

General Meeting

100 S. San Mateo Drive
 San Mateo
 Hendrickson Aud. / Mills Health Center
 Free evening parking in front

Wednesday, Sept. 25

6:30pm Reception with snacks
 7:00-8:30 Program

**In Our Own Voice:
 Living With and Overcoming
 the Challenges Posed by
 Mental Illness**

Presented by
 Certified NAMI IOOV presenters

Learn about mental illness from people who have been there. This is a recovery education presentation given by trained consumer presenters for other consumers, family members, friends, health providers, law enforcement, faith communities and interested members of the community. It is interactive, comprehensive and enriches the audience's understanding of how people living with mental illness cope with the reality of these illnesses while recovering and reclaiming productive lives.

Mark your calendars for
 September 25th...
 Plan to attend, bring a friend, and
 pass the word on to others!

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

Plan to Attend The Conference!!

2013 NAMI CA Conference

Friday and Saturday, August 16 - 17

San Francisco Marriott

1800 Old Bayshore Highway, Burlingame

Don't miss this tremendous LOCAL opportunity to hear current commentary, ideas, and developments from renowned national leaders in mental health. Two full days of presentations with vendors lining the hallways, you will meet friends, colleagues and helpful compassionate strangers who share our world concerning brain disorders.

This year's theme: Building a Roadmap from Prevention to Wellness. Don't miss this statewide inspiring, educational and enlightening conference in our own neighborhood! CEUs are available. Register now! See registration info and details at www.namicalifornia.org. Want to **volunteer at the conference and get in 1/2 day for free?** See page 2!



NAMI Walks

Lindley Meadow, Golden Gate Park
www.namiwalkSFbay.org

NAMIWalk 2013 on June 1st was an amazing success! Over 2,500 people gathered in Lindley Meadow on a beautiful sunny day. Almost 100 volunteers in bright yellow shirts handed out water, checked in walkers and kept us safe on the route.

People carried signs, pom-poms, backpacks, new NAMIWalk t-shirts and little kids on their shoulders. And our featured speaker, author and mental health advocate, Kevin Hines, inspired the crowd and reminded all gathered that there is



a way through our darkest moments and that we are there to support each other.

We have reached our goal of raising \$450,000 with proceeds going to work throughout Alameda, Alameda County South, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara and Santa Cruz counties.

Thanks to all who joined us at the Walk and those who participated otherwise!



NAMI Education Classes In Fall

Call 650-638-0800 to register

Now's the time to sign up for the appropriate class for you. Our popular classes are free and comprehensive. Enrich your life by learning more about mental illness: gain skills, understanding and compassion in an interactive, supportive environment. Pre-registration is required.

➤ Family to Family

For parents, spouses, children and other family members of persons with a mental illness. Learn about facts and skills to help you and your family.

Class meets one night a week for 12 weeks.

➤ Peer to Peer

A free 10-week class for people with mental health issues taught by people with mental health issues.

"Learning to Live Well with What We've Got"

➤ Provider Course

Class starts on September 5, weekly for 5 weeks.

We welcome Mental Health and AOD professionals, para-professionals and all others serving individuals with serious mental illnesses and their families to this FREE 5-session class. 15 hours of CMEs pending approval for qualified attendees.

Important Local Opportunity to be Heard - MHSOAC Forum

Thursday, August 8 • 3:00 to 6:30pm
Embassy Suites Monterey Bay Hotel--Seaside
1441 Canyon Del Rey, Seaside, CA 93955

The purpose of the MHSOAC Forums is to get feedback on mental health services in your area. If you are a consumer or a family member, these meetings are an important opportunity to share your concerns with the people who set the agenda for mental health services across the state. Please make an effort to advocate for local services at the Forum. Your insight could help change mental health services for all of us!

For more information contact David Czarnecki, Advocacy Coordinator at NAMI CA at (916) 567-0163 or david.czarniecki@namicalifornia.org. Space is limited, please RSVP if you plan to attend individually or with a group at (916) 445-8696 or mhsoac@mhsoac.ca.gov.

