



Contra Costa County

NAMI CONTRA COSTA ANNUAL REPORT

Fiscal Year JULY 1 2023 - JUNE 30 2024



NAMI CONTRA COSTA MISSION STATEMENT

Our Mission is to provide support, outreach, education and advocacy to families impacted by and to individuals living with a mental illness.

Proporcionar apoyo, abogacía, educación y divulgación a las personas que viven con y las familias afectadas por enfermedades mentales.

為精神疾病患者及其家人提供支持,外展,教育和宣传。

NAMI CC Goals and Values

All programs, whether funded by Contra Costa Behavioral Health, are designed to focus on strength not weakness and hold up the recovery values lifted in the Mental Health Services Act. We at NAMI CC carry the ultimate goal of creating an organization that meets people where they are at despite their level of functioning or their ethnic, cultural or linguistic background. By moving away from a one size fits all western approach we promote inclusion and a warm hand, welcoming, safe environment for all those seeking a place to belong. We lift up the voices of Peers, Family Members, Loved ones and especially those most harmed. We offer opportunities for all community stakeholders to give input and guide us as we work hard to improve mental health outcomes as we build mental health friendly communities for all residents of Contra Costa County.

To best demonstrate our goal to be reflective of those we serve, our culturally, ethnically and linguistically diverse staff is multigenerational, cover all regions of the county and carry the lived experience and representation of those we are mostly likely to serve. Additionally, we invested in hiring a DEIB Consultant to also position our NAMI CC Board to be more culturally and ethnically and age reflective. Great progress has been made in that area as well. We now have our first African American NAMI CC President.

Family Volunteer Support Network

In fiscal year 23-24 (FY2023-2024), Our Family Volunteer Support Network diverse staff positioned itself across the county and outreached to thousands of individuals through tabling and sharing resources both live and virtually. Despite the continued challenges due to the COVID-19 pandemic, we were successful with recruiting over 200 diverse potential volunteers. Offering our 5-part Volunteer Module Training, we were delighted to certify 91 ethnically, culturally and linguistically diverse Volunteers who fully reflect the demographic needs of our county. Each of the certified volunteers also filled the prerequisite to be considered active by volunteering at least 4 hours per month.

Volunteer Module Training

In FY2023-2024, we facilitated six volunteer module trainings: three sessions for English speakers, two for Chinese (Mandarin) speakers and one for Spanish speakers to ensure we were doing our best to be inclusive county wide and have volunteer representatives for those we serve.

The training modules and volunteer opportunities were updated to include remote tasks for volunteers of all ages, recognizing the impact of COVID, we continued to cover the broad topics below:

- Module I Volunteer Orientation and history of NAMI CC
- Module II Mental Health 101
- Module III Crash Course, navigating the Behavioral Health Care System in Contra Costa
- Module IV Better understanding of conservatorship and other legislation and Criminal Justice issues
- Module V Cultural Responsiveness, Ethics and Self-Care

Volunteer Assignments

Volunteer assignments are based on volunteer lived experience, knowledge and skills, time contribution, language and cultural consideration, and regional needs.

This year, the volunteers actively supported us in the following activities:

- Contributing to mental health related articles
- Facilitating online support groups
- Facilitating NAMI education courses: NAMI Basics, Family to Family, Peer to Peer etc.
- Training materials, translation, and flyer design
- Participating in the mailing of our print newsletter and annual fundraising campaign
- Contributing media, including photography, educational blog articles, and videos
- Sharing information and staying connected with other NAMI CC volunteers
- Attending online Module Training
- Helping with community resources events and tabling/outreach activities
- Helping input data into the database
- Distributing food and PPE to unsheltered individuals
- Education via Social Media
- Office Reception/covering warmline
- Participating advocacy and online general meetings/County public meetings

We facilitated bi-weekly Volunteer Connection Meetings in English, Chinese (Mandarin), and Spanish. This check-in allows us to keep regular contact with our volunteers and share updates, volunteer opportunities, and the progress of NAMI Contra Costa programs.



Asian American Pacific Islander Programs and Achievements

In Contra Costa County, AAPI communities comprise 18.9% of the population; however, AAPI are underrepresented, consisting of only 5% of the people receiving Mental Health treatment. AAPI are the least likely to access mental health resources, according to historical data. AAPI individuals face an extraordinarily large language barrier compared to other population groups and thus experience difficulty accessing resources that can provide culturally responsive services.

