

Santa Clara County Behavioral Health Board Community Heroes Awards Ceremony

May 3, 2017, 2:30-4:30 p.m. (awards presentation will begin at 3:40 p.m.)

Location: San Jose Masonic Center, 2500 Masonic Drive, San Jose.

HERO AWARD CATEGORIES, RECIPIENTS AND DESCRIPTIONS

Agency Hero Award: An agency whose services for individuals with a behavioral health challenges condition is consumer & family focused, professional, caring, compassionate, and innovative. The agency goes beyond the standard services/treatment and truly seeks to improve a client's/consumer's quality of life.

Agency Hero Award Recipients and descriptions:

The **County of Santa Clara Adult Probation Department Wellness Unit** provides supervision and support for adults with serious mental illnesses who are on probation in our county. This includes: Assisting clients to be in compliance with court orders; connecting clients to appropriate services in the community; and relaying information to the court. In addition to intensive supervision, Deputy Probation Officers facilitate weekly peer support and cognitive therapy groups. Nine groups are currently offered on a weekly basis. In 2016, over 2,500 attendees participated in these gatherings including: Gender responsive meetings, Moral Reconciliation Therapy (an evidence based model shown to reduce recidivism by 30% - 50%), veteran's group, and Three Principles. Meals are served to participants, and the groups are free and open to anyone. All Officers in the Wellness Unit strive to assist the whole person in developing skills to maintain their mental health and refrain from further involvement in the criminal justice system. By building on clients' strengths and including family members and friends in recovery plans, individuals develop long-lasting changes that continue to improve their quality of life long after their probation is completed. Participants often report probation and treatment court change their lives for the better.

Founded in 2006, **Eating Disorders Resource Center** (EDRC) is a non-profit organization based in Good Samaritan Hospital Mission Oaks Campus in Los Gatos, CA. EDRC's mission is to increase awareness and understanding of eating disorders for the general public and for health professionals; to promote early diagnosis, effective treatment, and recovery; and to advocate for mental health parity legislation and effective insurance coverage. Knowledgeable staff and caring volunteers connect individuals struggling with eating disorders and their loved ones with local and national resources. Services include a comprehensive web site, a speaker's bureau, weekly support groups, and insurance advocacy.

New Directions is an innovative hospital and community-based case management program for individuals with complex medical and psychosocial needs. Originally a program of the Healthcare Foundation of Northern and Central California, New Directions was established in 2002 as a response to the large numbers of individuals turning to hospital Emergency Departments (EDs) as their primary resource for healthcare, and the time, money and inefficient care received by patients in that setting. In 2004 New Directions was chosen to participate in the statewide Frequent Users of Health Services Initiative which found an intensive case management intervention to be effective in reducing the frequency of use of Emergency Departments, hospital admissions, length of stay, and overall improvement of the quality of life of the patients served. After the completion of the Frequent Users Initiative, several Santa Clara County hospitals opted to continue to fund the New Directions program.

In 2013, the New Directions program began a new partnership with Peninsula Healthcare Connection, a nonprofit healthcare clinic founded in 2006 to provide free medical and psychiatric services to those most in need in the homeless community. In addition to partnering with several local hospitals, New Directions is now working with a managed Medi-Cal plan, Santa Clara County Office of Supportive Housing, and the Valley Homeless Healthcare Program to provide a "do whatever it takes" model of intensive case management services to the most vulnerable individuals in our community.

Recovery Café San Jose (RCSJ) is a healing community for those traumatized by homelessness, addiction, and mental health challenges. Located in the heart of downtown San Jose, RCSJ is a place where anyone seeking recovery can come for meals, support groups, classes, community resources, and social activities in a sober and supportive environment. Since opening in April, 2014 RCSJ has supported hundreds of individuals in their recovery, helping them achieve such goals as family reunification, and achieving the stability to gain - and maintain - housing and employment.

Consumer Community Hero Award: An individual who has received behavioral health services and has demonstrated impressive personal achievements and has provided hope, inspiration or knowledge to others facing similar challenges.

Consumer Community Hero Award Recipients and descriptions: Phil Campey and Nicolas Jaramillo
For the past 1-1/2 years, *Phil Campey* has worked as a Mentor through NAMI SCC's Mentors on Discharge Program which pairs trained peer mentors with persons coming out of psychiatric hospitalizations. From the very beginning, Phil has been a leader among the mentors. Phil's strong intellectual skills, his lived experience, his compassion, and his spot-on instincts make for a very wise and gracious man. Part of Phil's remarkable gift is that he can interact with anyone. He has mentored over 20 persons now, including people with professional careers; people who have been chronically homeless; and young people who are in the very beginning stages of making sense of their illnesses. Phil doesn't fix, save, advice, or set anyone straight. What he does instead is to believe fervently in the potential inherent in each person—no matter what the diagnosis, substance use history, jail time, or losses a person is facing. He believes until those he mentors can believe it too.