A message from the MHSOAC:

"The MHSOAC is interested in hearing from stakeholders about how MHSA services and supports that were funded as a result of Proposition 63 have made a difference for them, their families and/or their community. MHSOAC Committee members and staff will facilitate a semi-structured discussion with attending stakeholders designed to elicit feedback and diverse views. Information and stories gleaned through this discussion will be summarized annually and used to provide feedback to the MHSOAC about how persons have experienced the MHSA in local communities throughout California. This information will be considered by the MHSOAC in shaping future policy direction."

Volunteer at the NAMI CA Conf!

Get in 1/2 day for free...

Anyone attending the NAMI California Convention... read on! The conference is being held in Burlingame again this year, at the SF Airport Marriott, Aug 15-17. <http://namicalifornia.org/>. It's an inspiring experience of information and networking. We're fortunate it's so close.

If you can volunteer 1/2 day, either 8/16 or 8/17, you can attend the second half for free. There are still a few slots open. So, if you are interested, contact Ron Shaw at ron.shaw@namicalifornia.org or 916.288.5498. Or locally contact Juliana at julianafuer@gmail.com.

San Mateo County Crisis Center

650-579-0350

800 Suicide (800-784-2433)

Chat Room for Teens

Open Monday-Thursday, 4:30pm to 9:30pm

www.onyourmind.net

Understanding Bipolar Spectrum Disorders

Friday, August 9

Claremont Hotel and Spa, Berkeley

Live Broadcast: Friday, August 9

See instituteforbrainpotential@comcast.net. Presented by John D. Preston, Psy.D., ABPP, Professor of Psychology at Alliant International University.

- Registrants may download the program in segments August 13 through September 13. Register at [http://www.ibpceu.com/registration2047?&referrer=EmailWest&utm_source=BenchmarkEmail&utm_campaign=UBDWEBF13 Webinar 1a&utm_medium=email](http://www.ibpceu.com/registration2047?&referrer=EmailWest&utm_source=BenchmarkEmail&utm_campaign=UBDWEBF13%20Webinar%201a&utm_medium=email)
- Audio CD or Audio Visual DVD also available for continuing education credit
- This program is available for 6 hours of continuing education for most health professions: \$79



Mighty Neurons (not all 199) celebrate raising \$15,392 for NAMI SMC.

Full Care in Primary Care—Not PSAs

There are two main reasons why the U.S. public remains very much in the dark about mental illness:

- 1) Most of us will agree that what happens in behavioral health care service delivery is largely an inside baseball conversation among those in the field: e.g. service providers (doctors), insurance companies, government officials, employers, benefit managers, BH advocacy groups, consumer activists. Jane and John Q Citizen are not in this loop. Rampant BH jargon acts to exclude the general public from understanding or following what is going on. Just ask your neighbors and friends what/who are: mental health carve outs; capitation; bundled or global payments; full integration versus reverse integration; parity; ACOs; PCMHs; CINs; HHS; SAMHSA; NIMH; AHRQ, PCORI to name but a few of current lingo.
- 2) Studies conducted over past 30 years consistently show the wider population has no interest in being talked to about "mental illness," "mental health," or "stigma." Those topics are fearful and negative, best ignored or avoided. Nonetheless, when mental health/substance use problems arise in our families, we want private, confidential, professional, effective help. Hopefully covered under our insurance plans.

In the light of these realities, what will work to ensure improved mental health access and care? Back to the public: they have indicated over and over they prefer to have both their mental health/substance use issues and their medical conditions treated together, in a coordinated fashion, in primary care. Data bears this out: 80% of behavioral health patients now present themselves for care in the general medical setting. Not in the mental health setting.

The rub is that our behavioral health community, as dedicated and professional (and under-funded and under-resourced) as they are, are focused on the 20% who do go to, or end up in, the mental health sector. Moreover, the majority 80% of behavioral health patients going to primary care cannot access mental health care there because behavioral health practitioners cannot practice in primary care and get paid, under our mental health carve out situation.

