



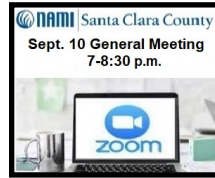
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NAMI-Santa Clara County



Helpline (408) 453-0400 x1

September 2024



nami

National Alliance on Mental Illness

NEWS

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Bay Area NAMI Affiliates' Multicultural Symposium

By Tiffany Austin

On July 11, dozens gathered for the Bay Area Affiliates' Multicultural Symposium hosted by NAMI-SCC in collaboration with NAMI CA, and sponsored by Kaiser Permanente. Keynote speaker Tara Sreekrishnan, member of the SCC Board of Education, shared insights on mental health in educational spaces across the county, including her own experiences with mental health and academic rigor at Monta Vista High School, her alma mater.

Thy Hope Luong demonstrated the grounding technique "5-4-3-2-1." The audience had a sentimental glimpse of how mental health plays into her life. When describing "two things she can smell," she professed how the smell of her mom's cooking has spices she "knows like the back of her hand" & brings her feelings of safety.

NAMI Santa Cruz County's Noeli Perez, ED, and Alice Nelli, Family and Peer Support Coordinator, shared insights into their affiliate. Their impactful work with the large Latinx population in their county is exemplified by their Spanish speakers' Helpline.

Adela Arce and Sarah Prabhu informed the audience of the important work NAMI-SCC is doing in mental health.

Moryt Milo led a distinguished group of panelists in a discussion and Q&A. Below are summarized bullet points of answers given by panelists to Milo's questions.

What are some of the tools needed to improve equity in mental health outreach within minority communities?

Panelist Dr. Miguel Valencia, Gardner Health Services:

- ◆ Stipends, scholarships, and peer counselors are important tools for high school students.
- ◆ Expose high school youth to mental health resources. At Gardner, students were introduced to the mental health field and given a stipend for their time and dedication during the summer.

How far have we progressed when it comes to helping minorities in need of mental health services? What do we need to key into looking ahead?

Panelist Amia Nash, Eating Disorders Resource Center:

- ◆ Amplify community voices — they are experts of lived experiences.
- ◆ Power sharing — Have the community

lead aspects of the work, which results in power sharing and addresses some of the mistrust regarding current mental health professionals.

What are the added challenges you see for your minority community?

Panelist Naliah Kelley, SCC Connections:

- ◆ Stigma
- ◆ Cultural barriers
- ◆ Need providers who are sensitive to cultural norms
- ◆ Socioeconomic factors (lack of health insurance, inability to afford out-of-pocket expenses)
- ◆ Limited access to transportation

Panelist Erika Hernandez, NAMI en Español:

- ◆ Language barriers, for example, not having an interpreter available
- ◆ Discrimination
- ◆ Lack of knowledge regarding mental health rights

To watch videos from this event, please visit our YouTube channel [here](#).

NAMI Walks Silicon Valley 2024

REGISTER NOW

Keynote Speaker
Dr. Mary Ann Dewan
Santa Clara County Superintendent of Schools

NAMI Walks Silicon Valley
SATURDAY
OCTOBER 5TH 2024
Event Time: 8:00am - 1:00pm PT
HISTORY PARK • 635 PHELAN AVE. • SAN JOSE 95112

Honorary Chair
Dr. Anna Lembke, MD
Chief of Stanford Addiction Medicine Dual Diagnosis Clinic

REGISTER NOW

NAMI Walks Silicon Valley 2024 on Saturday, October 5 at History Park, 635 Phelan Av, San Jose

To register, go to <https://namiwalks.org/siliconvalley>

To volunteer, go to https://namiscc.ivolunteer.com/event_008

Suicide Prevention Awareness Month

September is National Suicide Prevention Awareness Month and Suicide Prevention Week is September 8-14. Suicide rates have increased more than 30 percent in half of all U.S. states since 1999, according to the CDC. Suicide is the 10th leading cause of death in the U.S. and the 2nd leading cause of death of people ages 10-34. The American Foundation for Suicide Prevention's signature fundraising event is the Out of the Darkness Walk—a journey of remembrance, hope, and support. It's an opportunity to acknowledge how suicide and mental health conditions have affected our lives and the lives of those we love and care about.

Here is information about two local walks.



