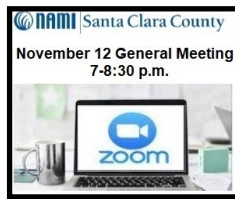




NAMI Walks Recap 1



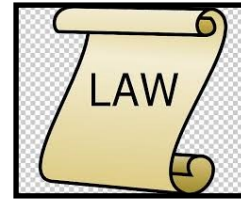
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NAMI-Santa Clara County Helpline (408) 453-0400 x1

November 2024



nami

National Alliance on Mental Illness

NEWS

Check out our FREE Programs!

Support NAMI and help your Community
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Find Mental Health information and resources
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NAMI Walks Silicon Valley 2024 Recap!

By Kristina Alaniz
Events Coordinator



NAMI Walks Silicon Valley 2024 was a resounding success, drawing together a vibrant community of 952 participants and 80

teams on a hot, but beautiful, day. While the soaring temperatures prompted us to alter the event to a 1-mile walk, the spirit of camaraderie and support for mental health awareness remained unwavering. Families, friends, and other participants came together, sharing stories and laughter, embodying the event’s mission to reduce stigma and promote understanding.

The event was further elevated by the presence of our wonderful keynote speaker, Dr. MaryAnn Dewan, who inspired attendees with her insights on mental health advocacy and the importance of community support. We were also honored to have Dr. Anna Lembke as our honorary chair whose commitment to mental health awareness and advocacy set a powerful tone for the day. Both speakers highlighted the significance of unity in our efforts to promote mental wellness.

As we reflect on this year’s event, we are proud to announce that we are just over

84% of our fundraising goal and continue to raise vital funds for mental health initiatives. All teams’ and participants’ campaigns will remain active until Dec. 5, giving everyone the opportunity to contribute and make a difference.

In addition to our Walk fundraising campaigns, we’ve brought back our online silent auction which features some beautiful nature photography prints, mental health literature, sports memorabilia, wine baskets, and more! See the link to our silent auction on the Walk website.

Lastly, a heartfelt thank you goes out to our amazing team in the NAMI-Santa Clara County office, our fabulous volunteers, as well as our very generous sponsors, whose support makes this event possible. Their commitment not only helps us organize a successful Walk but also amplifies our message of hope and resilience in the face of mental health challenges. We are grateful for the entire community’s dedication and look forward to continuing our mission together in the years to come.

Help us reach our goal—Donate [today](#).

Not able to join us on Walk day? No problem, you can watch the program in its entirety [here](#).

Click on the QR code for Walk photos.



Office will be closed:
Nov. 11 for Veterans Day & Nov. 28 & 29 for Thanksgiving

Giving Tuesday

NAMI-SCC is excited to participate in this year's Giving Tuesday campaign on December 3, a global movement of generosity that brings communities together to support causes that make a difference. For 49 years, NAMI-SCC has been providing critical mental health services, advocacy, and education to individuals and families in our community. Our programs—from support groups to mental health education and helpline services—help empower those affected by mental illness and create a more compassionate, informed society.

Giving Tuesday offers a unique opportunity for our community to contribute to this vital mission, ensuring that our life-changing programs continue to be accessible free of cost to all who need them. By supporting NAMI-SCC on Giving Tuesday, you help sustain and expand programs that directly address the growing need for mental health services in our community. Mental health challenges affect people from all walks of life. Your donation helps provide no-cost services, promote advocacy efforts, and strengthen outreach to underserved populations. Together, we can make a meaningful difference in the lives of individuals and families affected by mental illness.

Holiday Drive



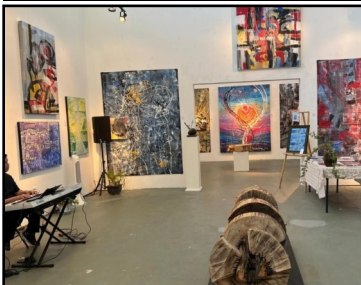
This holiday season, NAMI-SCC will distribute gifts to patients in hospitals, mental health residential facilities, and homeless shelters, as well as participants at self-help and veterans centers. Each year, we distribute gift bags to over 700 individuals, which costs us over \$8,000.

Please help us bring a smile to their faces; often these individuals aren't able to spend the holidays with their loved ones nor do they receive gifts.

If you would like to donate or sponsor the Holiday Drive, please send a check to NAMI-SCC, 1150 S Bascom Av, #24, San Jose 95128. Or donate through our website, www.namisantaclara.org.



NAMI in the News



Local Artist Supports NAMI with Latest Show on NBC Bay Area

A landscaper by day, but artist by night, local painter Trieu Dao is making a name for himself by donating proceeds from his various exhibits to community organizations.

This time, NAMI-Santa Clara County is the beneficiary. Dao has donated 20% of the proceeds from his latest show, "Echoes of Color," and 100% of the proceeds from one particular painting, "The Blue Sky for Earth," to NAMI-SCC.

You can reach Trieu Dao at 408-966-5059, Trieu_dao@yahoo.com, or www.daohaitrieu.com



Pumpkin Spice 'n Everything Nice

One South Bay family—the Robbins family—is giving back to NAMI-Santa Clara County by making and selling



succulent pumpkin arrangements. Reporter Len Ramirez from KPIX shared the story behind this annual fundraiser. Over the past five years, the Robbins have raised more than \$15,000 for NAMI.