Is there an answer? Yes: changing the doctor reimbursement system so that we no longer have two independent health care systems, medical and behavioral health; ensuring that behavioral health providers can become part of medical provider networks, and behavioral health services can be paid as part of "medical" insurance benefits. In other words, having a healthcare system that supports having both our medical and behavioral health problems addressed together in a coordinated fashion.

The trick is to get there we have to overcome our inertia and upset the status quo. We have to end the managed behavioral health situation. But, as in so many things, business may perhaps lead the way: as more and more hospital groups consolidate into larger care organizations, owned or backed by hedge funds and private equity, with more doctors joining as employees, the owner/investors of those all-inclusive (primary care, specialty care, hospital care) mega groups will be looking for efficiencies and value, which leads to profits. And at the top of the high-value, improved outcomes, and lower cost, list is.....integrated med-psych care.

Please let us know what you think and if you have any feedback or comments. And thank you for your ongoing support and interest in our mission.

—Florence C. Fee, J.D.
Executive Director, NHMH, Inc. No Health Without Mental Health
T: 415.279.2192 / <http://www.nhnh.org>
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July General Meeting Notes

By Jerry Thompson, board member

Our July 24th General Meeting started at 6:00 with refreshments & social time, we had over 60 people in attendance! At 7:00 Juliana Fuerbringer called the meeting to order. She presented Steve Kaplan, the head of BHRS. He shared that the County Board of Supervisors approved increased funding for pre-crisis and crisis treatment. He went on to explain in detail all of the increased services that will be available in San Mateo County.

Juliana then introduced the speakers that came from Putnam House in Walnut Creek <http://putnamclubhouse.org>. Putnam House is a "Club House" for adults recovering from a mental disorder. It is part of Clubhouse International <http://www.iccd.org>, "a membership-based social/vocational community where people living with persistent mental illness come to rebuild their lives." There are over 300 clubhouses around the world and they have proven to reduce hospitalizations and increase employment and self-esteem for their members.

Juliana Fuerbringer is working towards starting a clubhouse in San Mateo. For more information on what is happening with that project, go to www.californiaclubhouse.org.

Be sure to be at the next general meeting. When you are not here, you miss a lot!

Education Update - IOOV

Please contact the NAMI SMC office if you'd like to arrange for the free 60-90 minute presentation by In Our Own Voice speakers who share compelling and personal testimonies of living with and overcoming the challenges posed by mental illness.

Tom and Christopher have also recently trained as teacher mentors for the NAMI Peer to Peer Education course. We welcome them!



Recent graduates of the IOOV training course: Lisa Hoff, Tom Curran (blue shirt) and Christopher Jump (black shirt).

FareWELL Greg Wild

The NAMI SMC board of directors is grateful to Greg Wild for his years of service on our board. His involvement with the NAMIWALK and his collaboration with our education and support programs has been invaluable. Greg will continue to be involved with education. We'll especially miss his fine wit that enlivened our board meetings! Thank you Greg for everything you brought to our board.



CDs of NAMI Nat'l Conf Programs

This year's National Conference in San Antonio in July was packed full of interesting and informative presentations. NAMI SMC has ordered a full set of CDs covering the conference's sessions. The CDs will be available for members to listen to - contact our office at 650-638-0800 for information and a list of the sessions.

Cordilleras Benefit Scramble

Wednesday October 2, 2013
12pm. Registration begins at 11am
Crystal Springs Golf Course in Burlingame
(playcrystalsprings.com)

You are invited to attend and participate in the Cordilleras Benefit Scramble that benefits NAMI SMC and Telecare clients. 4 person scramble. Box lunch and Buffet dinner. Silent/Live Auction (Mitch Juricich emcee). Awards reception following dinner. 10K hole-in-one, closest to and long drive prizes.

See website for registration and sponsorship information. Donations at the door or mail check to Mike Stimson, c/o NAMI SMC, 1650 Borel Place Ste 130, San Mateo, 94402. For more information contact John Summers at 650-367-1890 / jsummers@telecarecorp.com. Entry form or register online at <http://www.golfdigestplanner.com/23736-Nami>.