1) San Francisco Walk: Sept. 14

Place: Pier 27, San Francisco
Registration Start Time: 9:30 A.M.
Program Start Time: 11:00 A.M.
Contact: Lucianne Ryan,
 707-721-4062
Email: OOTDSFWalk@gmail.com

2) South Bay Walk: Oct. 26

Place: Arena Green West Park,
 San Jose
Check-in: 9 A.M.
Walk Start Time: 10 A.M.

Please go to this website for more info:

https://supporting.afsp.org/index.cfm?fuseaction=cms.page&id=2065&_gl=1*zgp6gn*_gcl_au*NDAwNTQzODcyLjE3MTk5NTkwODY.*_ga*MzAwMDgxMTAxLjE2ODkwMTMxNzY.*_ga_44VZZG2H84*MTcyMjQ0NzE2OC44LjAuMTcyMjQ0NzE2OC42MC4wLjA

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.

“Self-care is how you take your power back.”

—Lalah Delia

be kind
to your
MIND

NAMI CA Conference 2024



NAMI California invites you to the 2024 in-person Annual Conference. This year, the conference takes place in Anaheim at the JW Marriott on October 3-4. Listen, learn, network, and be united under the goal of reducing the stigma of mental illness.

The Keynote Speakers are Kendall Toole and Dr. Xavier Amador, author of nine books, including the bestseller *I Am Not Sick, I Don't Need Help!* To learn more and to register, go to <https://namica.org/2024-nami-california-annual-conference/>

Planned Giving

Are you scheduled to receive a Required Minimum Distribution (RMD) from a retirement account (IRA) which may significantly increase your tax liability? Please consider a Qualified Charitable Distribution (QCD) to NAMI-Santa Clara County. While NAMI can't recommend specific financial brokers, learn more at this website:

[Qualified Charitable Distribution | Fidelity Charitable](#)

SAVE THE DATE

**California Crisis Intervention Training Association
 Statewide Training Update
 OCTOBER 30, 2024
 8:30 am - 5:00 pm**

LOCATION: CORONADO COMMUNITY ROOM, 1845 STRAND WAY
 CORONADO, CA 92118

COST: \$75 INCLUDES LUNCH
 POST APPROVAL OF THIS COURSE IS PENDING

CARE COURT UPDATES
 Representatives from Multiple Counties
 Discuss Implementation

5150 and The Impact on Expanding Criteria
 Emergency Rooms; Crisis Stabilization Units
 Homeless Outreach Teams
 Mobile Crisis Response Teams

School Threats: A Panel Response and a Mental Health Debrief
 School staff
 School Resource Officers and Law Enforcement Experts
 Law Enforcement and Behavioral Health Response Teams
 Parent Perspective
 District Attorney on School Threat Protocol

More Information to Follow - Contact@Marla.Kingkade@sdcca.org

Upcoming September 10 General Meeting



Jeanette Langdell, Helpline Coordinator at NAMI-SCC, is our September 10 General Meeting presenter. Come learn the answers to questions such as: Why is it called a “Helpline”? Who calls us? What kinds of questions do we get? What kind of training does the staff receive?

The NAMI Helpline team assists thousands of callers every year. Our team provides caring, compassionate support and referrals to resources for individuals and families affected by mental health conditions. Helpline staff all have lived experience

with mental illness. Help seekers feel understood—often for the first time—and experience a renewed sense of hope after talking with someone who really “gets it.” Two Helpline Specialists will speak about their experiences working on the Helpline.

Jeanette joined NAMI as a volunteer on the Helpline following a career as a program manager with NOVA and the City of Sunnyvale, where she managed various workforce development programs. She now oversees NAMI's team of Helpline volunteers and staff. In her off-hours, Jeanette is an amateur flutist and a member of a performing salsa dance group.

NOTE: Beginning in September, our general meetings will take place from 7-8:30 P.M. on the second Tuesday of the following months: September, November, January, March, May. Past General Meeting presentations can be viewed by going to our website, www.namisanclara.org, under News & Events and clicking “General Meetings.”

NAMIWalks Silicon Valley 2024 Inspires & Energizes

By Kristina Alaniz
Events Coordinator

The annual NAMIWalks Silicon Valley Kickoff event was held at Maggiano's, bringing together sponsors, team captains, and community members for an inspiring and engaging luncheon. The event, aimed at rallying support and enthusiasm for the upcoming NAMIWalks Silicon Valley, was a resounding success, filled with heartfelt stories, exciting announcements, and a spirited atmosphere.