Although the NAMI CC AAPI team has limited funding and human resources, we remain committed to serve the community with the mission to save more lives and support more families each and every year. In this fiscal year, the AAPI team diligently and successfully delivered these programs and activities:

- **Bi-monthly Chinese (Mandarin) Family Support Group:** served 224 people.
- **Weekly TAY Chinese (Mandarin) Support Group:** served 208 people.
- **Weekly Chinese (Mandarin) Peer Support Group:** served 193 people.
- **AAPI Monthly General Meeting:** a monthly gathering to promote mental health awareness and education to the AAPI community; we had a total of 513 participants this year.
- **NAMI Basics Chinese (Mandarin) Course:** conducted one session of 6 weekly classes and supported 18 families.
- **Family to Family Chinese (Mandarin) Course:** conducted one session of 8 weekly classes and supported 25 families.
- **Collaboration:** We are proud of the strong collaborative relationships we have built with other agencies, with a focus on mental health advocacy and working toward improving access.

We work closely with Chinese Newspaper – World Journal, Tsingtao, New Pioneer Publishing; Chinese Radio and TV – Boston Asian Radio & TV; Local Asian organizations: APAPA, UC Berkeley Heal Bridge, and the CoCo AAPI Coalition.



FaithNet

NAMI CC FaithNet Program is dedicated to supporting individuals and families impacted by mental health issues who rely on their faith and spiritual practices as a wellness tool. By integrating faith and spirituality into the mental wellness journey, the program provides a comprehensive array of educational resources, support services, outreach initiatives, and advocacy efforts. Throughout the current fiscal year, NAMI CC has organized a variety of FaithNet event types, including participating in the Statewide Mental Health and Spirituality Initiative's Monthly Zoom Meetings, Mental Health Awareness: Mental Health 101 Training Events, and celebrations for Asian Pacific Islander Heritage Month, National Hispanic Heritage Month, and African American Black History Month, along with the Innovation Launch Event and the Annual Suicide Prevention Event titled "Knowing the Signs." In total, the number of events well exceeded seven (7) this Fiscal Year.

The Spirituality Initiative is led with unique themes each month, emphasizing the significance of faith and spirituality in the recovery process from mental health challenges. Each session features guest speakers who share their insights, fostering an environment of collective engagement where participants can express their own stories and inspirations. These meetings attract a diverse group of interfaith community members and spiritual leaders, who consistently deliver uplifting messages of hope, reinforcing the idea that no one is ever truly alone in their struggles.

The Mental Health Awareness Events are tailored to address the specific cultural needs of various ethnic communities, including AAPI, Latinx, LGBTQ, African American, and BIPOC

populations in Contra Costa County. A key component of these efforts is the Mental Health 101 curriculum, developed by our CEO, which equips participants with vital knowledge about mental health, dispels misconceptions, combats stigma, and fosters collaboration within cultural communities to create supportive mental health networks. The Innovation Program Launch serves as a pivotal event that unites faith leaders and faith-based organizations, enhancing the dialogue around mental health awareness within the community.



Our Annual Suicide Prevention Event, titled “Knowing the Signs,” served as a poignant day dedicated to support, hope, and the remembrance of those we have lost too soon. Family members gathered to share cherished memories, express their grief, and offer encouragement through heartfelt narratives. The NAMI Contra Costa Transitional Age Youth team presented the audience with strategic initiatives employed by NAMI Contra Costa to enhance suicide awareness and prevention. Representatives from local educational institutions, including Heal Bridge NAMI in Berkeley, NAMI on DVC, and Heritage High School’s NAMI Student Ambassadors, highlighted their contributions through the NAMI On Campus Clubs. Additionally, representatives from the Wellness in Schools Programs (WISP), attended to lend their support to this vital cause.

One of the attendees, a father, poignantly recounted his personal experience of losing his son to suicide, while another NAMI Staff member provided critical mental health statistics concerning the LGBTQ+ community. The Suicide Prevention Trainer/Outreach for Swords to Plowshares Veterans Rights Organization shared important data regarding veterans and their mental health challenges. The event also featured prayers from various faith traditions, including a hopeful message from a Community Chaplain, emphasizing the potential for families to become spiritual healers.

