11TH ANNUAL BEHAVIORAL HEALTH COMMUNITY HEROES AWARDS

BUILDING COMMUNITY IN CHALLENGING TIMES

FEATURING KEYNOTE SPEAKER
BLANCA ALVARADO

MAY 4, 2022
12:00 PM - 1:30 PM
VIA ZOOM
PROGRAM

OPENING
12:00 PM

WELCOME & INTRODUCTION
June Klein, Behavioral Health Board Chairperson

INVOCATION
Matthew Stepan, Stake President

PLEDGE OF ALLEGIANCE
RaeAnn Ramsey, Behavioral Health Board Member

LEADERSHIP REMARKS
Sherri Terao, Behavioral Health Services Department Director
Rene Santiago, County of Santa Clara Health System Director

KEYNOTE ADDRESS
12:15 PM

BUILDING COMMUNITY IN CHALLENGING TIMES
Blanca Alvarado

AWARD RECIPIENTS
12:35 PM

RECOGNITION OF HERO AWARD RECIPIENTS
June Klein, Behavioral Health Board Chairperson
2022 Award Recipients

12:37 PM

AGENCY
Silicon Valley De-Bug

PROGRAM
allcove

VOLUNTEER
Jennie Hutchinson, Enough is Enough Voter Project

CONSUMER/CLIENT
Diana Guido, BHSD Office of Family Affairs

EDUCATOR
Vincent Ngo, NAMI-SCC FaithNet

EDUCATOR
Stephanie Brooks, Bay Area Nutrition

FAITH-BASED
Barbara Zahner, Mental Health Ministries of the Diocese of San Jose

FAITH-BASED
Pastor Sara Pearson on behalf of Prince of Peace Lutheran Church
2022 AWARD RECIPIENTS

FAMILY MEMBER
Sharlene Ligons, Seneca Family of Agencies

FAMILY MEMBER
Kristi Blewis

MEDIA
The Union Staff and Advisor, Sanjit Roy
Milpitas High School

MOVER AND SHAKER
Graciela Gonzalez, BHSD Juvenile Hall

MOVER AND SHAKER
Sparky Harlan, Bill Wilson Center

MOVER AND SHAKER
Jenae Reich, Caminar/FCS

MOVER AND SHAKER
Zenia Cardoza, Stanford Health Care

YOUNG MOVER AND SHAKER
Jai Singh, Santa Clara High School

YOUNG MOVER AND SHAKER
Haochen Peng, allcove Youth Advisory Group
FORMER LEADERSHIP
1:20 PM

FORMER BHB MEMBERS
- Wesley Mukoyama, Former BHB Member
- Brandon Ha, Former BHB Member
- Pramila Sindhia, Former BHB Member

CLOSING REMARKS
1:25 PM

CLOSING REMARKS
- June Klein, Behavioral Health Board Chairperson

PROGRAM ENDS
Alvarado worked with Cesar Chavez to establish the Community Services Organization and was involved with the Chicano Employment Committee and the Opportunities Industrial Center. She was president of the local chapter of the Mexican American Political Association and was also an officer at the state level.

In 1980, she was elected to San Jose City Council for District 5; she represented East San Jose until 1994. Alvarado served two terms as San Jose's first Latina Vice Mayor. In 1995, she was appointed to fill a vacant position in the Santa Clara County Board of Supervisors; she was elected to the position the following year and spent 12 years representing District 2. She retired from the Board in 2008 after 28 years in municipal politics.

During her time in office, she fought for better representation of the Chicano community of San Jose, helped foster the arts and advocated on behalf of youth and minorities. Alvarado also served in several committees such as the Children and Families' Committee and Public Safety and Justice Committee. She also served as vice-chair of San Jose’s Redevelopment Committee, as chair of the Community Services Committee and as city council liaison for the city's Fine Arts Commission. She played a significant role in lobbying for the Hispanic community of the city including improving representation on the city's decision-making bodies and the development of facilities such as a new Youth Center.

Alvarado was also active in efforts to improve Santa Clara County's juvenile detention system. She established an Office of Women's Advocacy for the county to develop programs to help women develop in their professional and personal lives. Other notable achievements included ensuring that all children in the county would receive some health insurance coverage from their parents' employment, improvements to the Santa Clara County Medical Center and construction of a Mexican Heritage Plaza, one of the largest Latino cultural centers in the country.