Mr. *Jaramillo* is the Career Hub Coordinator at Goodwill of Silicon Valley. He has worked for the Vida Nueva Drug and Alcohol Recovery Program, owned by the American G. I. Forum as their Manager and Counselor from 2004 to 2014. Nicolas was a youth Mentor at San Luis Obispo Grizzly Academy in 2010. Nicolas is also a Member of the Community Homeless Alliance Ministry serving as an Ordained Minister feeding the Homeless at St. James Park and in the Homeless camps throughout the City. He is continuing his education at San José City College to obtain his AA Degree in the Recovery field, and plans to transfer to San José State University to achieve his Bachelor's Degree to become a clinical supervisor in the community.

Educator Community Hero Award: A behavioral health professional taking the extra steps in providing behavioral health services going beyond their job description.

Educator Community Hero Award Recipients and descriptions: Coralia Valdez and Dr. Shelly Viramontez
Ms. Valdez is a licensed marriage and family therapist and a clinical supervisor. She started working in the Deaf and Hard of Hearing Department at the Division of Caminar in Family and Children Services since 1996. Ms. Valdez is fluent in English, Spanish and American Sign Language. This tri-cultural and tri-lingual capacity has allowed her to support a broad range of clients on their journey to wellness. She is now serving the Adult/Older Adult population as well as individuals with depression, anxiety, schizophrenia and bipolar disorder. As clinical supervisor, she also support staff to grow and develop in this field. Though her passion is in the Deaf and Hard of Hearing program, she is grateful to expand professionally in other areas.

Dr. Viramontez came up through the ranks as a classroom teacher, student and teacher support provider, assistant principal, principal, Director of Special Education and Student Services and currently is the Associate Superintendent at Campbell Union School District. She currently serves on two community based Boards and has worked with community agencies to partner with her school district in an effort to provide comprehensive supports and services to meet the vast needs of students and families that are beyond a school district's expertise and/or ability to provide. Her belief in supporting the whole child has been a stalwart of her leadership focus throughout her career.

Elected Official Hero Award: A current elected official who has provided exemplary service in advocating for those with behavioral health challenges and/or working to eliminate the stigma and stereotypes that surround the disease.

Elected Official Hero Award Recipients and descriptions: Councilmember Raul Peralez, City of San Jose and Supervisor Ken Yeager, County of Santa Clara Board of Supervisors

Raul Peralez serves as the elected City Council representative for the district 3 area of San José, California. Prior to taking office, he served for 8 years as a San José police officer, and ten years a substitute high school and alternative education teacher, involving work with students in the juvenile justice system. He was recognized by YMCA Project Cornerstone as the 2013 Adult Role Model of the Year and as an Emerging Leader by the Silicon Valley Latino magazine. As a city councilmember, his focus is on economic vitality, public transportation, addressing issues of housing, homelessness, and public safety. He obtained a degree in Mathematics from San José State University and as a lifelong resident of San José, Councilmember Peralez continues to give back to his community through his work and volunteering in his free time.

Supervisor *Yeager* was first elected to the Santa Clara County Board of Supervisors in June of 2006. He represents the 4th District, which includes the cities of Campbell and Santa Clara, as well as west San Jose. Supervisor Yeager is the chair of Board of Supervisors' Health and Hospital Committee and the California State Association of Counties' Health and Human Services Committee. A longtime pioneer for LGBTQ rights,

Supervisor Yeager has worked to expand targeted physical, mental, and behavioral health services, especially for vulnerable populations such as at-risk youth and people who are homeless. His strong advocacy for ending violence against women also led him to co-create the Blue Ribbon Task Force on Intimate Partner Violence. He also championed the Blue Ribbon Task Force on Jail Reform, ensuring that inmates are not held in our jails because of a lack of access to behavioral health services in the community.

Family Member Hero Award: An individual who has a family member who receives behavioral health services and who has contributed to improving the lives of families who are impacted by behavioral health challenges through advocacy, programs, or activities that reach beyond their own family circumstances to have an impact on the community and/or service delivery system.

Family Member Hero Award Recipients: John Forward and Terry Gallo

Mr. Forward is a semi-retired visual & multimedia designer in consumer education and training. His passion is in interactive prototyping, educational software and music composition. John volunteers at NAMI Santa Clara County, contributes to the website, NAMI Walks Silicon Valley and provides support at the NAMI offices and the monthly general meeting and presentations held at Good Samaritan Hospital Auditorium.