In a touching tribute, doves were released in memory of those lost, and the California Mental Health and Spirituality Initiative at De La Salle also addressed the audience. The event raised awareness about the Knowing the Signs program and the 988 Crisis Line, and a representative from the A3 Miles Hall Community Crisis Hub delivered an emotional message, honoring the presence of Miles Hall’s mother, who supported the day’s activities.

The overarching theme of the day was love and hope, with grief counselors available on-site to assist. Attendees were given symbols of hope, reinforcing the community commitment to supporting one another in the face of loss and despair.



Latinx Community Support

NAMI CC has an energetic and committed Latinx team dedicated to doing outreach and uplifting the mental health needs of the Latinx community. This team is staffed with peers and family members with lived experience, and their work is complemented with a pool of Spanish-speaking Latinx volunteers. This shared identity and experience, with the community of Spanish-speakers we serve, allows our team to bring their unique and diverse perspectives that resonate with others in their community. The Latinx team provides support groups and educational programs in Spanish to reduce the impact of language barriers. They serve in a culturally responsive manner by considering cultural barriers that perpetuate mental health disparities and untimely care for the Latinx community. This ensures that the people we serve feel understood on a profound level that extends beyond meeting linguistic needs. Participant post surveys expressed their appreciation for our trainings carrying culturally responsive adaptations that go beyond language and include self-care tips that honor their traditional values and practices.

This past FY, the Latinx team served their community through weekly support groups: a peer support group, Conexiones; and family support group, El Grupo de Apoyo. The Latinx team also offered four total educational classes. Two classes - Bases y Fundamentos de NAMI which is a class focused on supporting loved ones of children 0 to 22 years old who may be experiencing a mental health challenges. Three classes -De Familia a Familia, a course focused on supporting loved ones of adults with mental health challenges, totaled over 37 participants and graduates.

The Latinx team continued to engage with the community throughout Contra Costa by tabling at community events extending from East, Central, and West County where we see the highest proportion of Latinx individuals and Spanish speakers. This year, the Latinx team implemented monthly volunteer meetings for Spanish-speaking volunteers to increase volunteer engagement and connection with our team. These monthly meetings have helped us recruit more Latinx volunteers involved in NAMI CC tabling and community events.



The Latinx team formed a cohesive working relationship with La Concordia Wellness Center, The Latino Center, Monument Impact and other agencies that work closely with Spanish Speakers. We hope to continue to expand the NAMI CC Latinx team of staff and volunteers to

maximize outreach in the Latinx community in our county and support more Latinx peers and families on their journey to recovery.

NAMI Contra Costa Education Programs

NAMI Contra Costa continues to provide our Signature Education Programs to support the community and bring hope to families in need. We provide our signature programs, Crash Course, NAMI Family to Family, NAMI Basics in multi-languages: English, Spanish and Chinese (Mandarin), recognizing our communities' cultural and language-specific needs to fully engage in and receive mental health education while under duress with concern for their loved one. Registration and attendance are supported by our Education Program Coordinator, which is then handed off to the class leaders as they deliver the 6- or 8-weeks education program on mental health education, advocacy and support. All classes are open to the public for free and include education about mental health and its impact, tools

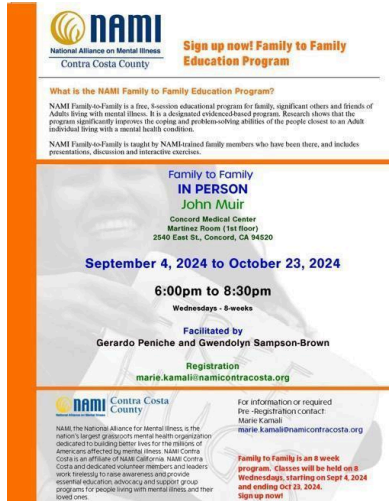
Crash Course continues to be one of the most important methods used in disseminating information to our families. It's designed to support those attending the course to have a better understanding of how to navigate our county behavioral health system and the continuum of care. Crash Course in English is conducted online weekly on each Wednesday evening. Crash Course in Spanish and Chinese (Mandarin) languages are conducted based on need. Crash Course is also a core module within our five module volunteer training.