In 2018, Alvarado helped launch a campaign to close Reid-Hillview Airport with the aim of developing more affordable housing in the region.

In 2002, Alvarado was awarded the Woman of the Year Award by the San Francisco Bay Area Chapter of the Women’s Transportation Seminar, an international organization dedicated to the professional advancement of women in transportation, recognizing her contributions as a member of the board for the Santa Clara valley Transportation Authority. In 2005, she was awarded the Ohtil Award by the government of Mexico. Also in 2005, her achievements were recognized in the United States House of Representatives.
2022
Behavioral Health Community Heroes

Agency
Silicon Valley De-Bug

Program
allcove

Volunteer
Jennie Hutchinson

Consumer/Client
Diana Guido

Educator
Vincent Ngo
Stephanie Brooks

Faith-Based
Barbara Zahner
Prince of Peace Lutheran Church

Family Member
Sharlene Ligons
Kristi Blewis

Media
The Union Staff and Advisor,
Sanjit Roy

Mover and Shaker
Graciela Gonzalez
Sparky Harlan
Jenae Reich
Zenia Cardoza

Young Mover and Shaker
Jai Singh
Haochen Peng
Silicon Valley De-Bug is a justice advocacy organization based in San Jose, California. The collective serves as a platform for families and communities impacted by the criminal legal system to organize for systemic change by fighting for decarceration, police accountability, and creating community models of care instead of jail and prison. Together, the De-Bug community draws upon their lived experience to guide their analysis, campaigns, and policy work to challenge the criminal legal system and create a safe and just future for all.
Through collaboration, innovation and integration, the allcove team works to address critical needs for communities’ young people and their families.

Young people and the community know us as allcove. Behind the scenes, the County of Santa Clara Behavioral Health Services Department oversees operations and provides behavioral health services. Alum Rock Counseling Center provides peer support services, case management, community outreach and leads the community consortiums, which are community advisory boards. Stanford staff and faculty provide clinical services, and the Stanford Center for Youth Mental Health and Wellbeing provides technical assistance and subject matter expertise for model implementation.

Everything about allcove is designed with, by and for young people. From the look and feel of the centers, to the options young people have to engage in center activities, young people are our co-creators and our champions. A participatory process is used to co-create with young people, and it is exciting to elevate and promote youth voices along the way.

Whether serving as youth advisors, trainees, staff or faculty, providing direct services or working behind the scenes, the allcove care team is improving access to vital support.

the vision
The allcove care team is guided by the vision of having a place where every youth belongs, chooses the support they need and thrives. allcove is designed to create meaningful, positive experiences for every person who comes through the doors.

what is offered
Anchored in a model that focuses on meeting the evolving and unique needs of young people, the first two allcove centers opened in Santa Clara County. These centers created the first model for integrated youth mental health services implementation in the U.S. allcove centers welcome young people ages 12 to 25 with mild to moderate needs looking for support, providing early intervention services for mental health, physical health, substance use, peer support, family support, and supported education and employment.
Jennie Hutchinson is a fierce advocate for ending gender-based violence (GBV), which affects over 1 in 3 women and often results in long-term mental health issues, including anxiety, depression, post-traumatic stress disorder, substance abuse, and self-harm. Jennie primarily uses political action to address the psychological, emotional, and physical suffering from GBV and to disrupt intergenerational cycles of violence. As part of the Women’s March Bay Area leadership team, Jennie strategized with local leaders and mobilized volunteers in efforts to end GBV. Jennie co-chaired and ran the field operations for the Committee to Recall Judge Persky, which activated over a thousand volunteers to hold an elected judge accountable for not taking sexual assault seriously. Many campaign volunteers initially identified themselves as victims of sexual violence and, after taking meaningful political action, re-identify themselves as survivors. The campaign won in a landslide victory, sending a clear message to elected officials that they must take sexual assault seriously if they want to hold office in Santa Clara County.

Jennie co-founded Enough is Enough Voter Project, a political action committee dedicated to addressing violence against women through electoral politics. Her efforts have helped pass a gender equity ordinance (CEDAW) in the City of San Jose, Santa Clara County initiatives that invest millions of dollars in sexual violence prevention, additional locations for sexual assault response team (SART) exams, a Title IX audit of County schools, the passage of AB 17111 to close the spousal rape loophole in CA, and other major successes.

