General Meeting

Wed, July 22
7:00 - 8:30pm Program

zoom Meeting Only
- Guest Speakers -
The Felton Institute

The Felton institute will be speaking on the topic of psychosis and about their programs.

From your computer go to: https://zoom.us/j
From your phone dial:
1 669 900 6833
Once you’re connected enter:
Meeting ID: 884 3708 0506
Password: 083151

NAMI San Mateo County General Meetings are free and open to the public. We welcome all who support our mission to improve the quality of life for people with mental illness and their families.

We’ve changed the DATE and the NAME!
Our own, Virtual, NAMIWalks San Mateo County
SATINGDAY, October 10, 2020,
ALL DAY. WHEREEVER YOU ARE.
Funds stay local; the awareness is felt globally!
Due to COVID-19, we had to pivot our in person NAMIWalks to our first ever virtual walk.

Our work today at NAMI is more important than ever as we continue to fight the stigma of mental illness, as we raise awareness of the need for improvements in the mental health system.

While funds raised through the NAMIWalks are critically important, the NAMIWalks also expands our visibility and presence in the community and helps grow and strengthen our community partnerships.

If you have ever taken our Family-to-Family or Peer-to-Peer; heard an In Our Own Voice presentation; encountered a police officer trained in Crisis Intervention or attended one of our many drop-in support groups then please support our walk!

Involve your friends and family and Walk with us on October 10, 2020!
Together we can make a difference!
www.namiwalks.org/sanmateo

“We when we learn to embrace forgiveness, it opens us up to healing, hope, and a new world of possibility.” - Katherine Schwarzenegger Pratt

We’ve Moved!

NAMI San Mateo County has moved to a temporary location for the rest of this year, while all of our programs and meetings are going to be done online due to COVID-19.

We want to thank Harvest Properties for donating storage and administrative office space for us to use during this time. We are so appreciative of Shane Gilroy, Blair Volckmann, and others from Harvest Properties/Invesco for their efforts in facilitating this donation. We also want to recognize John Weatherby from Newmark Knight Frank, and Kelly Powers and Kathy Stern from our Board, for their efforts on our behalf.

Staff can still be reached by email or the same phone number we have always had. Watch for an announcement by the end of the year as to where our next permanent location will be!
Jan Cohen - Interim Executive Director

See page 9
Like us on Facebook www.facebook.com/namismc
and follow us on Twitter www.twitter.com/NAMIsmc
Second term for Armando Sandoval to serve on NAMI California Board of Directors

Many of you know Armando Sandoval as an active volunteer and board member for NAMI San Mateo. He has served our community as we have grown and has been integral in helping us to become all that NAMI San Mateo is today. In addition to being part of NAMI San Mateo has served on the NAMI California Board of Directors for one term and has been reelected for a second term. Having someone like Armando in a leadership role is vital especially during these critical times. We are fortunate to have him serving on both boards.

Congratulations Armando and thank you for all the good you do!

CIT, First Responder Wellness and Navigating through our system as a community

Hello NAMI San Mateo County members, community and partners. I hope that all of you are doing well and are persevering during this crisis and wave of social unrest, change and cultivation through education, advocacy and support.

NAMI SMC supports our community and partners to continue to work together on making change for the better and support one another during this process of holding each other accountable for a better community, system and society that cares for one another. We need to continue to build on existing initiatives and programs like CIT, early intervention, mobile Support Team, FAST and PERT, peer to peer, family to family, Ending the Silence, reentry, outreach to homeless and AOD challenges. Moving forward we will share personal testimonials of navigating through the system and CIT training and success stories.

Thank you all for the support and take care of yourself.

Armando Sandoval - SMC Board Director
BART PD CIT Program Coordinator
Community Outreach Liaison

Ending Isolation

After a successful run of our Family-to-Family program on Zoom, this month we are starting up a Peer-to-Peer program online, as well. With regulations to continue social distancing, NAMI is not going to let that stop us from providing support and education to those who need it most.

Now, more than ever, our peers with mental health conditions are reaching out to be part of a community. NAMI is thrilled to be able to answer that call! With continued success, we hope to offer our Peer-to-Peer and Family-to-Family classes online through the end of the year.

“The more you know who you are, and what you want, the less you let things upset you.” - Stephanie Perkins

July General Meeting Announcement

For our July General Meeting our presenter will be Mike Krechevsky, a family support specialist from The Felton Institute. The Felton Institute focuses on supporting individuals experiencing early psychosis and their families. In his presentation he will go over the specifics of their two year program with a focus on recovery with an interdisciplinary team. Their approach includes therapy, medication as a bridge to recovery with a “low and slow” philosophy, peer counseling conducted by those with lived experience, psychoeducation and employment counseling, as well as family support with lived experience providers.

Mike will also share some interesting findings he has uncovered in the last three years that can help demystify the condition of early psychosis (Hint: Vincent Van Gough sold two paintings and a couple of drawings in his lifetime).

We look forward to welcoming Mike Krechevsky into our NAMI San Mateo community and learning together about treatments provided by the Felton Institute (http://feltonearlypsychosis.org) and the experience of early psychosis.

Hello Mental Health Community,

The San Mateo County Suicide Prevention Committee (SPC) needs your help. If you are part of an organization that works on Mental Health issues, or an organization that is School related like a School District or a Parent-Teacher Association, we would like your assistance in a survey.

The SPC is a coalition led by San Mateo County Behavioral Health & Recovery Services Office of Diversity and Equity dedicated to the mission of providing oversight and direction to suicide prevention efforts in San Mateo County.

SPC is preparing for our 2020-2025 Suicide Prevention Strategic Plan. To inform this plan, we would like to hear from our stakeholders (such as yourself) with the purpose of gathering information about existing suicide prevention efforts and needs in San Mateo County.

You can participate in one of the following ways:

1. Take online survey
   - Organization/Group Survey – survey for organizations/groups; takes about 15 minutes.
     www.surveymonkey.com/r/SPSurveyforOrgsGrps
   - Program Survey – survey for EACH suicide prevention program in your organization (if applicable); takes about 15 minutes.
     www.surveymonkey.com/r/SPSurveyforPrograms

2. Meet by phone or Zoom (about 30-60 minutes depending on your availability)

Please let us know which of the above options you prefer and if you need any assistance. For more information, contact the Co-Chair Sylvia Tang at 650-578-7165 or stang@smegov.org or on the Internet browse to www.smchealth.org/Suicide-Prevention.
Q&A With Ellen Cookman

Q: How do I treat my differently-abled children as equally as possible in my estate plan while still protecting them?

