion and relentless efforts have been instrumental in fostering a culture of compassion and understanding for mental health issues within the community.

**COUNTY OF SANTA CLARA**  
**BEHAVIORAL HEALTH BOARD**

## 13TH ANNUAL BEHAVIORAL HEALTH COMMUNITY HEROES AWARDS

### HOPE AND HEALING

FEATURING KEYNOTE SPEAKER  
**ROVINA NIMBALKAR**

**MAY 1, 2024**

<b>IN-PERSON</b> 333 W. JULIAN ST. SAN JOSE AUDITORIUM 10:00 AM - 12:00 PM (CHECK IN: 9:30 AM)	<b>VIRTUAL PARTICIPATION (VIA ZOOM)</b> 10:00 AM - 12:00 PM
<b>REGISTER HERE:</b> <a href="https://bit.ly/2024HeroesAwards-InPerson">bit.ly/2024HeroesAwards-InPerson</a>	<b>REGISTER HERE:</b> <a href="https://bit.ly/2024HeroesAwards-Virtual">bit.ly/2024HeroesAwards-Virtual</a>

## MEMBERSHIP/DONATION FORM

Join, renew, and/or donate to NAMI-SCC

I would like to join:

- Individual (\$40)
- Household (\$60)
- Open Door (\$5)
- New Membership
- Renewal Membership

I would like to donate:

- \$50     \$75     \$100     \$250
- Other \_\_\_\_\_
- In Memory of \_\_\_\_\_
- In Honor of \_\_\_\_\_

My company has a Matching Gift Program \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

To pay online, go to [www.namisanataclara.org](http://www.namisanataclara.org) and click on "Join NAMI."  
Learn how to include NAMI-SCC in your estate plan by going to "Get Involved/Planned Giving" on our website.

NAMI-SCC welcomes your membership. Memberships are valid for one year. Your membership and donations are tax deductible. **Tax ID #94-2430956**

**NAMI-Santa Clara County Community Resource & Support Center**  
 1150 S Bascom Av #24  
 San Jose, CA 95128  
 Phone: 408-453-0400  
 Fax: 408-453-2100  
[www.namisanataclara.org](http://www.namisanataclara.org)  
[office@namisanataclara.org](mailto:office@namisanataclara.org)  
**Office Hours: 10 A.M.-6 P.M. M-F**  
**Walk-ins: 10 A.M.-2 P.M.**  
 To reach our Helpline, call **408-453-0400 Option 1**; after hours, leave a message

**Board of Directors**

- Uday Kapoor
- Vic Ojikian
- Beverly Lozoff
- Juan Perez
- Frank Alioto
- Moryt Milo
- Steven Wade
- Peter Newman
- Karen Deloumi
- Jillian Wang
- Dolly Sandoval

**Newsletter Staff**

Bev, Moryt, Tiffany, Donna-Jo