Not enough room in 8 printed pages!
See more articles in our extended online version of the newsletter at
www.namisanmateo.org/

NAMI-SMC Support Group Meetings (call 650-638-0800 for more information)

Cordilleras MHR Center Family Support Meeting, 200 Edmonds Road, Redwood City, 367-1890

1ST MONDAYS, 6:30-8pm (2ND Monday if 1ST Monday of the month is a holiday).

Penney Mitchell, NAMI SMC facilitator; Crystal Hutchinson, MFT; Leah Ladouceur, BSW.

Parents of Youth Support Meeting, NAMI SMC, 1650 Borel Pl, Ste 130, San Mateo, 638-0800.

2ND MONDAYS, 7-8:30pm. Kristy Manuel and Ginny Traub, facilitators.

San Mateo Medical Center for family members.

1ST & 3RD TUESDAYS, 6:30-8pm. 222 W. 39th Ave. & Edison, Board Room (main entrance elevator to 2nd floor, left to the end of the hall). Terry & Polly Flinn, Juliana Fuerbringer and Rosemary Field, NAMI SMC facilitators.

South County Support Meeting for family members, Mental Health Clinic, 802 Brewster St., Redwood City, 363-4111.

2ND TUESDAYS, 6-7:30pm. Pat Way, NAMI SMC facilitator; Liz Downard RN, MSN.

Coastside Support Meeting for family members, Coastside MH Cntr, 225 S. Cabrillo Hwy, #200A, Half Moon Bay, 726-6369.

2ND MONDAYS, 7-8:30pm. Marie Koerper, NAMI SMC facilitator; Mary Em Wallace, RN, NP, MFT, Ph.D.

Jewish Family & Children's Services, family and friends are welcome. 200 Channing Ave., Palo Alto, 688-3097.

4TH TUESDAYS, 7:00pm. Sharon & Ron Roth, NAMI SMC facilitators; Laurel Woodard, LMFT.

Spanish-Speaking Support Group for family members. South County BHRS, 802 Brewster Ave, Redwood City.

2ND TUESDAYS, 6-7:30pm. Contact Claudia Saggese at 573-2189.

Other Meetings

Asian-Language Family Support Groups

THURSDAYS, 6-7:30 pm, Cantonese/Mandarin. 1950 Alameda de las Pulgas (650) 261-3701 or (650) 573-3686.

Burlingame Support Group for family members and people living with a mental illness. Info: Maureen 415-420-5097

THURSDAYS through May 9, 7-9pm, Peninsula Temple Shalom, 1655 Sebastian Drive, Room 11, Burlingame

Coastside Dual Diagnosis Group, development for clients in all stages of recovery.

THURSDAYS, 4-5pm. 225 S. Cabrillo Hwy #200A, Half Moon Bay. 726-6369 for information.

Consumer Support Groups, Heart and Soul, San Mateo. Call 650-343-8760.

DBSA Mood Disorder Support Group for persons with uni- and bi-polar, depression, or anxiety.

• WEDNESDAYS, promptly 6:30-8:30 pm. Contact: DBSAPaloAlto@gmail.com. Supporters may attend with their consumer. VA Hospital, 3801 Miranda Ave, Hosp Bldg 101, Room A2-200, Palo Alto.

• TUESDAYS, 7-9pm College Heights Church, San Mateo 1150 W. Hillsdale Blvd. Families welcome. Fred Wright, 299-8880.

Dual Diagnosis Group for Consumers, no charge.

MONDAYS, 2:30 pm. The Source, 500 A Second Ave., San Mateo. Call 650-343-8760 for more information.

Eating Disorders Support Group for parents and loved ones. Contact: 408-559-5593 or info@edrcsv.org

2ND and 4TH SATURDAYS, 9:30-11am. El Camino Hospital, 2500 Grant Rd, Mountain View, New building, Conf. Rm A

Eating Disorders Support Group for family & friends of loved ones. Visit www.edrcsv.org or call Kira Olson at 408-356-1212.