A: I am often asked by families with two or more children how to achieve equity in their estate plans, particularly when one child has special needs and is receiving needs-based public benefits, and other children are neurotypical and able to work and support themselves. Our two young sons, for example, are just 19 months apart but are extremely different: the older one is on the Autism spectrum and looks and acts like me (dirty blond hair, good at math, and not much sense of sarcasm), while the younger one looks and acts like his dad (red hair, loves video games [especially Pokemon], and often gets into mischief)! Yet upon our deaths, we want them to get along with each other and feel like we’re treating them equally.

One pointer is to have all children receive their inheritances in protective trusts for their lifetimes. For a special needs child, her inheritance should be held in a special needs trust, with another person or entity acting as trustee. For a neurotypical child, her inheritance can be held in a dynasty trust (also called a lifetime trust), with the child herself acting as trustee. For both children, this provides protection in the event of divorce or creditor’s claims. But the neurotypical child has the ability to manage her own money and is given more flexibility, while the special needs child is protected from financial predators and her own poor decision-making.

Another piece of advice is to NOT name a neurotypical child as successor trustee of her disabled sibling’s special needs trust, especially when the disabled sibling has mental health challenges. I’ve often seen this set-up lead to a lot of resentment: the disabled child is frustrated that the sibling is the “gatekeeper” to her inheritance, and the sibling is unfairly burdened with financial responsibility for the disabled person’s lifetime. Instead, you may name a private professional fiduciary as successor trustee; these individuals are licensed with the State of California and act as trustee of trusts for a living, and they usually do a great job. Banks and nonprofit organizations can also be good options as successor trustees.

Finally, you should make sure that all of your adult children (ages 18+) have filled out and signed durable powers of attorney and advance health care directives (with the exception of disabled children who are conserved). These documents allow you to take financial and medical steps on behalf of your children and avoid a conservatorship if your child later becomes incapacitated. A disabled child’s documents may allow you to act immediately on behalf of the child (i.e. attend IEPs, join doctors’ visits), while a neurotypical child’s documents might require that he or she is incapacitated before you are able to take actions on that child’s behalf. These documents, while straightforward, can save tremendous hassles down the road.

I believe each child is unique and amazing. Let’s make sure our estate plans promote unity between our children while providing the protections they may need.

Ellen will be answering estate planning-related questions in this monthly NAMI newsletter. Please email your questions to outreach@namisanmateo.org and look for answers in future newsletters!

Burlingame Reads Recap

On June 10th, through a partnership with Burlingame Library, board member Kathy Stern and staff member Loren Shea hosted an informative and thought provoking presentation via zoom where they told their stories of their experience with mental health crisis through a family member and peer perspective. In the audience were educators, providers and family members as well as peers. One family member stated, when asked why it is important to hear personal storytelling, responded “It makes me feel full of hope for my daughter and her future.”

Towards the end of the presentation, after an overview of the programs NAMI offers, the audience had a chance to ask some questions and start a group discussion on mental health. They discussed the Mental Health Parity and Addiction Equity Act, stigma in the health care community, early intervention for youth experiencing mental health challenges, and why it is important for NAMI to stay involved as a resource to those in mental health crisis.

A discussion was started by an audience member with, “What would you all like to see happen in mental health to improve it?”. Many participants chimed in with comments such as, “I would like to see more therapists who accept Medicare.” Which is a common obstacle for many seeking mental health care. Another member stated, “Early intervention is what gives individuals a good chance of recovery. I wish they educated children about mental health in schools”. One comment from an attendee in response to this was, “Education is one way. Presentations at high schools and colleges could be an effective way to reduce the stigma.”

Many of these pressing mental health needs and opportunities for advocacy in our community are what NAMI San Mateo strives to tackle in our ever expanding set of programming which includes peer support, family support and public outreach. We provide education, support and advocacy to all those wanting to participate. If you would like to know more about what NAMI offers please call our peer operated warmline at (650) 638-0800. We’re open Monday through Friday from 9am - 5pm.

NAMI would like to thank Elaine Tai from Burlingame Library for her kindness in hosting this presentation and hopes to continue to partner with the Library on more presentations open to the public when we are able to return back to in person meetings.

If you are interested in finding more opportunities to connect with your community, please visit the Burlingame Public Library webpage and give them your support.

www.burlingame.org/library/explore/burlingamereads.php

“You just decide what your values are in life and what you are going to do, and then you feel like you count, and that makes life worth living. It makes my life meaningful.” – Annie Lennox
Friends and family can be important influences to help someone get the treatment and services they need by:

- Letting them know you are available to help
- Helping them access mental health services
- Learning and sharing the facts about mental health, especially if you hear something that isn't true
- Treating them with respect.
- Refusing to define them by their diagnosis or using labels such as "crazy".

Bipolar disorders are brain disorders that cause changes in a person’s mood, energy and ability to function. Bipolar disorder is a category that includes three different conditions — bipolar I, bipolar II and cyclothymic disorder. People with bipolar disorders have extreme and intense emotional states that occur at distinct times, called mood episodes. These mood episodes are categorized as manic, hypomanic or depressive. People with bipolar disorders generally have periods of normal mood as well. Bipolar disorders can be treated, and people with these illnesses can lead full and productive lives.
NAMI Education Programs
Learn, Find Support, and Increase Understanding
To be added to the Wait List, call 650-638-0800
or email us at education@namisanmateo.org

PRE-REGISTRATION IS REQUIRED
Sign up for the evidence-based education class that fits your need. (also see Support Groups on page 7) Courses are FREE, comprehensive, and popular. Gain skills and understanding in an interactive, supportive environment.

- **Basics**—For parents and caregivers of children and adolescents with mental illness.
- **Family to Family**—For relatives of an adult family member with mental illness. Class meets once a week for 8 weeks.
- **Peer to Peer**—Better living skills for people with mental health issues taught by people with mental health issues.
- **Provider**—For Mental Health and AOD professionals, para-professionals and all others serving individuals with serious mental illnesses and their families. CMEs pending approval for qualified attendees.