NAMI Family to Family is an 8-week Education Course that was in high demand this 23/24 fiscal year. Family to Family educates and instills advocacy for those that are in care of an adult loved one, diagnosed with a serious mental illness. Self-care and how to identify supportive resources are highlighted in this now 8 weeks course. We had a very engaging year where the community continues to reach out in need of support and education. As a team, we offered 5 English speaking Family to Family Education Programs with a total of 64 graduates. We also had a positive response for both Spanish and Mandarin language Family to Family programs. There was 1 class with 25 graduates from Chinese (Mandarin) and 3 classes with 37 graduates from Spanish language NAMI Signature Programs. The post surveys demonstrated growth for the participants, and all shared they greatly benefited from taking the course.

NAMI Basics is a free, 6-week program designed for parents and other family caregivers of children and adolescents (youth up to age 22) with emotional and behavioral difficulties. The course educates participants to understand the mental health conditions that could be causing those behavioral difficulties, as well as the critical role a family plays in the treatment of those illnesses. This class helps participants navigate the challenges of mental health of their loved ones and improves the mental wellness of them and their families. We offer NAMI Basics in English, Mandarin and Spanish. This fiscal year, a total of 20 graduates from 2 English classes, 18 graduates from 1 Chinese (Mandarin) class, and 17 graduates from 2 Spanish classes.

The NAMI Education Programs are taught by NAMI-certified trained leaders, most of whom are volunteers, and are also the parents or family caregivers of individuals who experienced emotional or mental health challenges. Graduates receive a NAMI Contra Costa Certificate of

Completion. They are also provided follow-up information to join other NAMI Signature Education Programs, to join Support Groups provided by NAMI Contra Costa, and to join as a Volunteer. We also highly encourage graduates to continue their mental health recovery journey with NAMI Contra Costa by becoming a member to support ongoing community efforts.



NAMI
National Alliance on Mental Illness
Contra Costa County

Sign up now! Family to Family Education Program

What is the NAMI Family to Family Education Program?

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of Adults living with mental illness. It is a designated evidence-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an Adult individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

Family to Family IN PERSON
John Muir
Concord Medical Center
Marine Room (1st floor)
2540 East St., Concord, CA 94520

September 4, 2024 to October 23, 2024

6:00pm to 8:30pm
Wednesdays - 8 weeks

Facilitated by
Gerardo Peniche and Gwendolyn Sampson-Brown

Registration
marie.kamali@namicontracosta.org

For information or required Pre-Registration contact
Marie Kamali
marie.kamali@namicontracosta.org

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Contra Costa is an affiliate of NAMI California. NAMI Contra Costa is a dedicated volunteer organization and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people living with mental illness, and their loved ones.

Family to Family is an 8 week program. Classes will be held on Wednesdays, starting on Sept 4, 2024 and ending Oct 23, 2024. Sign up now!

"A better understanding of the chemical balance required in the brain was very informative and provides a good explanation as to how and why proper medication is complex and time consuming."

AHA moment "Learning about Empathy."

"We're not alone. We aren't lame because we don't have all the answers/solutions for our loved one."



NAMI Basics
National Alliance on Mental Illness

什么是NAMI基础教育项目?

NAMI 基础教育是一个专为在情绪和行为上有困难的青少年的父母和其他家庭照顾者而设计的免费项目。包含六节课程。无须经专业医生的诊断。参与者将了解造成这些疾病，以及家庭在改善治疗中扮演的关键角色。同时将对论坛电话指导，沟通方法，学校问题和其他主题。该项目由受过训练的老师教授，他们同时也是在童年或青少年时期经历过情绪或行为困难的个体的父母或家庭照顾者。

国语"NAMI基础教育"项目共六节免费课程，采用线上ZOOM方式进行。
授课语言：中文 / 普通话。

**** 需要提前注册:**
[HTTPS://FORMS.GLE/BRJG6FL5GHE9AAF46](https://forms.gle/BRJG6FL5GHE9AAF46)
或扫描二维码注册:

课程时间: (美国西部)
星期日授课, 每次授课, 中间半小时的休息
3/10 10am - 2:30pm (周一-周二课)
3/17 10am - 2:30pm (周三-周四课)
3/24 10am - 2:30pm (周五及六课+毕业典礼)