1ST and 3RD SATURDAYS, 9:30-11am Mills-Peninsula Hosp., Rm 4104, 100 S. San Mateo Drive

Hoarding Education Group for significant distress with clutter. Contact hoarderdoctor@gmail.com or 650-799-3172

1ST and 3RD THURSDAYS, 5:30 - 6:15pm. Mills Health Center, Room 4104, 100 S. San Mateo Dr. \$5 donation requested.

Hoarders' Support Group for persons with a history of extreme hoarding and chronic disorganization.

2 THURSDAYS a month. To register or to get more information call (650) 343-4380.

H.E.L.P. for those coping with a mental illness and/or those in a supporting role, Menlo Park Pres., 950 Santa Cruz Ave.

THURSDAYS, 6:00pm optional dinner; 6:30-7:30 program, 7:30-8:30 prayer. Garden Court. Contact Jane at 650-464-9033.

HOPE (Hope, Offering, Prayer and Education), for those with mental illness and/or in supporting roles.

1ST and 3RD TUESDAYS, 6:30pm, First Pres Church, 1500 Easton Dr., Burlingame. Call 355-5352 or 347-9268 for info.

Japanese Education & Support Group, call (415) 474-7310 for information.

Jewish Support Group, for those with mental illness and families and friends, Beit Kehillah, 26790 Arastradero Rd., Los Altos

2ND WEDNESDAYS, 6:15-8:30pm. For info, contact Carol Irwin (408)858-1372.

Korean Support Group, a family/consumer group. Info: Kyo, 408-253-9733

4TH TUESDAYS, 6:30-8:30pm. Full Gospel Mission Church, 20920 McClellan Rd. (opp. De Anza College), Cupertino

North County Support Group for clients, family and friends.

2ND and 4TH THURSDAYS, 5:45-7pm, 375 89th Street, Community Room, Daly City. More info: 650-301-8650.

Obsessive-Compulsive Foundation of SF Bay Area, information: 415-273-7273; www.ocd-bayarea.com.

3RD SATURDAY, 1:30-3:30pm, Seton Medical Center, 1900 Sullivan Ave., 2nd Fl. Conf room near cafeteria, Daly City.

Telecare, for family and friends of residents. 855 Veterans Blvd, Redwood City, 817-9070.

2ND WEDNESDAYS, 5:30-7pm.

Women Living With Their Own Mental Illness, Redwood City - *sliding scale fees apply for this meeting*.

TUESDAYS, 1:00- 2:30pm. Contact Deborah at 363-0249, x111.

Medicate Me, Even When I Refuse

By Erin Hawkes, <http://www.huffingtonpost.ca>, June 3, 2013

Suppose your toddler wanted to play with your kitchen knives. They are bright and shiny, and she sees you use them everyday, so she asks for them. "No," you kindly but firmly say. "They are very sharp and would hurt you." Your toddler begins to whine, then yell, then tantrum when you refuse to let her play with those knives. Do you give in, when you see how much it means to her, how upset she is that you authoritatively refuse to grant her permission? No, you are a good parent, and because you are responsible for her safety, you calm her down and redirect her to things with which she is allowed to play. The tears dry, and her smile returns -- and she is safe.

Had she been permitted to have her way and play with the sharp knives, she would have badly cut herself. She didn't understand this; she was unaware of the danger she would have been to herself. She needed someone outside herself to keep her safe, until she was older and could understand the damage a knife can cause.

Such a scenario is reminiscent of anosognosia: the inability to recognize one's own illness, often while persisting in behaviours that are harmful to oneself. While it can also occur to due neurological disorder, it is very prevalent in psychiatric illnesses such as schizophrenia. Many people experiencing psychosis do not believe they are at all ill. They refuse help, and, unless treated against their (psychotic) will, they may harm themselves or others.