Please contact us to set up an in-house program for your organization.

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NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI trained facilitators who have been there! We offer a safe and confidential place to share and glean group wisdom.

NAMI Connections has launched a new way for our Support Group to stay in place during Shelter in Place. We are hoping this will be a positive “new” way to share experiences and resources as well as offer encouragement and support during this time.

Please know that we will follow our NAMI guidelines and principles!

- NAMI Connections On Line - Every Monday & Thursday 7p-8:30pm

To receive our weekly notifications with instructions to connect with Zoom, please contact the office at (650) 638-0800 or email us at namisonmateo.org. If you are not on our mailing list please let us know.

For those without a computer, you can still join us with your smart-phone or non-smart-phone. Inform the office of your situation, and someone will help you with it.

PLEASE log in at 6:45pm so the leaders can help trouble shoot any technical problems.

A Huge THANK YOU to our Board Members that gave up many Saturday mornings & afternoons in preparation for our big move! Armando, Kelly, Kathy, Carol, Liz, Donna, Kerri, Jerry & Jerry you are the best!

The first leg of the move was made possible by Armando Sandoval, his beautiful wife Mary Beth of Mateo Lodge and the Go To Crew Class of 2020! These high school grads will be moving on in various directions come September: Chico, LMU & UC Irvine! Congratulations guys and thank you for donating your time & energy to NAMI SMC’s moving day project!
MHSARC Meetings  Open to the public
(Mental Health & Substance Abuse Recovery Commission)

The MHSARC (1st Wed, 3:30-5pm) is conducting their meetings on Zoom now.
For the Zoom link, please see the month's agenda on www.smchealth.org/mental-health-substance-abuse-recovery-commission
The Children and Youth Committee Meeting:
3rd Wed, 4-5pm.
For the meeting link, please contact Ziomara Ochoa at zochoa@smcgov.org
Please call 650-573-2544 with any questions.

Shopping Supports NAMI SMC
Sign up NOW!  Tell a friend!
Always start at https://smile.amazon.com and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases.
When you log in, please choose “NAMI San Mateo County” as your charitable organization; from there, proceeds from your shopping purchases will be linked directly to us!

Car Donations Accepted!
Thank you for considering NAMI-SMC as your donation destination!
A free, convenient service for converting that extra car, truck, or RV into a tax deductible donation benefitting NAMI San Mateo County.
Go to https://careasy.org/NAMI-San-Mateo-County or call 877-999-8322 to make your donation. Thank You!

Social Security Benefits or Vocational Rehab Questions?
Call Wendy Jordan at 650-802-6482

Jail Chaplain
Spiritual counseling for incarcerated persons
Contact Marty at St.Vincent de Paul Society: 650-796-0767.

Peninsula Veterans Affairs Center
Are you a vet or know one who needs help, is experiencing PTSD and/or other symptoms? Call 650-617-4300

San Mateo County Mental Health Emergency Numbers
Police: 911
Tell the dispatcher you are calling regarding a person who has a mental illness. Request a CIT (Crisis Intervention Team) trained officer and/or someone who has experience in dealing with the mentally ill. For non-emergency situations, call your local police department.
HELPFUL: Tips to prepare yourself for a 911 call are available on the BHRSS website. Download “Mental Health Emergency” at www.smchealth.org/MH911 or visit the blog: https://smcbhrsblog.org.

24 Hour Crisis Line & Support Help: 650-579-0350 / 800-784-2433
Calling the local number will get you someone in San Mateo County. Calling the 800 number will get you the first person available. This person may not be in San Mateo County.

Psych Emergency: San Mateo Medical Center: 650-573-2662
Mills Peninsula Hospital: 650-696-5915
Kaiser South San Francisco: 650-742-2511
Kaiser Permanente SMC: 650-991-6455

FAST: 650-368-3178 | 650-371-7416 (pager)
Family Assertive Support Team - When your loved one is in emotional distress.

For additional non-emergency numbers relating to Mental Health issues, access https://namisanmateo.org.

Boosting the mental health effects of exercise:
⇒ Pick something you enjoy. Remember, you can do any activity that gets you moving! If you like the activity, you are more likely to do it.
⇒ Focus on how the activity makes you feel.
⇒ Exercise with someone else. You will get the benefits of exercise, plus you will connect with someone else. This is also good for your mental health. You are also more likely to keep up with your exercise sessions if you plan them with someone else.
⇒ The next time you feel sad, worried or stressed, try going for a walk outside. Walking is a fast and easy way to feel better about things in your life.

BHRS Family Contacts
Behavioral Health & Recovery Services
Claudia Saggese  Yolanda Ramirez
Dir. Office of Consumer and Family Affairs  Family Liaison
650-573-2673  650-573-2189

San Mateo County

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⇒ The next time you feel sad, worried or stressed, try going for a walk outside. Walking is a fast and easy way to feel better about things in your life.
NAMI ONLINE SUPPORT GROUPS

COME ZOOM WITH US!

Online Family Support Groups
(supporting a loved one with a mental illness):

- Cordilleras MHR Center Family Group meets 1st Monday of the month from 6:30-8pm.
  To register, email cordilleras6765@gmail.com

- Parents of Youth and Young Adults (ages 6-26) meets 2nd Monday of the month from 7-8:30pm.
  To register, email parentsofyouth@gmail.com.

- South County Family Support Group meets 2nd Tuesday of the month from 6-7:30pm.
  To register, email southcountyNFSG@gmail.com.

- Spanish Speaking Support Group meets 2nd Tuesday of the month from 6-7:30pm.
  To register, email csagesse@smcgov.org or call (650) 573-2673.