Attendees were welcomed into Maggiano's beautifully decorated event space where they enjoyed a delicious Italian meal. The event featured a series of inspiring stories from individuals and families affected by mental health challenges. These personal accounts underscored the importance of the NAMIWalks Silicon Valley initiative and the difference it makes in supporting mental health advocacy and education.

The event also included a raffle with a range of fun and enticing prizes, adding an extra layer of excitement to the day. The kickoff event effectively set the stage for a successful walk, with many team captains rallying their groups and sponsors reaffirming their support.

The collective energy and shared commitment to mental health advocacy made the event memorable and set a positive tone for the journey ahead!

Registration

Registration is in full swing and teams are still signing up! Individuals and Teams register here:

<https://namisantaclara.org/namiwalks-silicon-valley/>

Register & win w weekly giveaways! Register as a walker and you'll automatically be entered to win in our weekly giveaway!

Prizes include gift cards and NAMIWalks swag. One lucky winner

will be chosen randomly each week. Each winner will be notified via email.

Training Opportunities

Coaching calls for both captains and walkers will be offered via Zoom on Fridays at noon through September 27. Watch your inbox for your invitation!

Walk & Talks will be held every Saturday in September at 9 A.M. at Campbell Park (Campbell Ave & Gilman Ave). All walkers and their teams (and dogs) are welcome.

Interested in volunteering at this event? Go to https://namiscv.volunteer.com/event_008

2024 Keynote Speaker

Dr. Mary Ann Dewan, Santa Clara County Superintendent of Schools, a celebrated statewide leader in inclusive education, has dedicated 37 years to public education. Recognized for her youth-focused work and commitment to serving the community, Dr. Dewan is passionate about diversity, inclusion, and social justice. She strives to promote equity-focused system change at local, county, and state levels.

2024 Honorary Chair

Dr. Anna Lembke, MD is professor of psychiatry at Stanford University School of Medicine and chief of the Stanford Addiction Medicine Dual Diagnosis Clinic. A clinician scholar, she is the author of more than a hundred peer-reviewed publications, has testified before the United States House of Representatives and Senate, has served as an expert witness in federal and state opioid litigation, and is an internationally recognized in addiction medicine treatment and education.



Staff Spotlight: Devyn Lopez



Devyn Lopez joined NAMI as a Youth Program Administrator following professional experience in the nonprofit sector. As a Youth Program Administrator, Devyn coordinates and administers NAMI's youth-based programs to middle- and high-school campuses as a means to dismantle misconceptions surrounding mental health conditions. These programs include Ending the Silence, NAMI on Campus, and

Walk in My Shoes.

Devyn was raised in the Bay Area. When she was a young student in East San Jose, she realized the impact nonprofit work had on her own personal and academic pursuits. As the first one in her family to graduate from a university and travel outside

the U.S., Devyn hopes to pave the way to higher education for more young people seeking to expand their worlds with new opportunities.

Devyn graduated with a B.A. in Social Welfare from UC, Berkeley in 2023. Upon graduating, she interned in the California Senate and the United States Congress in hopes of creating meaningful policy change in the country. She aspires to be part of transforming the educational and sociopolitical systems in her community and beyond.

In her free time, Devyn enjoys long-distance running, traveling, doing DIY projects (especially for loved ones), and grabbing boba with friends.

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.

El Camino Health 7th Annual Maternal Mental Health Symposium



Ongoing NAMI-SCCC Classes

All Classes are Free

Please contact the NAMI Helpline: 408-453-0400, Option #1.

The following classes begin in September for the fall session:

- Family to Family
- Familia a Familia
- Peer-to-Peer
- Persona a Persona

The Provider Course will begin in October.

To learn more, visit <https://namisantaclara.org/classes/classes-2/>

WHEN: Friday, September 27 ~ 8:00 A.M.–2:30 P.M.
This virtual event is generously hosted by the Keller Family and there is no cost to attend. Further details about continuing education units will be detailed on El Camino Health’s event website.

Topics presented:

- ◆ Early Relational Health in Perinatal Psychiatry
- ◆ The Identification and Management of Complex Mood Disorders in the Perinatal Period
- ◆ Infant Feeding: A Panel Discussion
- ◆ Peer Panel: Exploring Lived Experiences in Perinatal Mental Health

For more information and to register, click here:

[View full agenda and event details](#)

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.namisantaclara.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.namisantaclara.org
info@namisantaclara.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

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