



# SPARKPOINT SUMMIT 2025

*Thriving Together*

Uplifting Workplace  
Wellness

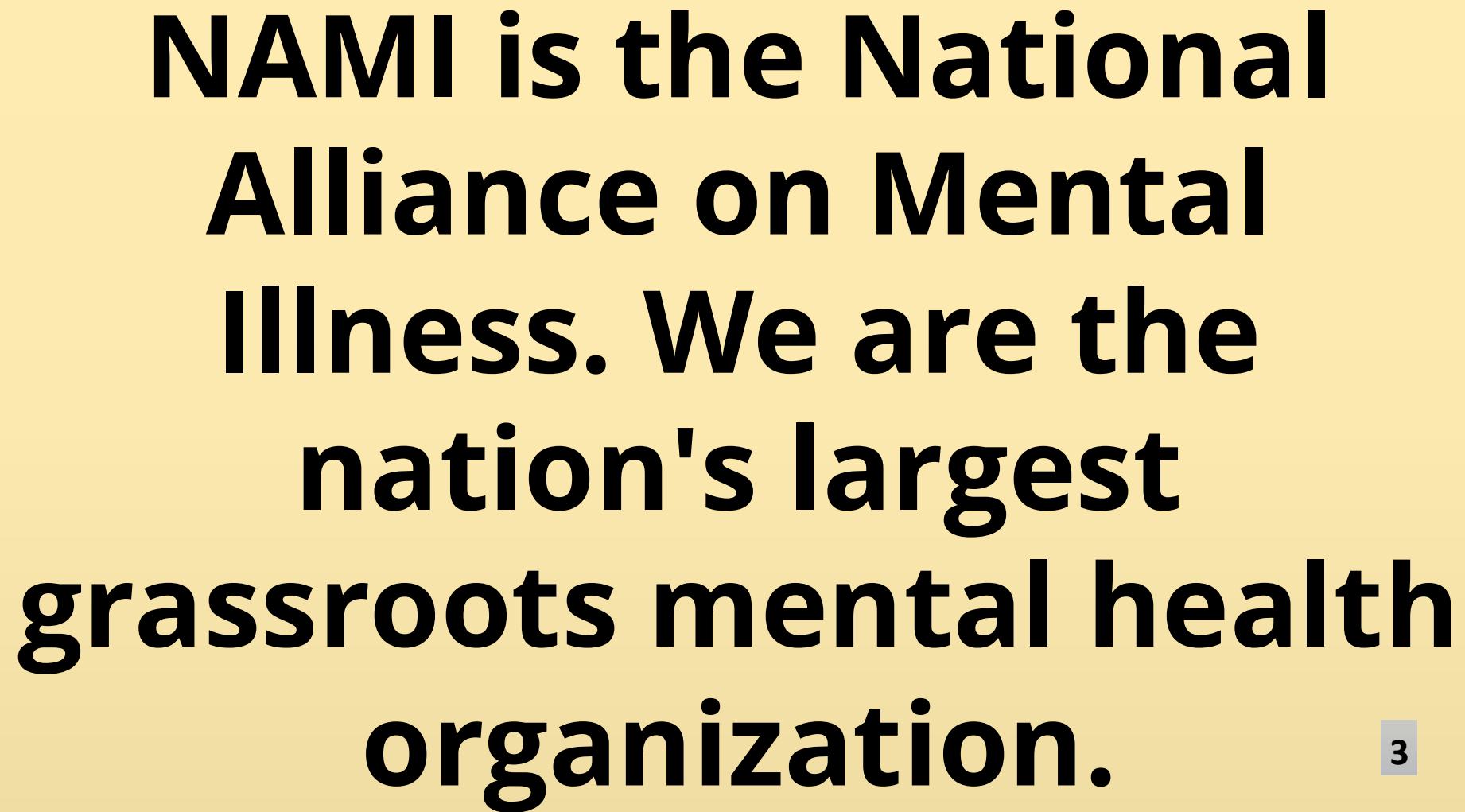




- Family Member/Loved One
- Teacher
- Mental Health Advocate
- Lives with Mental Health Condition



National Alliance on Mental Illness

A decorative border composed of small, overlapping squares in various colors (yellow, orange, green, blue, brown, and light blue) frames the entire slide.