参与者感言
"NAMI基础教育给了我代沟。它提供了在医生办公室找不到的帮助。"
"该课程几乎涵盖了所有的家庭和儿童资源。这对我来说是一笔巨大的财富。我学到了很多信息。我感受到了支持，感觉变得坚强并准备好前进了。"

NAMI 基础教育 - 课程大纲
第一课 心理问题不是任何人的错 - 心理疾病的患者引起的情绪反应, 我们的信念和宗旨
第二课 大脑科学和疾病的诊断
第三课 治疗: 讨论我们的经历, 治疗方法简介
第四课 沟通技巧和应急措施
第五课 紧急心理服务, 学校和成人法律系统
第六课 宣传/自我照顾/评估系统

关于NAMI
NAMI CONTRA COSTA 是一家慈善的精神心理健康非营利组织。我们于今年最大的基础心理健康组织NAMI美国心理健康联盟。NAMI CC为需要帮助的家庭和个人提供精神心理健康的宣传、教育、支持和倡导。

联系我们
SHELLY@NAMICONTRACOSTA.ORG
或SHHELLY_00@GMAIL.COM 925-795-8222

Testimonial from NAMI Family Member Connie (Chinese speaker)

My daughter developed depression and an eating disorder after the pandemic. I sought help from several therapists and doctors, but she was very resistant and unwilling to see anyone, which worsened her condition and even led to self-harm. She had to take a leave of absence from school in 2022 and stay home. I felt exhausted, worried, and anxious but was too embarrassed to share my struggles with friends, especially because my English is not very good. When I was feeling utterly helpless, I heard that NAMI Contra Costa offers support for mental health issues and has an AAPI Program with services in a variety of languages, including Mandarin. I mustered all my courage to make a life-changing phone call.

The director of the AAPI Program spoke to me with such kindness and warmth that it gave me hope. She introduced me to a Mandarin support group. In October 2023, I began attending the Chinese

Support Group, we shared our concerns and supported one another like a family. I am especially grateful to have met another mom, Z. Since our children faced similar challenges, she patiently listened and shared her experiences with me every time I had questions or concerns.

In March 2024, I participated in NAMI Contra Costa's AAPI Basics course in Mandarin. The three instructors devoted a great deal of personal time to carefully preparing rich and meaningful content, from which I gained so much. I learned to take care of myself first, regulate my emotions, and build a positive relationship with my child through empathy. This approach led to noticeable changes in my child. This summer, my daughter even enrolled in community college classes! Her progress would not have been

possible without the support and companionship of the NAMI Contra Costa AAPI Program coordinators, and I no longer feel alone.

From the bottom of my heart, thank you to the NAMI Contra Costa AAPI Program!

我的女儿是在疫情之后产生了抑郁和饮食障碍的问题。我帮她找了多位心理治疗师和医师，她都很抵触，不愿意去看，使得病情加重，甚至产生了自残。2022年她开始休学在家。我感到疲惫，担心和焦虑，又不好意思跟朋友说，尤其是我的英文也不好。就在我非常无助的时候，听说NAMI有对精神疾病方面的支持，而且讲中文，我就鼓起勇气打了一通改变我生活的电话。中文部主任S.姐温柔的话语温暖了我的心，让我看到希望。随后她介绍我参加了中文互助小组。2023年10月我开始参加中文部互助，在小组里大家分担忧虑，抱团取暖。特别感恩的是认识了Z.姐妹，由于我们的孩子有一些类似的情况，每次有问题向她请教，她都会花时间耐心的倾听，分享经验！

2024年三月份我参加了NAMI 中文基础课。三位老师付出大量的个人时间，精心为我们准备丰富的内容，让我受益匪浅！我学着先照顾好自己，调整好情绪，用同理心和孩子建立良好的关系，从而看到孩子的改变。今年暑假孩子到社区大学上课了！孩子的成长离不开NAMI中文老师们的相伴和支持，我不再觉得孤单了。

衷心的感谢NAMI CC中文部！

Perspectivas de los Participantes (Spanish speaker)

NAMI De Familia a Familia
National Alliance on Mental Illness

¿De qué se trata el programa educativo, De Familia a Familia de NAMI?
De Familia a Familia es un programa de reuniones gratuitas para familiares, amigos, y otros queridos de personas adultas que viven con una enfermedad mental o trastorno psicológico. Este curso está diseñado para ayudar a que la familia sepa a entender y apoyar a sus seres queridos, sin depender el peso bienestar del círculo familiar. El curso incluye información sobre diagnósticos como la esquizofrenia, el trastorno bipolar, o la depresión severa. Esta clase será en persona.