- Jewish Family & Services Support Group meets 2nd Thursday of the month from 7-8:30pm.
  To register, email bstclair@namisantaclara.org or call (415) 879-0399

- Stanford Family Support Group meets 4th Thursday of the month from 7-8:30pm.
  To register, email georgiavk@gmail.com

- Chinese Family Support Group (in English, Cantonese, & Mandarin) meets 2nd Friday, 6:30 - 8pm. For more information & registration, contact Tammy Vuong, ASW at 650-454-4711 or QVuong@smcgov.org

Online Peer Support Groups
(those with a mental illness)

- Connection meets Monday nights from 7-8:30pm and Thursday nights from 7-8:30pm. To register, e-mail nami@namisanmateo.org or call the office at (650) 638-0800.
See online pages 22-25 for the NAMI CA Response to Policing Task Force Request
This year NAMI’s national focus is on reaching our young people. Beginning the conversation and intervening early, when signs first occur, are critical to recovery. Those of us in NAMI who have experienced the catastrophic impact of a loved one’s diagnosis of mental illness are in the best position to help those facing it now. You can help by writing or telling your story.

To learn more about how your voice can be heard, go to www.namisanmateo.org/get-involved/become-a-volunteer.

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**July is Bebe Moore Campbell National Minority Mental Health Awareness Month by Monique Ruffin**

Bebe Moore Campbell was a leading African American journalist, novelist, and a national spokesperson for individuals and families affected by mental illness. Campbell was also one of the founding members of the National Alliance on Mental Illness (NAMI) Urban Los Angeles Chapter. After her death in 2006, friends, family, and advocates who were inspired by her work and passion led the charge to create an official minority mental health awareness month. In May 2008, the U.S. House of Representatives proclaimed July as “Bebe Moore Campbell National Minority Mental Health Awareness Month.”

Mental health is not a respecter of race, gender, class, culture, ethnicity or sexual orientation. According to research done by the National Alliance on Mental Illness (NAMI), one in five adults in the U.S. will experience mental illness. This does not include teens, whose rates of mental health challenges mirror those of adults. Although mental illness is extraordinarily prevalent for children and adults, not even 50% of those suffering from mental illness seek treatment. The percentages of those seeking treatment decreases in minority communities for various reasons which include but are not limited to:

- Limited access to treatment
- Poorer quality of care
- Higher levels of stigma
- Language barriers
- Less likely to receive treatment

These disparities in mental health care often times prevent people from getting the care and treatment that they need. Raising awareness can help to create a more efficient and healthy communities where those who need help receive it.

s: https://www.namiurbanla.org/blog/july-is-bebe-moore-campbell-national-minority-mental-health-awareness-month

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**Bebe Moore Campbell: 72 Hour Hold**

Bebe Moore Campbell reads from her latest book, 72 Hour Hold. In this novel of family and redemption, Keri struggles to save her 18 year old daughter from the devastating consequences of mental illness and the bureaucracy that refuses to help her.

When, out of desperation, she decides to put her daughter's fate into the hands of an unorthodox alternative to the state system, Keri begins a journey that has her calling on the spirit of Harriet Tubman for courage. In the upheaval that follows, she is forced to confront a past that refuses to stay buried, even as she battles to secure a future for her child.

You can watch this fascinating video on YouTube.com www.youtube.com/watch?v=qztEHdkvd6A

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Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult.

America’s entire mental health system needs improvement, including serving marginalized communities. With all of our help, we hope this month brings awareness to this issue.

www.facebook.com/minoritymentalhealth

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**African American Focus Mental Health Organizations:**

- Association for Black Psychologists www.abpsi.org
- National Association of Black Social Workers www.nabsw.org
- National Black Child Development Center www.nbcdi.org
- National Medical Association www.nmanet.org

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"Once my loved one accepted the diagnosis, healing began for the entire family, but it took too long. It took years. Can’t we, as a nation, begin to speed up that process? We need a national campaign to destigmatize mental illness, especially one targeted toward African Americans. The message must go on billboards and in radio and TV public service announcements. It must be preached from pulpits and discussed in community forums. It’s not shameful to have a mental illness. Get treatment. Recovery is possible."

– Bebe Moore Campbell, 2005

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To learn more about how your voice can be heard, go to www.namisanmateo.org/get-involved/become-a-volunteer.
Open Invitation
By Peninsula Temple Sholom, Burlingame

LET’S TALK MENTAL HEALTH
A community-building experience where stories, information, education, and support resources are shared with and among people living with mental health concerns in their families and/or among friends.
Another in a series of conversations designed to stamp out stigma associated with mental illness.

Looking at the System of Mental Health Services in San Mateo County

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<th>Featuring:</th>
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<td><strong>DAVE PINE</strong></td>
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<td>Member of the</td>
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<td>Board of Supervisors</td>
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<td>Rep. for District 1</td>
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<tr>
<td><strong>Dr. ANNA NEDELISKY</strong></td>
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<tr>
<td>Clinical Psychologist &amp; Co-President of the</td>
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<td>Psychological Association</td>
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<td><strong>Rev. WILLIAM KRUSE</strong></td>
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<td>Co-Chair, SMC</td>
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<td>Spirituality Initiative</td>
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SAVE THE DATE!
Date: Sunday, August 30, 2020
Time: 3:00 p.m. to 4:30 p.m.
Location: Due to Public Health Requirements – this session will be conducted virtually via ZOOM. The Session will start promptly at 3pm.

The ZOOM link will be sent out closer to the date. Please RSVP if you would like to attend and we will be sure that you get the link.

RSVP to: marcib@comcast.net

❖ Let’s Talk Mental Health Community Conversations are free and open to all teens & adults who are interested.
❖ Each session includes a question and answer period with the speakers, opportunities to enhance community connections with others, and information about available community resources.
❖ Participants are invited to observe and/or participate to whatever degree they are comfortable.

Sponsored by:
Peninsula Temple Sholom
1655 Sebastian Drive • Burlingame • CA • 94010 - (650) 697-2266 / https://sholom.org
In 2008, the U.S. House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month. Campbell was a champion for mental health education and support among individuals of diverse communities. A leading African American author, she co-founded NAMI Urban Los Angeles and received NAMI’s 2003 Outstanding Media Award for Literature. She died in 2006.

“It’s not shameful to have a mental illness. Get treatment. Recovery is possible.”
—Bebe Moore Campbell

Ready to Get Involved?
Visit www.nami.org/minoritymentalhealth to find ways to take part in activities for #MinorityMentalHealth month.