**NAMI is the National  
Alliance on Mental  
Illness. We are the  
nation's largest  
grassroots mental health  
organization.**

Affiliates in every county in the  
San Francisco Bay Area  
Sonoma, Marin, Solano, Contra  
Costa, San Francisco, San  
Mateo, Santa Clara, Santa Cruz,  
Alameda



# 4 affiliates in Alameda County 3 full service

NAMI Alameda County 1977 Oakland – Fremont

NAMI East Bay 1979 Berkeley, Albany, Oakland

NAMI TRI VALLEY 2005 - East Alameda County

1 special projects

NAMI ACS do NOT confuse us





**NAMI** Alameda County

*All services are  
free of charge  
to participants*





**Alameda County**

*We are a registered non-profit  
with 501(c)(3)  
45-4921788*

*All donations to us are tax deductible.*





# BOARD OF DIRECTORS

Peggy Rahman-President LE, Retired music teacher

Patty Espeseth-Vice President LE, MFT, CAO John George

Robert Taylor-Secretary LE, Sam Taylor Foundation,

Kathryn Lum-treasurer LE, Peer Coordinator,

Elaine Peng- LE, Chair of the Chinese Committee. President MHACC

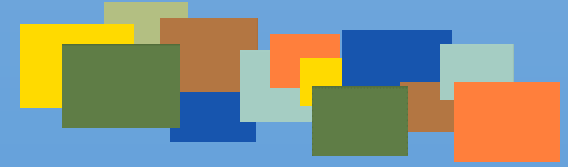
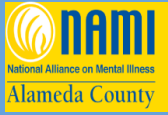
Jeff Caiola- LE PEER Helpline,

Gaytri Khandewal LE , Dinobi Project

Judy Mathews. LE, Retired Child Psychologist, ETS

Crystal Raine UC community Liaison, Outreach

Elissa Winters LE Grants



Contact Us  
[www.namialamedacounty.org](http://www.namialamedacounty.org)

510-560-6407

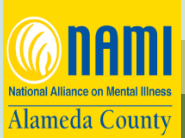
3100 Capital Way  
Fremont, 94538



Family Advocate  
Beverly Bergman  
ext 1  
Or the Kiosk in  
the  
John George  
Psychiatric  
Hospital Lobby



PEER Warm line  
Jeff Caiola ext 2



NAMI Alameda County  
provides  
*VIRTUAL* SUPPORT GROUPS  
In English and Chinese

# For Family/Caregivers

**NAMI Alameda County:**  
Family/Caregiver Support Group:  
Every Tuesday from 12 to 1 PM



**NAMI Chinese:** Family/Caregiver Support Groups (in Chinese)  
· 廣東話照顧者互助組 2<sup>nd</sup> Saturday from 3:30 to 5 PM (每月第二個週六)  
· 普通話照顧者互助組 3<sup>rd</sup> Saturday from 3:30 to 5 PM (每月第三個週六)



# NAMI **Connection** Recovery Support Groups

ENGLISH  
CHINESE

Open to any adult (18+)  
with a mental health condition  
No formal diagnosis is required

# Advocacy

*for changes  
in law and process*

- Parity for Mental Health services
  - Increased State Funding
  - Care First Jails Last
- Appropriate care for those deteriorating from psychosis

# SUICIDE PREVENTION

For High Schools



For Family/Caregivers/Friends/Loved  
Ones.

In Collaboration with NAMI Tri-Valley and  
Veterans Affairs for Family/Caregivers  
– 11 years

# Ending the Silence

For High School and  
School Communities



In Our Own Voice

For the Community and  
Mental Health Facilities



# NAMI Signature Programs

Family to Family

8 week Class for  
Family/Caregivers

Peer to Peer

8 week Class for  
People with Mental  
Health Conditions



## Your Personal Mental Health Assistance

Visit [Dinobi.org](https://Dinobi.org)

Mobile Phone App For  
Suicide Prevention



Alameda County  
Behavioral Health Care Services



**NAMI**  
National Alliance on Mental Illness

Alameda County



# DOWNLOAD DINOBI



# DINOBI



## Forever in our Hearts

# Andre' Gauger Annual Holiday Gift Wrap

**John George Psychiatric Hospital**

**Gladman Psychiatric Facility**

**Morton Baker (nursing home for elderly people with Serious Mental Illness)**

**Donations to**

**NAMI Alameda County**

**Care of Beverly Bergman**

**Go to our website and donate**

**through Pay Pal**





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Wellness



**The terrible,  
horrible, no  
good, very bad  
year**



# Lisa Passadore

## My Story

- 2015
- Warning Signs
- How I got help
- Compassion Fatigue
- Retrospective

## My employment journey

- Welfare Eligibility Worker
- Social Worker for IHSS
- Developer Relations for DJI & Google
- NAMI Program Manager
- 911 Emergency Dispatcher