Fecha: Del 19 de mayo al 19 de Julio 2024
Horario: 6:00 p.m. – 8:00 p.m.
Lugar: The Latina Center, 3701 Barnett Ave. Richmond, CA 94805
Entrada al estacionamiento por la 38 St.

Perspectivas de los Participantes:
"Definida, este curso ha sido lo más útil e informativo que he encontrado en todos los años en los que he buscado respuestas... Me ha ayudado a comunicarme más efectivamente con mi hermano y a entenderlo mejor."
"Este curso me ha ayudado a darme cuenta de que mi hijo aún está dentro de su cuerpo que, muchas veces, está escondido debido a la enfermedad mental con la que vive y que no estoy sola en esto."

*** Inscripción abierta únicamente hasta el 26 de mayo 2024 ***

NAMI
National Alliance on Mental Illness

Para mayor información o para registrarse, hable con:
➤ **Marcelo Marquez**
Celular: (510) 769-9557
➤ **Alejandra Escobedo**
Celular: (510) 637-4077

NAMI Contra Costa County
Asesor de NAMI
NAMI, la Alianza Nacional de Enfermedades Mentales, es la organización más importante de salud mental en los Estados Unidos. Nuestra misión es ayudar a las personas a vivir mejor con sus enfermedades mentales. NAMI Contra Costa es una organización sin fines de lucro que ofrece apoyo y recursos para las personas con enfermedades mentales. NAMI Contra Costa ofrece apoyo y recursos para las personas con enfermedades mentales y sus familias. NAMI Contra Costa ofrece apoyo y recursos para las personas con enfermedades mentales y sus familias. NAMI Contra Costa ofrece apoyo y recursos para las personas con enfermedades mentales y sus familias.

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Este curso me ha ayudado a darme cuenta de que mi hijo aún está dentro de su cuerpo que, muchas veces, está escondido debido a la enfermedad mental con la que vive y que no estoy sola en esto.

Gracias a NAMI Contra Costa por todo su gran apoyo!

Without a doubt this course has been the most useful and informative tool that has been offered in all the years in which I have searched for answers. It has helped me communicate more effectively with my brother and understand him better. This course has helped me realize that my son is still in his body that, many times, he is hidden in due to the mental illness he lives with and that I am not alone. Thank you NAMI Contra Costa for all your great support.

CIT Crisis Intervention Training

In FY2023-2024, we facilitated 2 CIT trainings from January 29 to February 1, 2024, and from April 15 to April 18, 2024. We provided lunch for both days, during the peer presentations on the first day and during the family presentations on the second day. We had a one-and-a-half-hour discussion with the police officers. Our diverse family members sat at different tables during lunch with the law enforcement officers, and engaged in discussion with the officers about breaking down barriers, and we gave them an opportunity to discuss mental health issues and challenges. Following the lunch, the multicultural group of family members shared stories, many of which involved loved ones with mental health conditions. We shared what methods did and did not work and alternative measures could be taken to improve outcomes to reflect the diversity of the parents represented in the county, who shared concerns and care for their loved ones.

The Bay Area Rapid Transit (BART) management invited our CEO for a CIT training and demonstration with an information table offering to build on continued education and support. BART is looking to proactively train and educate their employees from management to train employees. We look forward to continuing our community alliance in support and mental health education.

The San Ramon Valley Fire Protection District (SRVFPD) recognized the need to change how they receive, respond to, and transport behavioral health emergencies. This need for change was highlighted by not only what was happening at a local and national level but also by their own personnel who led from the ground up and advocated for a better approach to these types of emergencies. The district with input from NAMI CC developed an innovative program, the first of its kind, to recognize behavioral health incidents as medical emergencies which allows Fire/EMS resources to respond to these incidents within seven (7) minutes. SRVFPD began their Behavioral Health Campaign in 2023 and reached out to NAMI CC to gain support in their Fire First training. They were seeking 5-6 crisis actors who would be able to portray real life scenarios to their staff. Several NAMI CC Staff members and NAMI CC Volunteers supported and presented for the simulations were between Monday July 17th through Friday July 21st and Monday July 31st through Friday August 4th. This effort was coordinated by Troy Vincent, EMS Specialist at SRVFPD, 1500 Bollinger Canyon Road San Ramon, CA 94583. Partnering with SRVFPD, Mental Health Specialist Training that highlighted de-escalation techniques, provided by NAMI Contra Costa, for over 200 District personnel and San Ramon Police Department (SRPD) staff.