Facebook: NAMI
Twitter: NAMICommunicate
Instagram: NAMICommunicate
Tumblr: notaloner.nami.org | ok2talk.org

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<table>
<thead>
<tr>
<th>Date / Time</th>
<th>Topic / Registration Link</th>
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<tr>
<td>Tues, Jul 7,</td>
<td>Connecting People Who Have Serious Mental Illnesses to Care—Telehealth and Other</td>
</tr>
<tr>
<td>11 am - 12:30 pm</td>
<td>Strategies - <a href="https://csgjusticecenter.org/?s=webinar">Justice Center</a></td>
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<tr>
<td>Tues, Jul 14,</td>
<td>Widely Prescribed Stimulants and the Risk of Psychosis in Young People with ADHD.</td>
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<tr>
<td>11 am - 12 pm</td>
<td>- [BBRH](<a href="https://www.bbrfoundation.org/event/widely-prescribed-stimulants-and-risk-">https://www.bbrfoundation.org/event/widely-prescribed-stimulants-and-risk-</a></td>
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<td>psychosis-young-people-adhd)</td>
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<td>8 am - 9 am</td>
<td>- <a href="https://register.gotowebinar.com/register/4654929118739212559">Amita Health</a></td>
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<tr>
<td>Weds, Jul 22,</td>
<td>A Workshop for Parents: Understanding your Child's Substance Use &amp; Abuse: When &amp; How</td>
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<tr>
<td>7 am - 8 am</td>
<td>to Respond. - <a href="https://register.gotowebinar.com/register/6273587256307862027">Amita Health</a></td>
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<tr>
<td>Thur, Jul 30,</td>
<td>How to Respond Effectively to People with Intellectual/Developmental Disabilities in the</td>
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<tr>
<td>11 am - 12:30 pm</td>
<td>Criminal Justice System - <a href="https://csgjusticecenter.org/?s=webinar">Justice Center</a></td>
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<td>8 am - 9 am</td>
<td>- <a href="https://register.gotowebinar.com/register/2824505041771283471">Amita Health</a></td>
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<tr>
<td>Tues, Aug 11,</td>
<td>An Update on Treatment of Bipolar Depression- [BBRH](<a href="https://www.bbrfoundation.org/">https://www.bbrfoundation.org/</a></td>
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<td>11 am - 12 pm</td>
<td>event/update-treatment-bipolar-depression)</td>
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<tr>
<td>Weds, Aug 19,</td>
<td>School Anxiety and School Refusal Supporting Your Students Transitioning into the New</td>
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<tr>
<td>7 am - 8 am</td>
<td>School Year - <a href="https://register.gotowebinar.com/register/4438249461873713680">Amita Health</a></td>
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<td>Free “Mental Health and Wellness” Eventbright Listings for the months of Jul-Aug.</td>
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<td>[<a href="http://www.eventbrite.com/d/online/free--events--this-month/mental-health-and-wellness">www.eventbrite.com/d/online/free--events--this-month/mental-health-and-wellness</a>](</td>
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Mental Health Care MATTERS

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it’s important to start exploring options.

The average delay between symptom onset and treatment is 11 YEARS

PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

43% of adults with mental illness
64% of adults with serious mental illness
51% of youth (6-17) with a mental health condition

Adults with a mental health diagnosis who received treatment or counseling in the past year

25% of Asian adults
31% of black adults
32% of adults who report mixed/multiracial
33% of Hispanic or Latinx adults
49% of white adults
49% of lesbian, gay and bisexual adults

For therapy to work, you have to be open to change. I’m proud to say that I changed. Therapy saved my life.

— NAMI Program Leader

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/stats

NAMI
National Alliance on Mental Illness
Dear NAMI community,

After thoughtful deliberation, NAMI has made the difficult decision to transition NAMICon 2020 from an in-person meeting to a virtual experience. As you are aware, risks associated with large-scale live events this year remain unknown, and we are committed to the health and safety of all our attendees, staff, presenters, sponsors and exhibitors. We also recognize that many people and organizations now face tough budget decisions, especially related to travel and professional development opportunities, that may make the trip to Atlanta less feasible.

Because of these changing circumstances, we are refunding all paid registrations for the Atlanta event. Please see details below for specific information on refunds and reservations.

While we might not be able to meet in person, we’re committed to facilitating invaluable connections with peers, and we’re excited at the opportunity to deliver NAMICon remotely. A virtual platform has the potential to connect even more people within the NAMI community to information and resources needed during this critical time.

Our staff is currently working through details to support the transition to a virtual NAMICon. We will share updates via NAMI’s website and social media platforms as more details become available.

Thank you for your patience and resilience as we navigate through these uncertain times together.

Sincerely,

Daniel H. Gillison, Jr.
Chief Executive Officer, NAMI

More information about the cancellation can be found at:
www.nami.org/Get-Involved/Attend-the-NAMI-National-Convention

**Why Census 2020 is Important**

One of the most powerful things you can do for yourself, your family, and your community is to participate in the census. Your participation helps make sure there is enough funding for the programs and services that we all rely on like parks, schools, public transportation, housing, hospitals, and more. If communities are undercounted, they will not have the resources they need or a voice in the policy decisions that affect them.

To discover more reasons why you should participate in Census 2020 and to answer the US Census Bureau's 2020 census questionnaire go to:
https://cmo.smcgov.org/census-2020-san-mateo-county

**CalAble**: a savings and investment plan offered by the state of California to individuals with disabilities.
https://calable.ca.gov

**Find Affordable Housing With These Online Tools.**

- http://smchousingsearch.org
- https://hotpads.com
- https://www.gosection8.com
- https://www.midpen-housing.org
- https://www.mercyhousing.org
- https://www.craigslist.org
- https://hiphousing.org
- https://bridgehousing.org
What is this survey all about?

This survey contains three sections, all of which relate to adult mental health services in the PMHS.

1. A section for Clients and Family Members of adult clients to provide feedback regarding Peer Support Services for adult mental health clients in their Local Mental Health Systems.

2. A section for State Mental Health Agency Leadership to determine how oversight agencies are ensuring Counties/Local Mental Health Systems integrate the Peer Support Services into adult mental health services.

3. A section for Local Mental Health System Leadership to gauge levels of integration of Peer Support Services in adult mental health services.