But we must have the right to harm ourselves, have we not? Such reasoning parades as a constitutional right, the right to chose what happens to our bodies and brains. Move beyond that and find that the right to refuse psychiatric treatment is a growing movement. This group insists that any treatment for a mental illness is exceedingly harmful to the person -- if indeed there is such a thing as mental illness. "Mental illness," they say, is a "personal journey," something special that must not be crushed by involuntary medication or hospitalization.

Perhaps this laissez-faire is akin to letting the child play with the knives. Yes, they might get hurt, but, as they "journey" with these knives, they would discover that to hold the hilt means no pain. Some children would learn this quickly, others more slowly and with far more cuts. In other words, if someone knew that some would come out of the play wiser, and maybe even with hardly a scrape, to play with knives is indeed a learning experience. Thus, the one that is



"in control" (parent) ought not disallow the play lest they dampen the curiosity, problem-solving skills, and bravery of the child, who has their own fledgling right to harm him or herself. Perhaps. But those "learning" cuts could easily kill.

Is this then a real right? In my case, is repeatedly bashing my head against a concrete wall till both my head and the wall are bloody a right? Or cuts to my arms, slit with a razor blade -- a right? It is what I do without medication; it happens when I am ill with schizophrenia in order to release the millions of microscopic rats that I delusionally believe are eating my brain. When taking antipsychotics, the rats leave, the need to self-harm fades, and I am in my right mind.

Besides the rats and bloodletting, I fall into the realm of anosognosia when I am ill. I do not know that the rats are not real, and vehemently argue with frustrated health care professionals. I do not belong, certified, on the psych ward! The rats really are eating my brain! No, I don't want your PRNs of rat-infested Ativan!

Then come the restraints and injections.

Involuntary treatment. Anosognosia: no insight, no right?

The Mental Health Act hangs on the ward wall. Our rights. I am too drugged to read it.

I attempt to hang myself in the bathroom. Again.

The "psychiatric survivors" will love this. See the results of "treatment"? I have rights: the right to life, that right to the pursuit of happiness. Surely this cannot happen amid needles and isolation rooms and medication -- oh, how much medication.

But though some psychiatrists rely overly on their psychopharmaceutical powers, my brain is in fact too sick to heal on its own. It needs something outside itself to be healthy enough to fulfil my rights. I have seen drugs fail, but I know now that some actually clear my life of psychosis. Could I have gotten there alone? No. The hangings would have continued, eventually successful. Unmedicated "journeys" for me are a hell of hallucinations, paranoia, and delusion. Please, I do want the drugs, even though I tantrum against the injections. Please, someone, make choices for me when I cannot: choose to give me the treatment that, for me, has worked in the past. Medicate me. Don't leave me to myself; I will play with those knives, and may not learn until I bleed to death what harm I have the "right" to do.

*For San Mateo County BHRS
newsletters (great read!),
visit <http://smchealth.org/wm>*

BHRS contacts: Claudia Saggese, Family Liaison (habla Español)
573-2189 & Suzanne Aubry, Dir. Family Service and Support, 573-2673

MHSARC Meeting

Wednesday, Aug 7 • 3:00 - 5:00pm
(first Wednesday of every month)

Time/locations vary, please check with 650-573-2544
or www.smchealth.org/MHSARC
Health Services Building Room 100
225 W. 37th Ave., San Mateo

All meetings are open to the public

AGED-FOCUSED COMMITTEES:
225 37th Ave., Diamond Room, San Mateo

Older Adult Services Committee • 10:30am - 12:00

Adult Services Committee • 1:30pm - 3:00

Children and Youth Services Committee • 4pm - 5:00
(2000 Alameda De Las Pulgas., Room 209)

Board of Supervisors Meeting

Tuesday, August 6 • 9:00 a.m.

Board Chambers
400 County Center, First Floor, Redwood City

Board of Supervisors agendas are found at
<http://www.co.sanmateo.ca.us/portal/site/bos>.

Obamacare: Love It, Hate It or Just Plain Confused?

Starting January 1, 2014, most Americans will be required to have health insurance as part of President Obama's Affordable Care Act.