Ms. Gallo is a graduate from San José State University in Radio/TV. She owned a production house in San Jose, Video Estate Productions, for 9 years until she changed careers and became a Field Manager for QSP Fundraising Reader's Digest. On July 8, 2011 Terry's middle daughter became psychotic overnight and was eventually misdiagnosed as having bipolar. This is when she started her campaign to open a children's medical psych hospital with the help of Supervisors Cindy Chavez and Joe Simitian, of County of Santa Clara, and to spread the word about the new disease her daughter had, PANS/Autoimmune Encephalitis. In 2013 Lucile Packard Children's Hospital Stanford started a clinic after her daughter and asked Terry to join their staff as a parent mentor. Terry mentored families, used her media skills to spread their stories, and helped raise funds for the clinic. Terry became a volunteer parent mentor for the Pandas Network, Autoimmune Encephalitis Alliance, Duke, Parents Helping Parents, NAMI, and to parents all over the world that have her daughters disease. In December of 2016 Terry started working as the Development and Outreach Manager for Rebuilding Together Silicon Valley, a nonprofit that does free home repairs and safety modifications for homeowners in need. Today she continues to mentor families and fight for better mental health care for children in our valley.

Faith-Based Hero Award: A faith-based organization that has provided extraordinary services, which includes community support activities.

Faith-Based Hero Award Recipient: Reverend Cindy McCalmont

Reverend McCalmont loves to hike, bike and camp in many extraordinarily beautiful places in northern California. She and her husband Scott are also avid gardeners who enjoy unusual plants like nettles, blueberry tomatoes and Chilean guavas. Being outdoors plays a significant role in Cindy's ongoing recovery from anorexia, as does her work at NAMI. Passionate about confronting mental illness stigma and stereotypes, Cindy is currently completing a memoir about her experience with mental illness. She holds a BA in English Literature from the University of Virginia and a Masters of Divinity from Duke University.

Mover and Shaker Hero Award: A person who has recognized critical behavioral health needs in the greater community and has acted by creating and promoting collaborative innovative and creative initiatives that serve those in need.

Mover and Shaker Hero Award Recipients: Steven Adelsheim, MD, Robert Dolci, Damon Korb, MD and Sherri Sager

Dr. Adelsheim serves as a clinical professor & associate chair for community engagement at Stanford's Department of Psychiatry and Behavioral Sciences, where he directs the Center for youth mental health and wellbeing. Steve's work focuses on developing and implementing early detection/intervention programs for young people in school-based, community, and primary care settings, including programs for those with depression, anxiety, and prodromal/early psychosis symptoms, as well as work in youth suicide prevention, mental health policy, telebehavioral health and tribal mental health. He is currently leading the effort to develop early intervention programs in Santa Clara County and across the US based on Australia's headspace model.

Bob Dolci has been working in Santa Clara County in the homeless services arena since 1993. He worked at HomeFirst (aka EHC LifeBuilders) for 13 years in various capacities, from fundraising, program development and implementation, to program management. He has been working for the last 11 years for the Office of Supportive Housing as the Housing and Homeless Concerns Coordinator, the Manager of the MHSA Housing Program, and Manager of Crisis Response Programs. Currently, he oversees several programs--especially crisis intervention/emergency shelter programs-- that serve the homeless. His work Experience also include:Catholic Priest, Community Organizer, Grant Writer, Housing Development, and has volunteered at Church for 14 years.

Dr. Korb is a board certified behavioral and developmental pediatrician, examines the neurodevelopmental brain functions that determine how a child learns, behaves and socializes. Dr. Korb directs the Center for Developing Minds, an interdisciplinary program created to support children with developmental variations. With the opening of the Center for Developing Minds in 2005, Dr. Korb has held pivotal roles in the establishment of three unique clinics in Santa Clara County that serve children with developmental variations. During 2004-2005, Dr. Korb served as the pediatric consultant for the Autism Spectrum Disorder Clinic at Kaiser Permanente. While at Kaiser, he assisted with the development of a prototype multidisciplinary clinic for children with autism and related disorders, which was replicated throughout the Kaiser system. Prior to that, he created the Center for Learning and Achievement at the Valley Medical Center. In addition to his clinical work, he serves on the Board of Directors for the Society of Behavioral and Developmental Pediatrics, Parents Helping Parents, and the Unatti Foundation.

Ms. Sager joined joined Lucile Packard Children's Hospital (LPCH) in 1994 where she is Chief Government and Community Relations Officer. Her department is responsible for building and maintaining relationships with elected officials; building a vibrant grassroots advocacy network; community health education programs; Safe Kids network; community benefits; community health needs assessment; developing partnerships on public policy issues; and analyzing legislative initiatives and their impact on LPCH and children and volunteer services. Sherri has more than 40 years of experience in government having worked as staff for elected officials on all levels of government, managed political campaigns as well as served as a volunteer on city and county task forces and commissions. Additionally, in 2016, Sherri co-lead the development of Lucile Packard Children's Hospital first conference on Adolescent Mental Health Wellness with Dr. Steve Adelsheim. The themes for the conference was preventing adolescent suicide and reducing the stigma of mental health. Sherri has a BS in Political Science from Santa Clara University and a MPA from San Jose State University.