November 12 General Meeting: CARE Act Implementation in SCC



SCC is implementing Community Assistance, Recovery and Empowerment (CARE) Act on Dec. 1, 2024. CARE Act is a new civil court process to access existing community-based services for those with untreated schizophrenia & other psychotic disorders.

In this presentation you will learn about:

- ◆ Eligibility criteria for CARE Act petition;
- ◆ Who can be a petitioner and how to file a petition;
- ◆ CARE Court process and supports;
- ◆ CARE Act Outreach and Engagement process unique to Santa Clara County and how to access CARE Outreach prior to filing a petition.

We will also briefly review the similarities and differences between the CARE Act and Assisted Outpatient Treatment (AOT) criteria and procedures. And we will allot ample time for Q&A.

Egle Narevic, PhD, LCSW—is a member of the Behavioral Health Services Department management team overseeing CARE Act implementation in the County of Santa Clara. Egle has been with County Behavioral Health for over 11 years in various clinical and administrative roles, including addiction medicine, primary care, intensive outpatient services and housing supports, and most recently the launch of AOT. In her personal life, Egle is a caregiver for a family member with a developmental disability which informs her approach to developing client and family-centered programs.

NOTE: Our general meeting schedule has changed: Our general meetings will take place from 7-8:30 P.M. on the second Tuesday of the following months: September, November, February, April, and June. 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 NAMIWalks 2024 Sponsors

TO ALL OUR SPONSORS • THANK YOU



Legislative Update

By Frank Alioto

On the evening of October 23, 2024, fellow NAMI Board of Directors member Karen Deloumi and I drove to San Jose City Hall to attend the San Jose Planning Commission hearing concerning Hospital Corporation of America's (HCA) plan to add over 1 million square feet of space to its Good Samaritan Hospital campus on the San Jose-Los Gatos border.

The project is to include construction of nearly 750,000 square feet of rental office space and a multi-story parking garage. Some of the new buildings will be six stories tall.

Hospital Corporation of America is a behemoth corporation better known for the dividends it pays out to its shareholders than the quality of services it provides for patients.

HCA is the corporation that shut down the critical care neonatal unit at Good Samaritan, as well as Good Sam's Mission Oaks Residential Mental Health care and substance abuse unit a year ago, sparking community outrage and demonstrations.

HCA did this even though Santa Clara County was in a declared state of emergency for its mental health and drug abuse challenges. HCA also did this at a time when the HCA corporate website was crowing about near-record income and profits and a financial website mentioned the corporate CEO would receive 34 million dollars in yearly compensation.

Something is gravely wrong with this picture. Persons affected by the changes and lost care had to scramble to find replacement facilities.



State Senator Dave Cortese took a positive step when he introduced SB 1300 in the legislature. The bill provides a longer notice time a hospital must give when cancelling an essential service, giving patients ample time to find replacements for the help they need. That bill passed the senate and was signed into law by Governor Newsom at the end of September and is now California law.

It is now a year later and a couple of months ago HCA unveiled its plan to downgrade the emergency response capabilities at the HCA-owned hospital on San Jose's East Side. East Side residents take their hospital care seriously. Their protests came close to riots and resulted in the purchase of that hospital by Santa Clara County, a truly bold and inspired move by our county. The San Jose Planning Commission voted down the HCA expansion plans. HCA will be back at some point with their modifications.

Before any building permits are issued, the planning commission must mandate the return of the neonatal care unit, as well as the behavioral health care unit.

If HCA cannot provide full high-quality services, do we even want them in Silicon Valley? This valley is the global center for innovation and quality. Mediocre healthcare just doesn't fit here.

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.

Give a Tax Smart Gift From Your IRA

Are your taxes going to be greater due to Required Minimum Withdrawals? Asking your 401(k) or IRA broker to donate directly to NAMI is easy. Learn more here: [How to Reduce Your Taxes and AGI by Giving Your RMD to Charity](#)

SVILC Peoples' Thanksgiving

Join the staff, board, volunteers, and consumers of SVILC for our 21st Annual Peoples' Thanksgiving luncheon! Delicious catered meal, sharing gratitude with others, and an opportunity to spend time with family and friends celebrating our National Holiday. No cost. Everyone is welcome!

WHEN: Thursday, November 21 ~ 12:00-1:30 P.M.

WHERE: John Burns Gardens, 820 Agnews Road, Santa Clara

RSVP by Nov.6: Info@svilc.org or 408-894-9041 with your name, phone number, email address, and number in party

“Mental health problems don’t define who you are. They are something you experience. You walk in the rain and you feel the rain, but you are not the rain.”

—Matt Haig

Want to help impact behavioral health services in your community?

Join the Behavioral Health Board!



What is the BHB?

The BHB is composed of community members, clients and family members of the behavioral health system.

The BHB reviews and evaluates the community's behavioral health needs, advises the County Board of Supervisors, advises the County Behavioral Health Services Department, and more.

Current Openings

- Consumer of mental health services
- Family member of someone who receives mental health services

How to Apply

Access the link or QR code:

<https://bit.ly/BHBApply>



Meeting Info

Every 2nd Tuesday of the month

Meeting Location:

1075 E. Santa Clara St., 2nd Fl. Sequoia Room, San Jose

For more meeting info & agenda items, please see the link below: <https://bit.ly/BHBMeetingPortal>



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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