Jennie earned her Ph.D. in Biomolecular Engineering by developing novel HIV vaccine candidates. During the first year of the COVID-19 pandemic, she worked on the frontlines in partnership with the CDPH Equity Task Force. She is currently a Clinical Genomic Scientist at Color Health and President of Silicon Valley Democratic Club.
Two of her sons were in foster care, her oldest in an Acute psychiatric facility. She was living in her car and addicted to Meth. Life appeared hopeless. To get the social worker off her back she enrolled in drug and alcohol classes.

She earned her CADC in 2010. She found support, education and a spiritual way of life. Back in her home with her children, (her oldest joined after going AWAL), she became a Mental Health Peer Support Worker at the office of Family Affairs.

On the VMC campus she ran weekly Family Wellness Recovery Action Plan and support groups to meet the needs of loved ones affected by mental illness. She also went on to become an ALF; (Advanced level Facilitator).

She is currently a Rehabilitation Counselor for the Central Treatment and Recovery Services (CTRS). CTRS offers treatment for people with co-occurring mental and substance use disorder, clients referred from the court judicial system, and services for seniors and older adults.

She also works for NAMI Santa Clara County as an educator for the NAMI Providers course. This past year working for FEMA as a crisis support counselor in the evenings she enjoys meeting the needs of individuals affected by the pandemic.

We are all heroes—**No one should go through mental health issues alone.**
Vincent has been working tirelessly to combat the silence and stigma around mental health in the Vietnamese Community, specifically in the Catholic community which he grew up in. As the FaithNet Coordinator at NAMI for the Vietnamese Community, Vincent has done many kinds of presentations on mental health including Mental Health 101; How to Listen and Connect; and The Model Minority Myth and Mental Health. Vincent has also supported Faith Communities as they've established mental health support groups in their congregations.

His core personal mission is to help young Vietnamese Americans to recognize and address the impact of intergenerational trauma in order to find more meaningful and peaceful ways of being. Vincent is finishing up his last quarter of school at Santa Clara University's Counseling Psychology program. Vincent aspires to advocating for his community as an associate marriage and family therapist in Summer of 2022.
Stephanie Brooks, MS, RD, CEDRD-S, founded Bay Area Nutrition, LLC in 1999 to provide individuals, families and groups with the most up to date and user friendly nutrition information and guidance. Stephanie has been practicing since 1991. She earned her B.S. from UC Berkeley and M. S. from SJSU and is a certified eating disorder dietitian and supervisor.

Stephanie is a nationally recognized expert in the field of eating disorders and nutrition therapy. In addition to her work with individuals, groups and families, she provides training and supervision for nutrition and other professionals regarding eating disorders and business development. Stephanie is passionate about her work and loves to see the ‘ah-ha’ moments when clients start to feel and do better, have more energy, improve health and find their right balance. She practices a “Health at Every Size” philosophy and utilizes a “non-diet/mindful” approach to eating, activity and life balance.
Faith-Based
BARBARA ZAHNER

Barbara serves as a founding Board Member of the Association of Catholic Mental Health Ministers, a national organization that engages, trains, and supports those called to be Mental Health Ministers in Catholic Parishes. To date, parishioners in fifteen parishes in the Diocese of San Jose are engaged as Mental Health Ministers. Working with Ruth Auten LMFT, Barbara created the eight-hour training for parish-based mental health ministers called, Listening with the Ears of the Heart. Research shows that 54% of people in mental or emotional distress will first connect with a faith representative—priest, pastor, rabbi, imam, or other faith community leader--before seeing a counselor or a social worker.

Trained as a hospital chaplain and spiritual director, Barbara also initiated Out of the Wilderness, a bereavement group for those whose loved ones died by suicide. Barbara has served on the NAMI FaithNET advisory board and the Suicide Prevention and Intervention Task Force of the County of Santa Clara. Recently, she participated in a task force with the Behavioral Health Services of Santa Clara County to help ensure that faith and spirituality are included, if desired by the client, as part of the clinical treatment plan.

Barbara is a Board-Certified Chaplain through the National Association of Catholic Chaplains. Barbara worked at Valley Medical Center, El Camino Hospital, and Stanford Hospital, focusing on Palliative Care and Behavioral Health.
In late 2017, a team of 6 members of Prince of Peace Lutheran Church looked for ways in which our congregation could provide support to the homeless here in the South Bay. After a lot of research and brainstorming the RSCP leadership team decided to develop and manage a Rotating Safe Car Park (RSCP) program with key characteristics as described in the following RSCP mission statement:

“The RSCP’s mission is to create safe and welcoming spaces where guests who are living in their cars can sleep, stabilize, recover, and gain access to social services. This care for our neighbors who are homeless and insecure is accomplished through the collaboration of faith-based worshiping communities, local city governments, and other service organizations.”