NAMI CC CIT training sessions totaled 8 for the fiscal year 23/24 and were successful. We also met with high ranking officers from BART and facilitated a Community Dialogue with the Former Chief of Police in Antioch. NAMI CC is working to expand more opportunities to continue our CIT Trainings.

Programs not funded by our BH County contract:

NAMI CC Peer to Peer

NAMI Peer to Peer is a free, 8-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery through mental health 101. Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises. This in person group experience provides the opportunity for mutual support and positive impact. You can experience compassion and reinforcement from people who relate to your experiences.

The class was held in person beginning September 2023 and May 2024 for 8 weeks each at the NAMI Contra Costa office, 2151 Salvio Street, Suite V Concord, CA 94520. We had a total of 20 students who live with severe mental illnesses begin the course and successfully graduated 6 individuals. This group of culturally diverse individuals now better understand their diagnosis and how to best manage it. Students were happy to receive their certificates, socialize with new friends and enjoy some pizza at the party while being one step further along in their recovery journeys. Some students have already signed on to become volunteers and stay active within the NAMI CC community of peers, helping others with their own lived experience.



Dual Diagnosis Support Group

The weekly Dual Diagnosis Support Group is going well. We help support individuals and families with diagnoses of schizophrenia and substance abuse, marijuana and alcohol used for maladaptive coping. We discuss medication (injection possible if forgetting to take the pills), health insurance and SSDI, school/employment opportunities in life, spirituality, growing support networks, healthy relationships, independent living. We use tools acquired from NAMI Contra Costa to help aid in a successful recovery and ongoing support and both feel very confident in our support knowledge when we can help someone with lifestyle choices, changes and a

positive outlook given their dual diagnosis. We are blessed to help others with the same support that was given to us. Often the group remains small and intimate, but we've grown to respect that, as we can talk to participants more in depth. We met every week on Tuesday evening at 5:30 pm throughout the year and had over 20 participants, roughly one to two per meeting.

NAMI Contra Costa Transitional Age Youth

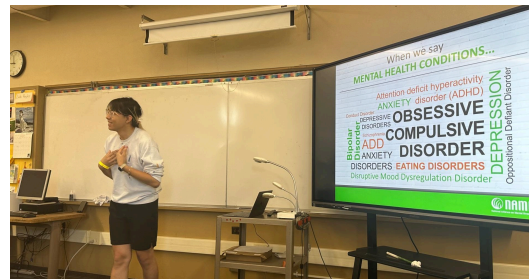


In 2023-2024, the NAMI Contra Costa Transitional Age Youth (TAY) Team continued to make significant strides in promoting mental health within youth communities. Our weekly TAY support groups have positively impacted countless lives, over 414 individuals participate in our virtual and in-person sessions held every Monday and Saturday.

Recognizing the importance of cultural relevance, we provide tailored services rather than a one-size-fits-all approach. For example, our AAPI TAY support groups, conducted in Mandarin by an AAPI TAY staff member, welcomed over 211 participants.

Similarly, our Spanish TAY support group provided vital support to many TAY individuals alongside participants from other age groups.

Beyond our support groups, we expanded our outreach efforts to local schools and strengthened existing relationships. Through our NAMI On Campus program, we supported the establishment of five new student-led mental health clubs in high schools and colleges, while continuing to maintain the clubs established in previous years. These clubs empower students to organize events and initiatives that raise mental health awareness. Our efforts were especially impactful in East County, with Dougherty Valley High School and Diablo Valley College standing out as active participants. Notably, we extended this program to the University of California, Berkeley, where our NAMI On Cal club has already begun making a difference.