Already have insurance or looking to get it? Whether you are a senior, have a big family or own a small business, KQED's simple guide makes the bill easy for anyone to navigate. Obamacare Explained outlines the new health insurance options offered to you and shows you how to access them. If you're concerned about the cost, we also show you what help is available.

The guide is printable, embeddable, shareable and available on all portable devices. kqed.org/obamacare

The thousand-page bill covers a lot of ground and figuring out what it means for you can be a challenge. But don't panic! Help is at hand with KQED's new guide.

Jail Chaplain

Spiritual counseling for incarcerated persons - Marty at St. Vincent de Paul Society - 650-366-9847.

Research Studies

For questions regarding your rights as a research subject, call 650-723-5244.

- On **depression in older adults** age 65+, earn \$140, please contact 415-476-7046.
- On **bipolar offspring** - children 9-17 years old with depression or ADHD and mood problems, who also have a parent with BD. Call 725-6760.
- On **families with bipolar disorder**, psychoeducational therapeutic techniques. Call 725-6760.
- On **adults with bipolar to assess the effectiveness of lithium vs. seroquel as part of optimized treatment plan**, call 498-4801 or email shill@stanford.edu.
- On **depressive schizoaffective**, both treatment and non-treatment studies, earn \$100-\$200, 724-0070.
- Lamotrigine (Lamictal) as an add-on treatment for **Bipolar I in children and adolescents**. Call Stanford at 725-6760.
- **Emotions and Thinking in Bipolar** at UC Berkeley for people who have experienced problems as a result of mania. Up to 4 sessions on campus to complete tasks, lasting 1-3 hours. Earn \$15/hour for sessions. Eligibility: history of bipolar disorder, between ages of 18 and 60, fluent in English. Contact at calmprogram@gmail.com or (510) 542-8969 for more information.
- **Schizophrenia** - do computer activities improve thinking skills? Call: Lauren Drag, PhD or David Grimm, BA/BS, (650) 493-5000 x65656.

Anchor Magazine Re-launched, Looking for Articles

Bill MacPhee, founder of SZ Magazine, is re-launching Anchor Magazine, the digital publication on depression, anxiety, bipolar disorder, and schizophrenia. Editors are looking for stories of recovery, hope, and encouragement for their readers.

The publication also seeks articles from qualified writers or professionals on mental and emotional health (stress, grief, trauma, suicide prevention, etc.), healthy lifestyles (emotional health, nutrition, sleep, exercise), and all issues related to caregivers and family.

Authors will receive a by-line. For writers' guidelines on submitting and acceptance of an article, please email dburke@magpiemags.com.

Visit <http://www.namicalifornia.org/> to get the latest on legislative activity.
We appreciate your interest in advocacy!

Please Become a Member of NAMI San Mateo County

1650 Borel Place, Suite 130, San Mateo, CA 94402

- Regular Member (\$35 to \$99)*
- Sustaining Member (\$100 to \$499)*
- Patron Member (\$500 to \$999)*
- Benefactor Member (\$1,000 or more)*
- Mental Health Consumer (\$10)
- Renewal or New Membership Amount Enclosed: \$ _____

Change Address (print new address below, include bottom half of page with old address)

* A portion of your membership donation is sent to National NAMI and to NAMI California

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How did you hear about NAMI? _____

- Please check all that apply: I/we am/are
- Family
 - Consumer
 - MH Professional
 - Business or Agency
 - Friend

Your membership in NAMI San Mateo County is tax deductible to the extent allowed by law. Thank you for your support.

MHSOAC Forum

August 8 - see page 2

Volunteer Meeting

August 8 - see page 2

NAMI California Conference

In Burlingame!

Aug 16-17 - see page 1



General Meeting

September 25 - see page 1

NAMI San Mateo County

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www.namisanmateo.org
Office open: 9am-1pm, M-F (or by appt.)

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NAMI San Mateo County
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San Mateo, CA 94402

RETURN SERVICE REQUESTED

Time Value

Got news? email namismc@sbcglobal.net