Our congregation fully embraced the idea and provided the needed resources to start and manage the RSCP program (e.g., funding, volunteers, use of the site), and in June of 2018 the RSCP went operational with the strong support, involvement, and collaboration of our many partner organizations.

While at our Safe Parks our guests receive multiple services. They can park for the night in a welcoming and safe place, and they also receive wrap around services from our partner organizations (e.g., case management, supplies, housing). In addition, the guests are offered hospitality and love, which is a cornerstone to the RSCP program. It is a special period each day in which our RSCP volunteers can connect with our guests; to serve, listen, laugh and talk as wanted and/or needed, as well as providing snacks, supplies, and a dinner (typically once a week) to our guests. It is also a time where other service providers can meet with our guests to provide information, supplies or other assistance.

With the support of Prince of Peace Lutheran Church, Prince of Peace’s RSCP Leadership Team that manages the RSCP program partners, the RSCP program continues to provide support to the homeless within our community, and through this program, hundreds of volunteers in area congregations and houses of worship have had the opportunity to grow in relationship with those who are experiencing homelessness, and therefore help destigmatize a vulnerable population and build a more compassionate Silicon Valley.
Family Member

Sharlene Ligons

Sharlene Ligons, born in Wichita, Kansas, relocated to sunny California at an early age with her parents and younger sister. There, she grew up in a neighborhood full of friends and family.

From a young age, Sharlene began to craft many different hobbies, such as playing the flute, baking pastries, crocheting, drawing, skating and braiding hair.

As a teenager, Sharlene started her own hair business, which kept her busy while also giving her the freedom to travel to many domestic and international destinations.

Sharlene continued to strive toward academic excellence and earned her Bachelors and Masters Degree from San Jose State University.

Sharlene, never satisfied with being stagnant, has always stayed involved in community volunteering, preparing meals at church and for the homeless community as well as singing in her church choir.

Although Sharlene worked hard in several sectors of the hospitality industry, her passion for community involvement and helping in-need youth was ever present in her heart. This desire led Sharlene to one of her most rewarding positions yet, a foster parent. And the rest is history....
Kristi is a Santa Clara County Resource Parent who lives in Mountain View in a house full of teenagers. She has been married to her wife, Sam, since 2018 and they became a Resource Family in 2019. Together they care for LGBTQIA2+ youth involved in the foster system. When she's not parenting and advocating for her kids, she is working with the Community Health Awareness Council Family Resource Centers where she is the Sites and Volunteer Coordinator.

Kristi enjoys caring for plants, cross-stitching, and spending time with friends and family. Her favorite sound is a house full of cacophonous laughter.

Kristi is passionate about attending to and resisting a culture of white supremacy as well as the radical inclusion of all people. She is committed to advocating for and partnering with people in vulnerable and excluded places. Currently that means working with the Office of LGBTQ Affairs in partnership with Department of Family and Child Services to provide more inclusive, trauma-informed and unconditional care to foster youth who are part of the LGBTQIA2+ community. Also, providing mentorship, support and training for other parents caring for LGBTQIA2+ kiddos and supporting other queer caregivers who are parenting in the child welfare system. In her home, that means providing a safe, stable and affirming home to the kids that face the most difficulty in finding and maintaining placement. Kristi is committed to walking with her children, through all challenges, big and small, and providing unwavering support and care.
I have been teaching at Milpitas High School since 2006. Currently, I teach AP English Literature, English IV, Creative Writing, AVID III, and Journalism. In my years as a high school teacher, I have often held discussions about mental health, including speaking openly about my own struggles with mental health. I think it is important for young people to have adults who can empathize with them, who are open listeners, and who can guide them to available resources.