Program Hero Award: A behavioral health program that provides unique services that has had an extraordinary impact on consumers, family members and community.

Program Hero Award Recipients: Boldly Me and NAMI Santa Clara County Peer Mentors Program
Boldly Me was founded in 2012 by Alanna Powell, who has struggled with Alopecia Universalis since she was 2 years old. Powell was an executive leader within high tech industries like Hewlett-Packard, Yahoo!, and Redwood Systems. She was challenged by executives to use her change management training to make the world better by creating a legacy. Powell wanted to build self-esteem for those who feel different by educating, supporting, and mentoring them with behavioral health techniques and tools so they could understand their feelings, define what they need, and communicate what they want. This is what she needed to learn as a child,

but without the tools she had to struggle for 40 years to learn them. Now Boldly Me teaches children and their families these life tools so they don't have to struggle. Boldly Me partners with schools, universities, and hospitals to educate the community. Boldly Me serves the entire community and believes in unleashing everyone's inherent unique potential through training self-compassion, compassion for others, physical wellness, and financial stability.

NAMI Santa Clara County has been providing Peer Support for persons with mental illnesses for over a decade. Beginning with the first Peer to Peer Education Recovery Class in 2003 and then expanding with the innovative Peer PAL program, NAMI SCC has long recognized the extraordinary difference one person with a lived experience of a mental illness can make for another. As of 2015, NAMI's Peer Support programs have grown even more with the addition of Mentors on Discharge which matches peer mentors with participants at the time of a psychiatric hospitalization and Community Peers who work with chronically homeless persons as they are housed and begin to engage in their own wellness and recovery. In all of these programs, peer mentors offer understanding, support, and most importantly hope. As one participant put it: "Mental illness unleashed a hurricane of issues in my life. The relationship with my mentor brought the calm I so desperately needed. I'm not sure I would have made it without him."

Volunteer Hero Award: An individual who has made an impact on the behavioral health community and is not compensated monetarily for their efforts.

Volunteer Hero Award Recipients: Patti Cortese

Ms. Cortese has lived in the Bay Area since 1969. She holds a Bachelor's Degree in Occupational Therapy from San Jose State University and a Master's in Interfaith Studies from the Center for Spiritual Enlightenment in San Jose. She began her career with Catholic Charities in their Vocational Learning and Treatment Center, supporting adults with mental illness in gaining skills and employment.

Pattie has been active in youth mentoring programs since 1994 and is a founding member of the South Bay Mentoring Coalition, a group of nonprofit organizations working together to promote mentoring in Santa Clara County. She has also been involved in a number of other volunteer community activities including:

- Bright Futures/Conexión to Community, mentor trainer and coach
- California Community Partners for Youth, volunteer and advisory board member
- St. Francis of Assisi Catholic Church, youth and adult spirituality leader
- Restorative Justice Council for the Diocese of San Jose, board member
- Pax Christi East San Jose, member
- Juvenile Hall Flower Program, volunteer coordinator
- Carry The Vision Community Nonviolence Conference, past event manager and youth program coordinator
- Santa Clara County Restorative Justice Program, volunteer area coordinator
- Girl Scouts of Santa Clara County, troop leader

Pattie has served on the East Side Union High School District Board of Trustees since 2015. She is married to Supervisor Dave Cortese and has two children and two adult step children.

Heroic Intervention Community Hero Award Recipient: Officer Andrew Lopez

Officer Lopez was born and raised in Salinas, CA. At age 15, he started volunteering with the Salinas Police Department as a Police Explorer. After finishing high school, he attended and graduated from the California State University of Monterey Bay (CSUMB) in 2013 with a Bachelor's of Science in Social Behavioral Sciences.

Soon after graduating, Officer Lopez attended the San Mateo Police Academy where he was hired by Gilroy Police Department in 2013. He currently work in the Patrol Operations Division where he responds to calls for service and actively engages with the community. Andrew was recently selected as a team member for the Gilroy/Morgan Hill Hostage Negotiators Team. The time he spends away from his fiancé and young daughter, he volunteers at a middle school to engage with students during their lunch break and participate in school functions. He feels it is a great opportunity to build relationships with the students, their families and the police.

About the Behavioral Health Board

The Santa Clara County Behavioral Health Board, composed of members of the community at large, clients and family members of clients of the behavioral health system, represents the public interest and advises the HHS Behavioral Health Services Director and the Santa Clara County Board of Supervisors on matters related to the administration of behavioral health services in Santa Clara County.

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