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# My Story

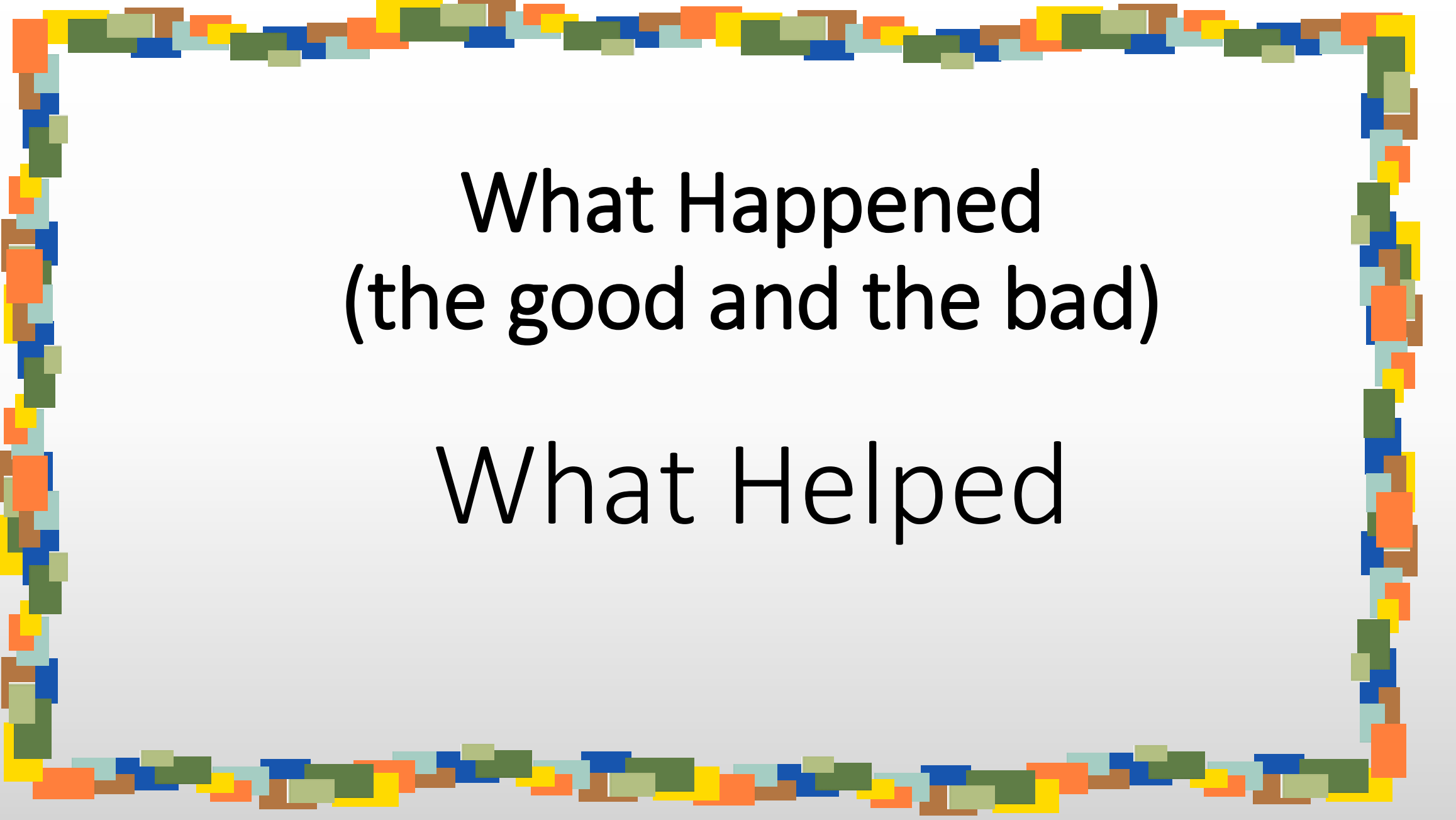
Mother

Spouse

Teacher

Community Member

Mental Health Advocate.



What Happened  
(the good and the bad)

What Helped



Thank you



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