Our Ending the Silence (ETS) program reached over 500 students, parents, and educators this fiscal year, sparking critical conversations about mental health. Tailored ETS presentations were delivered to students, school staff, and families at Ygnacio Valley High School, Dougherty Valley High School, and other local schools and colleges. These presentations provided teens and young adults with the tools to identify early warning signs of mental health conditions and seek help for themselves or others. The program also facilitated peer-to-peer discussions, helping participants understand they are not alone in their mental health journeys.

In addition to core initiatives, we actively participated in numerous community events, including tabling activities and support events across the county. Our dedicated TAY coordinators played

a crucial role, showing up at various locations to connect and support TAY communities.

As we reflect on the past year, we are proud of the progress we have made and remain committed to advocating for the mental health and well-being of Transitional Age Youth across Contra Costa County.



Crash Course

In 2023-2024, the NAMI Contra Costa Crash Course, designed to be an entry-level presentation, incorporates a basic overview of the mental health system. We work with our guests to gather facts about the case of any loved one or loved ones. We answer questions throughout the presentation and at the end in order that our clients felt heard. The presentation is geared for crisis planning and education, usually for families or caregivers, and we welcome peers as well. The NAMI Contra Costa Crash Course is recommended for those needing the education to get appropriate care for their loved one.

As I have been with the Crash Course since it began, we have seen some positive steps because the idea came from the NAMI National slideshow model, which was what the slideshow was based on. By my observations, the best results are when the family member takes notes and adopts through our many success stories and recovery knowledge of making at least one of the peer's family members the family case manager. By the guidance we promote as a starting point to the mental health system, is to reach the goal of reaching treatment for our peer supported loved ones. We touch on and guide especially with facts and knowledge of the frustration of one of the most difficult problems with any case of psychosis also, which is the pains of Anosognosia. Its definition means the client cannot believe they need medical intervention no matter how convincing the family's case is for immediate treatment. This is the subject of Anosognosia. Our goal is that we want the family member to be aware of this condition.

This important program I believe gives difficult cases an era of confidence for several reasons. Our hosts' success stories, both peer and family member, bring hope to those that have come to the course looking for answers. We also put into motion the beginning of an action plan that is

very similar to what they promote at NAMI CC's Family-to-Family so we feel we are in line with the goal of staying in the vision of our nationwide organization. The suffering family will go away from the Crash Course not feeling so helpless about a disease a majority of the world is just beginning to understand. The Crash Course promotes education and hope.

In Our Own Voice

In FY2023-2024, In Our Own Voice presenters, who are individuals with lived experience and specific training, went out to psychiatric wards, halfway houses, substance abuse programs, and the like, as well as members of the general public, and spoke about their experience. This gives listeners a chance to bust stigma and gain hope for their own recovery process.

The presentation includes 3 videos and a pair of team members who speak briefly of what happened to them, what helps them sustain their recovery, and what's next for them, their successes and hopes in recovery. The program takes about an hour and includes time for questions and answers.

The program had been very limited during the pandemic, 5 or 6 presentations a month only. This 23/24 fiscal year we have expanded to 10 to 12 presentations per month, primarily to hospitals. We are currently gathering recruits and planning a new training session to increase our diversity and replenish our team.

African American UpLift Program

NAMI Contra Costa African American Uplift Program is funded by a Peer Investment Grant through The DHCs and provides culturally responsive, non-clinical support services specifically for African Americans. This non clinical lived experience led initiative is the first in Contra Costa County and California. It's designed to train African Americans who carry behavioral health lived experience to be trained to be Peer Certified and able to bill MediCal. The full team are now all certified peer support specialists, crisis counselors, and family advocates who bring lived experiences and expertise in addressing mental health issues, particularly those related to incarceration and discrimination in educational settings. They understand the psychological and physical impacts of racism on veterans and the African American community. The AAULP offers education, advocacy, and resources to guide individuals through challenging times, focusing on promoting mental wellness. Various support groups are available, including the Faith-Focused Grief Support Group for those coping with loss, the African American Family Support Group for families affected by mental health challenges, and the Family and Friends of Incarcerated Individuals Support Group, which provides education and advocacy tools. Additionally, the African American Young Women's Support Group addresses the concerns of young mothers and women facing life challenges. The Veteran Support Group, Men Support Group, and Older Adult Support Group serve as essential resources for their respective communities.