Currently, I'm in my second year as a journalism teacher/adviser. Our school dealt with a tragedy this year, and my student-journalists and I faced the decision about how to report on this event in our school newspaper. We are very thankful to Jay Donoghue, a coordinator with the Santa Clara County Suicide Prevention Program. Mr. Donoghue met with our class and provided training on how to report on suicide and mental health issues. We would also like to thank Sandra Quintana, Program Manager for Mental Health in the Milpitas Unified School District, for connecting us with Mr. Donoghue.
Graciela Gonzalez is a bilingual Licensed Clinical Social Worker and Program Manager I for the new SB823 Secure Youth Treatment Facility at Juvenile Hall. Grace is a San Jose native and proud daughter of Mexican parents. She graduated from San Jose State University in 2006 with a BA in Sociology, emphasis in Criminology, minor in Chicano Studies and went on to earn a Masters degree in Social Work in 2016, also from San Jose State University. She launched her career at Gardner Family Care Corporation (GFCC) under the Dual Diagnosis Department from 2007-2014. During her time at GFCC, she worked in several programs including AfterCare, AB109 Parolee Reentry Court (PRC) Program, Full Service Partnership - Criminal Justice Program, and CalWORKS. She joined Santa Clara County in 2014 and has worked in various departments including the Department of Family and Children Services (DFCS), In-Home Supportive Services (IHSS), and Behavioral Health Services Department (BHSD). She is currently at the Guadalupe Clinic at Juvenile Hall, fulfilling her dream and following her passion of working with justice-involved youth.

Grace is dedicated and committed to ensuring that youth and their families receive quality care. She strives to produce excellent work despite the complexities and challenges we face by serving high-risk youth from our communities. Grace’s commitment to youth and families does not stop at the end of her work shift. She is also actively involved in her church where she facilitates the youth group and coordinates youth events. Her deep faith in God has given her the strength to continue helping those in need, maintain a compassionate spirit to promote healing, and also raise her own two children. Between work, church, and her family, Grace still finds the time to enjoy herself whether it be off-roading, camping, or reading a good book.
Sparky Harlan has been CEO of Bill Wilson Center in Santa Clara County since 1983. Each year Bill Wilson Center serves nearly 5,000 children, youth and families by providing behavioral health services, housing, education, and support services. Ms. Harlan has helped create innovative behavioral health strategies for runaway and homeless youth and youth aging out of institutions, including young parent families and young adults.

Ms. Harlan currently leads other nonprofit, community, and corporate leaders in working together in a county-wide initiative focused on ending youth and family homelessness. In addition, she recently worked to bring together 18 mental health agencies in the County to establish an alternative for police responses to non-life threatening crisis calls from marginalized populations. This new Community Mobile Response (CMR) Program will expand crisis response for individuals and families by adopting a community model that uses community residents, mental health workers, and emergency medical support to prevent crisis.

A nationally recognized leader in youth services, Ms. Harlan received the Executive Leadership Award of Excellence from the National Network for Youth, the Outstanding Agency Administrator Award from National Safe Place, the 2014 California 25th Assembly District’s Woman of the Year, and the 2017 Dorothy Irene Height Community Service Award from the San Jose/Silicon Valley NAACP. In addition, the White House honored Ms. Harlan as a Champion for Change in 2012 for making a significant difference in the way communities combat homelessness among children and youth. Currently, Ms. Harlan serves as an Advisory Member for Women’s Services for the Substance Abuse and Mental Health Services Administration (SAMHSA). She holds a Master’s in Nonprofit Management and is a frequent writer on current youth issues.
Jenae Reich, LMFT and LPCC, is a mental health therapist with Caminar, Family and Children Services. She has been working with the adult mental health program over the last 5 years to help support clients with a range of diagnoses and needs.

In college at Chico State, Jenae found her passion for helping clients in the criminal justice system. After graduating and moving to the Bay Area, Jenae headed to Santa Clara University’s Counseling Psychology program and Correctional Psychology emphasis. After getting her masters, Jenae had the opportunity to provide clinical case management to clients in Santa Clara County’s Mental Health Drug Treatment Court (Dept. 61).

After seeing the difference that supportive and comprehensive care made in someone’s life, she was able to adopt the same principles into her own practice. Jenae is driven to help those who are struggling with both mental health and substance use issues as part of the therapeutic process to help clients make a lasting change. Her approach is based around helping people where they are at, and assisting clients to take the small steps to reach their larger goals.