Depending the number of sections you’re asked to complete, this survey may take you anywhere from 10-30 minutes. We recognize this a significant time commitment and we thank you very much in advance. Your responses will identify best practices in the integration of Peer Support Services in the PMHS and methods of increasing the effectiveness of adult programs and services funded by the MHSA. You expertise can truly help us make a positive impact for clients across California!

Who should complete this survey?

ALL Stakeholders in California’s Public Mental Health System:

- Adult Mental Health Clients
- Transition Age Youth (ages 16-25)
- Family Members of Adult Mental Health Clients
- People who work for a State Mental Health Agency in an executive leadership, management, professional, or evaluation role
- People who work for a Statewide Mental Health Advocacy Organization in an executive leadership, management, or high-level advocacy role
- People who work for a Statewide Common Interest Association in an executive leadership or management role
- People who serve on a State PMHS Policy-Making/Oversight Body
- People who work for a County/Local Mental Health System in an executive leadership, management, professional, or evaluation role
- People who work for a Local Mental Health Advocacy Organization in an executive leadership, management, or high-level advocacy role
- People who work for a Local Services Provider in an executive leadership, management, or professional role
- People who serve on a Local PMHS Policy-Making/Oversight Body
- Peer support workers, community members, volunteers, and mental health Advocates

To complete the survey go to www.surveygizmo.com/s3/5539995/ACCESS-Y3-Client-and-Leadership-Survey
Mental Health Housing Advocacy Group

The Mental Health Housing Advocacy Group (MHHAG) is a group of parents and community professionals who are concerned that our adult children living with the effects of long-term mental illness may have no place to live and no one to help them when we pass away.

The group continues to advocate and research housing models that must be sustainable beyond the lifetime of the parents. We meet on Monday nights to strategize and share our findings for extremely affordable, permanent supportive housing in San Mateo County.

Mainstream Vouchers

The County is accepting applications now. These are long term housing subsidy vouchers, which can be renewed. Value is not a set value but tiered to an individual, dependent on their income and the value of the rent. The rent is capped at $1,941 per month. Ideally the person pays 30% of their income, but the voucher could require person to pay up to 50%.

Agencies submit referrals for their clients. The agencies are responsible for locating the housing and must agree to provide the support that an individual needs.

- Referral agencies are: BHRS - Mariana Rocha is in charge (Behavioral Health and Recovery Services); MHA (Mental Health Association); GGRC (Golden Gate Regional Center); Health Plan for San Mateo
- Eligibility: Adults, ages 18 - 60 who are: Documented disability; Preferences given to currently at risk for homelessness and doesn't have resources to support oneself; At risk of institutionalization

We welcome others to join our working group. Please contact Carolyn Shepard by email at 3092048@aol.com or call 650-595-5635 to learn more or to be added to the email list.

Family-to-Family Teachers Needed

Due to a growing demand to participate in NAMI's signature Family-to-Family program we need more teachers. If you are a Family-to-Family graduate who would like to give back and teach classes in English or Spanish - we need you! Training is provided.

Please contact the NAMI office at 650-638-0800 for details or email us at nami@namisanmateo.org

Teachers & Facilitators Needed

We're looking for persons to facilitate our programs.

We especially need family support group leaders, now!

Training is provided to lead our education programs, presentations and support groups - please contact the NAMI office at 650-638-0800 for details.

We are also looking for individuals with lived experience who are interested in telling their story for In Our Own Voice presentations.

Make a Difference

This program, developed by NAMI Santa Clara County (SCC) and started by NAMI San Mateo in August 2017, matches PALS, or mentors, with Peers who can use the support of someone who has “been there.” Because PALS have the experience of mental illness in common with their peer, they are in a unique position to relate to and understand their peer’s experience.

⇒ Peers: Those who need additional support. This program helps decrease loneliness and isolation, increase comfort in social situations and convey lifestyle habits that promote and maintain recovery.
⇒ PALS: Those who are doing well in their own recovery. They provide one-on-one additional support. They first complete NAMI’s Peer-to-Peer class or similar education/mentoring classes through a community service agency or college.

While we continue to add Peer and PAL applicants, we have an immediate need for PALs who wish to contribute their friendship and support to individuals who can gain confidence and self-esteem as others have. Please consider signing up to be a PAL and make a difference in someone's life. Learn more about this free program at https://namisanmateo.org/about-us/jobs and/or contact Rocio at 650-638-0800 or peerpals@namisanmateo.org.

NAMI Releases Free Online Class for Parents of Children with Mental Illness Video

NAMI Basics OnDemand is an online version of the in-person NAMI Basics: a free, six-session education program for parents, caregivers and other family members who provide care for youth aged 22 or younger who are experiencing mental health symptoms.

Register at: https://basics.nami.org

Volunteer Opportunities

We have a range of opportunities where having a volunteer to help us would make a significant difference.

Opportunities include answering the Warm Line, preparing materials for a class, staffing a resource table at a Health Fair, being the NAMI presence at vital local county meetings.

To volunteer, or for more information on volunteering, please call the office 650-638-0800, or email us nami@namisanmateo.com, and let us know what you’d like to do.
MENTAL HEALTH RESOURCES ARE MORE URGENT NOW THAN EVER BEFORE

Will Mental Health be the next crisis of pandemic proportions?

A recent poll by the Kaiser Family Foundation found that 45% of U.S. adults said the pandemic has affected their mental health, with 19% saying it has had a “major impact”.

In two months’ time our world has been turned upside down by the Coronavirus, igniting fears about our health, finances, jobs, families, and the future. To stop the spread of the virus, we must distance ourselves from those we love, our normal activities, and our work; things that give us meaning, and, for some, a lifeline. We know this will end, but we don't know how, or when, and our mental health is at stake. If not addressed, we will see a second pandemic with more serious manifestations of chronic mental illness symptoms, and a surge in people newly diagnosed with anxiety and depression, and attempts at suicide.

“I saw people talk about their mental health more openly, and this encouraged me to go seek out help for myself.”
– NAMI program participant

“We have people crying over their anxiety & stress. Some attendees are so distraught they were beginning to lash out and had to be guided back to calmness. There is a noticeable uptick in stress as the lockdown continues.”
– Michael - NAMI Connections Facilitator

Early and effective intervention, before a crisis occurs, is critical to recovery and wellbeing. Understanding, empathy, and guidance from people who have lived through similar experiences, are effective in helping to ensure that chronic, serious illness does not result.