When not at the agency, Jenae also works at Santa Clara County’s Juvenile Hall as a group counselor to stay connected to the criminal justice system and her larger goals of helping those who need it most. Outside of work, you can find her playing volleyball or bowling for a social league, or visiting the beach to soak up the sun with her mom.
Zenia Cardoza was first US-born child of Salvadorian immigrants that lived in Worcester, Massachusetts at the time. In 1980, her parents decided to move to East Side of San Jose, California where they have resided since. Zenia struggled with addiction since early childhood until she gained the tools to maintain sustained remission in 2006 and discovered that she had a passion for helping others especially mono-lingual Spanish speaking clients that at the time were at a disparity with receiving equitable treatment due to language barriers. After working in the field for 4 years while attending school at SJCC in the ADS program, she became certified as a CADCII in 2011 and Women’s Treatment Specialist in 2012 which then allowed her to serve in various SUTS modalities within the Adult System of Care in Santa Clara County including Gateway Call Center, Withdrawal Management, Residential, Out-Patient, Drug Tx Court Case Management, Relapse Prevention Aftercare and peer support.

Currently, Zenia is the Substance Use Navigator (SUN) in the Emergency Department at Stanford Hospital. In this new role, as a part of the CA Bridge project, developing an Addiction Medicine presence in the ED to provide low barrier access to (MAT) Medication Assisted Treatment, SUD Treatment and Harm Reduction. In the past, there have been multiple obstacles for people who use substances receiving adequate care for the symptoms of their illness. By reducing stigma and bringing about awareness to SUD, the hope is to normalize SUD treatment and harm reduction in healthcare settings. Zenia has been a part of initializing a Naloxone Distribution Program throughout the hospital through the Social Work Department so that patients that are at risk for overdose will take home naloxone kits at discharge. Zenia is making strides to connect community partners to be accessible to patients living with SUD that visit the ED needing services in their home counties, increasing positive outcomes by providing the collaborative support necessary in making recovery attainable. Zenia is currently working in partnership with CA Bridge and CDPH on increasing more harm reduction tools to become available in the ED and is already distributing naloxone and fentanyl test strips as preventative measures to aid is reducing the tragic number of overdose deaths due to unexpected fentanyl being laced in all other substances.

Zenia’s favorite quotes are:

“The purpose of human life is to serve, and to show compassion and the will to help others.”
Albert Schweitzer

“The time is always right to do what is right.”
Martin Luther King, Jr
Jai Singh (he/him) is a senior at Santa Clara High School, and child of first and second generation South Asian immigrants. He has always had an interest in helping and advocating for others with a strong focus on behavioral health access for diverse communities. Whether supporting peers or family members, volunteering with local community-based organizations, or participating in civic engagement and leadership, he has worked to address stigma, raise awareness, and link community members to resources.

Jai is a graduate of AACI’s Leaders for Education Advocacy and Democracy program, has served as an intern for Assembly Member Evan Low, has been recognized by Santa Clara Unified School District for outstanding leadership, and has served on student leadership council and as a district representative. His volunteer experience includes linking refugee youth to resources during the holidays, sharing behavioral health resources during community events such as the NAMI walk and Anti Asian Hate and Black Lives Matter rallies, and serving as a volleyball coaching assistant to middle school students.

Inspired by his experiences and seeing the growing needed for behavioral health providers, Jai enrolled in all the psychology courses available at Santa Clara High School. He looks forward to continue in his studies, build upon the advocacy, leadership and other necessary skills to help our diverse community as a psychology major next year at Chapman University. His goal is to continue on in their LMFT program and work with community based organizations in the future.
My name is Haochen Peng and I am currently a Senior at Palo Alto High School. Three years ago when I was a volunteer for the YCI program by YCS, we were asked to attend a meeting for a news coverage shoot for allcove. During that meeting I met many youth advisors as well the former youth outreach specialist, and now youth development manager Ana Lilia Soto. I realize how important it is to provide integrated health services for the youth community and realized the only way for me to make actionable progress on the support for youth mental health that I’d try my best to help as much as I could. Hearing that they were looking for youth advisors, I was intrigued! However there was one thing that kept me from pursuing this role: I was not yet the minimum age of 16 during the signup process. I gathered up the courage to ask if they would accept despite my age, and thankfully they said yes as long as I was 16 when my role as youth advisor began. Thinking back, I’m so grateful for that encounter, as it encouraged me to be deeply involved with allcove. allcove to me, represents balance, and well being for youths. And I hope allcove centers and allcove inspired organizations would spread across the nation, giving every youth quality care and resources within reach.
BHB Members

Wesley Mukoyama

Brandon Ha

Pramila Sindhia
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  Anne Baumgarten
  David Tran
Help is available for individuals & families in crisis or struggling with mental health challenges and/or substance use issues.

Mental Health Services # 1-800-704-0900
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In Crisis? Text RENEW to 741741