NAMI San Mateo County partners, supports, educates and provides resources to the community. Our WarmLine, staffed by people with “lived experience”, is open to listen and guide people to resources to help them to prevent a crisis. Our support groups and educational programs for individuals and families are live on ZOOM, and we are adding more as the need grows.

Please consider a contribution at this time to NAMI San Mateo County. Your generosity and caring about the individuals we help will allow us to provide more services to more people, so that everyone gets help when they need it.

DONATE  https://namisanmateo.org/donate/

Thank you so much!

Jan Cohen
Interim Executive Director, NAMI San Mateo County
WARMLINE

(650) 638-0800
Mon to Fri
9AM-3PM

LEARN ABOUT UP TO DATE RESOURCES
IN OUR COMMUNITY THROUGH NAMI
SAN MATEO’S WARMLINE!

In our best efforts to support the people we care about during this challenging time, NAMI SMC has kept our WarmLine open during business hours. When you call, you will receive suggestions and help in navigating services in your area. Resources like housing agencies, crisis intervention hotlines, food banks and NAMI’s online support groups are all accessible with the guidance of our NAMI WarmLine operators.
Because of the COVID-19 crisis, the next NAMI California Conference has been rescheduled for Monday, October 12 and Tuesday, October 13, 2020, in Sacramento. We look forward to sharing more about the speakers, workshops, and more.

Early-bird registration is open for the annual NAMI California Conference! Go to https://namica.org/conference/.
Waiting List for Montara (Bay Meadows) Opening Soon

- Housing opportunity benefits those with low income who might benefit from a section 8 project based voucher and veterans.

Montara, located at 2775 S. Delaware Street, San Mateo, CA is a new housing development currently under construction for low-income households. Construction is expected to complete in late summer 2020. The Housing Authority of the County of San Mateo is pleased to announce that it will be accepting online applications for the project’s 34 Section 8 Project-Based Voucher (PBV) units between 07/01/2020 and 07/31/2020. The PBV units consist of 13 one-bedroom units, 11 two-bedroom units, and 10 three-bedroom units. In addition to the 34 PBV units, 12 one-bedroom units at the property will be reserved for individuals or families who qualify for the U.S. Department of Housing and Urban Development’s Veterans Affairs Supportive Housing Program (HUD-VASH). Applications for these 12 units will be completed through the Veterans Administration. For preliminary HUD-VASH eligibility screening, please contact Gilberto Diaz at Gilberto.Diaz@va.gov.

Interested parties may register online at [www.mysmhousing.com](http://www.mysmhousing.com) during the opening period. Applicants who already have an account with may use the same account and log in information to apply online for the Montara waiting list.

Montara, a brand new 68-unit affordable housing community in San Mateo. This property offers 34 Section 8 Project-Based units consisting of 1 BR, 2 BR, and 3BR apartments.

Apply Online: [www.mysmhousing.com](http://www.mysmhousing.com) from 07/01/20 to 07/31/20

Preference will be given to San Mateo County residents. In addition to the income limits, other restrictions may apply. Detailed information on the Housing Authority’s eligibility, waitlist, and preference policy can be found in the Administrative Plan at: [www.smchousing.org](http://www.smchousing.org) and click on the Resources tab.

The project owner may have additional eligibility criteria, such as a lower income limits for certain units and resident suitability screening.

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All completed applications submitted through [www.mysmhousing.com](http://www.mysmhousing.com) on or before 7/31/20 will be placed on the waitlist. Position on the waitlist will be randomly placed by lottery.

If you have any questions or need reasonable accommodations due to your disability, please email your question or request to: csteam@smchousing.org
Family to Family Reviews

We’re always excited to hear from the recipients of our services. We’d like to share what some of our recent Family to Family participants had to say about their class and how it has changed them!

To sign up for our next Family to Family class and get placed on our wait list, call our office at (650) 638-0800 or e-mail education@namisanmateo.org.

⇒ “The instructors were very informative and shared their experience with their loved ones which made us more comfortable to share our experiences.”
⇒ “They embraced the challenges of distance learning with humor and panache. They created a safe place for sharing—that was priceless!”
⇒ “It has made me more compassionate.”
⇒ “I am more open about my son’s condition. Gave me a better understanding of his condition. Need to be a better advocate for him.”
⇒ “I especially connected when people shared how their loved one sleeps a lot and folks wanted to tell them to just snap out of it. I never realized how those with brain illnesses need lots of sleep.”
⇒ “I listen to my loved one more and am not as pushy as I once was.”
⇒ “There is no one diagnosis for mental illness.”

Techies Wanted!

Are you technologically savvy? Do you have a mental health condition? If you answered “yes” to both questions, you’re in high demand! NAMI is looking for tech volunteers to help run our Zoom programs and support groups. Perhaps you’d be interested in serving as one of our “producers” for our Peer-to-Peer Program? Or maybe you’d like to get trained to be a Connection (peer support group) facilitator?

To find out more, please email Jen, our Education Coordinator, at education@namisanmateo.org.

About Minority Mental Health Month

In May of 2008, the US House of Representatives announce July as Bebe Moore Campbell National Minority Mental Health Awareness Month.

The resolution was sponsored by Rep. Albert Wynn [D-MD] and cosponsored by a large bipartisan group to achieve two goals:

- Improve access to mental health treatment and services and promote public awareness of mental illness.
- Name a month as the Bebe Moore Campbell National Minority Mental Health Awareness Month to enhance public awareness of mental illness and mental illness among minorities.
TO: Governor Task Force on Policing

FROM: Jessica Cruz, CEO, National Alliance on Mental Illness - California

DATE: June 29, 2020

SUBJECT: NAMI CA Response to Policing Task Force Request

NAMI California would like to thank the Task Force for your thoughtful dedication to this issue. It is imperative that throughout the process of “reimagining” policing in California that community voices are at the center of the discussion. We thank you for bringing NAMI California to the table as a part of this discussion. NAMI-CA is the statewide affiliate of the country’s largest mental health advocacy organization, the National Alliance on Mental Illness. Our 60,000 active advocates and 62 affiliates include many people living with serious mental illnesses, their families, and supporters. NAMI-CA advocates on their behalf, providing education and support to its members and the broader community.

We believe that many of the challenges we face come down to four main issues: overburdened officers created by a lack of community safety net, improvements needed to the training and best practice dissemination to all points of contact in a crisis response, communities that feel unable to provide feedback and oversight to their local law enforcement, and a lack of alternative strategies for non-violent individuals in need of assistance (e.g. alternatives to 911/Police Response).

We also believe a healthy community can have a productive and mutually supportive relationship with their law enforcement agencies if we have a few key markers in place that are reinforced through systemic change. Those are:
NAMI CA Response to Policing Task Force Request

✓ Community-Led Policing Strategies and Oversight
✓ Safe Encounters for Officers and Citizens
✓ Resilient and Resourced Communities
✓ Well Trained Officers

It is widely agreed that we ask law enforcement officers to do so much more than their training includes. Officers assume many roles within the community in addition to keeping the peace, this large expansion of roles and expectations without proper training has created a safety gap for officers and citizens. The fact is, law enforcement has become inextricably tied to the behavioral health system of care as a default first point of contact. Because of this, people in need of treatment are often criminalized.

Only 4% of Californians experience mental health issues that severely impact or limit their daily activities or functioning in any given year. However, we know that people living with a mental illness disproportionately experience use of force by law enforcement compared to other civilians. People with mental illness, especially those who are black, are disproportionately at risk of being victims of police killings than the general population. In fact, a staggering 1 in 4 police officer shootings involve people living with a mental illness. According to data provided by the California Highway Patrol (CHP), at least 16% of officer-involved shootings between 2011 and 2014 involved people with mental illness diagnoses or strong indications of mental illness. Furthermore, at least 20% of incarcerated adults have a recent history of mental illness, and more than half of Americans with a mental health issue go untreated.

If officers are properly trained, and communities possess adequate safety net program alternatives, officers and dispatchers can tailor how they engage, potentially diverting the person away from county jail and into an inpatient or outpatient facility where they can receive proper care. Improved dispatch information will improve the safety for everyone — the individual in crisis, the emergency responder, family members, and bystanders.

Through our partnership with the CHP, NAMI California helped develop their Mental Illness Response Program (MIRP), trained 11,000 uniformed and un-uniformed officers, and consulted in the development of their training curriculum. Within our local counties, NAMI plays an integral role in assisting law enforcement in Crisis Intervention Training (CIT) and partners with them in developing and staffing many of their crisis response units.

Over the past decade, NAMI California has been advocating alongside our law enforcement partners for better training, more comprehensive response units, and diverse funding in community-based organizations that can provide crisis stabilization. We urge you to consider our recommendations below, which will help California build on the small and nascent - but effective – efforts we have begun to undertake in our state.
Recommendations:

1) **Enhance Mental Health Crisis Training for Emergency Dispatchers:** Peace officers rely on the information they receive from dispatchers. With proper training on identifying mental disorders and navigating conversations with someone dealing with a mental health issue, dispatchers can help reduce or prevent volatile interactions. In 2019, NAMI California sponsored AB 680 (Chu) that would have mandated California’s Peace Officer Standards and Training (POST) Commission to develop training for dispatchers on: identifying indicators of mental disability, conflict resolution and de-escalation techniques, use of appropriate language, alternatives to lethal force, and identifying community and state resources to assist law enforcement.

2) **Expand Crisis Mobilization Teams:** Several counties in California are offering mobile units that respond to mental health crisis calls. These teams made up of law enforcement, mental health clinicians, peers with lived experience, and family members have had success in diverting individuals from jail to treatment. These teams are intended to facilitate emergency response by linking people to mental health resources rather than the criminal justice system. As a result, the burden is reduced on both the criminal justice and local healthcare systems.

3) **Support and Expand Behavioral Health Programs:** Once we have appropriately trained dispatchers and peace officers to respond and divert individuals in mental health crisis from the criminal justice system to treatment, we must invest in additional crisis stabilization units, mobile response teams, prevention and early intervention efforts, and inpatient and outpatient services in every community.

4) **Statewide Expansion of POST Innovative Grant Program:** The intent of the POST Innovative Grant Program is fostering innovations in training and procedures for law enforcement officers, with the goal of reducing the number of officer-involved shootings statewide. Trainings and workshops address implicit bias, use of force and de-escalation, cultural diversity and awareness, community policing, and officer wellness programs. There are limitations in the development and statewide scalability of this program. We suggest that POST make necessary changes for statewide implementation, expand grant amounts accordingly, and focus on community-based organizations with expertise providing the training and support (rather than solely funding law enforcement agencies to do so).

5) **Establish Family and Friends Training:** establish a program to initiate relationship building and sharing of knowledge between law enforcement and family and friends of a person living with a mental illness who has history of contact and interaction with law enforcement. The family and friends "unit" can provide clarity to law enforcement to help them gain an understanding of the person before a service call is needed and/or requested. This "front-loading" of a relationship can be literally be a lifesaver.
Funding

Where we spend money reflects our values. Therefore, funding community-based organizations is necessary in creating structured partnerships. We must invest in organizations that are unfunded or under-funded but are doing extraordinary work. Specifically, we recommend:

1) **Expanding SB 82 Investment in Mental Health Wellness Triage Grants**: In order to fund mobile crisis teams and crisis stabilization units, we need to reinvest in SB 82 to expand the funding to counties.

2) **Reimagine AB 109 Public Safety Realignment**: While the majority of AB 109 public safety realignment funds are spent on law enforcement operations, counties have the opportunity to use more of these funds to support behavioral health programs that would ease the burden of incarcerating people who need treatment. On average, only 15% of these funds are going to the community safety net to provide needed behavioral health programs.

3) **Expand funding and flexibility for the POST Innovative Grant Program**: removing the current maximum funding limit of $200,000. This relatively small funding amount diminishes the possibility of statewide implementation of workshops and trainings.

To create true equity in law enforcement policy development, including community members at the table is of utmost importance. Thank you for reaching out to NAMI California in recognition of our many years of experience partnering with law enforcement and seeking to help making meaningful and lasting change. We look forward to our continued relationship and hope our recommendations are helpful to your efforts. If you have additional questions, please feel free to contact me at (916) 214-6228 or jessica@namica.org.

Respectfully,

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