



## General Meeting



**100 S. San Mateo Drive  
San Mateo**

**Hendrickson Aud. / Mills Health Center  
Free evening parking in front**

**Wednesday, Nov. 20**

6:30pm Reception with pie!  
7:00-8:30 Program

### NAMI Thanksgiving

*Special Guest*

Ian Adamson, Mateo Lodge

Please join us for our traditional  
Thanksgiving celebration,  
focusing on GRATITUDE.

Bring your family and friends to enjoy  
comraderie and pies of the season.  
Our guest is Ian Adamson, CEO of  
Mateo Lodge (first hired by our local  
trailblazing families at Parents of  
Adult Schizophrenics).



Everyone who supports NAMI's  
mission is welcome and encouraged  
to attend. And, as always, it's free!

RSVP TO 650-638-0800. We want to  
be sure we have plenty of pie!

(Note this meeting is on the  
3rd Wednesday of the month  
because of the holiday.)



*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.*

## Community Input Forum

San Mateo County Behavioral Health and Recovery Services (BHRS) is seeking your input on a grant proposal to expand the number of mental health personnel available to provide crisis support services that include crisis triage, targeted case management, and linkage to services for individuals with mental illness or emotional disorders who require a crisis intervention. Please attend the Mental Health and Substance Abuse Recovery Commission meeting:

**Wednesday, November 6 • 3:30 - 5:00pm  
225 W. 37th Avenue, Room 100, San Mateo**

Information on the availability of funding, administered by the Mental Health Services Oversight & Accountability Commission, and on San Mateo County's MHSA program can be found at: [www.smchealth.org/mhsa](http://www.smchealth.org/mhsa) or call (650) 573-2541. Input can also be submitted by email to: [MHSA@smcgov.org](mailto:MHSA@smcgov.org), or by mail to: MHSA Coordinator, 225 W. 37th Ave, San Mateo, CA 94403, by Nov. 30, 2013.

Senate Bill (SB) 82, known as the Investment in Mental Health Wellness Act of 2013, provides California an opportunity to use Mental Health Services Act (Prop. 63) dollars to expand crisis services statewide to improve life outcomes for the persons served and system outcomes for mental health and its community partners.

The Mental Health Wellness Act of 2013 is intended to increase California's capacity for client assistance and services in crisis intervention including the availability of crisis triage personnel, crisis stabilization, crisis residential treatment, rehabilitative mental health services, and mobile crisis support teams.

## Consumer Advisory Council Meeting on Housing

*From NAMI Santa Clara News, November 2013*

On Sept. 24, Robert A. Dolci, M.A., Homeless Concerns Coordinator in Housing & Homeless Support Services within the Department of Mental Health, spoke to an almost-standing-room-only audience on the subject of Housing. Highlights include:

- Whether you are moving to your first apartment or moving again because you have to, one of the most important decisions that people will make is where they want to live.
- Demeanor and Attire: Dress as though it is a job interview.
- Fair Housing Act: Laws concerning housing, tenants' rights, and landlords rights.
- Prepare Before Contacting a Landlord: If you have had a problem, e.g., with credit, eviction, criminal conviction, and so on, write out what happened, what you did to correct the problem, what you are doing now to ensure it will not happen again.
- Filling Out Applications: Keep copies of all documents.
- Deposit Assistance: The Emergency Assistance Network can help with deposit or rent, but keep in mind that they can help only one time.

Copies of the meeting minutes, as well as handouts provided by Mr. Dolci, may be obtained from Barbara Thompson, Chair of the Consumer Advisory Council by calling the NAMI Santa Clara office at 408-453-0400.

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## NAMIBikes Rides Out

Saturday, November 2, in Davis

Fight Stigma and Ride! This exciting mental health, anti-stigma event will start and end in Davis and will offer a choice of 15-mile, 30-mile and 60 -mile (25K, 50K, 100K) courses. It is a fully supported ride, including an event t-shirt, light breakfast, lunch and rest stop fuel.

Be a Virtual Rider! Even if you can't be in Davis on event day, you can ride along as a Virtual Rider. When you register, choose the option to be a virtual rider. There is no registration fee and if you raise \$45 or more, we will send you the event t-shirt.

All routes are \$45 (registration is waived with \$250 in fundraising, however, fundraising is not required). Virtual Riders register for free and can earn exciting incentives! For more information and to register or donate, please visit [www.NAMIBikes.org](http://www.NAMIBikes.org).

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## Webinar About Teen Depression

Wednesday, November 13 • 1pm  
[www.familyaware.org/trainings](http://www.familyaware.org/trainings)

Families for Depression Awareness is presenting a free, one-hour webinar about teen depression. The webinar is designed to educate parents and adults who work with youth. Go to [www.familyaware.org/trainings](http://www.familyaware.org/trainings) to register.

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## FAST: Family Assertive Support Team

650-368-3178  
24-hours, 7 days-a-week

Are you concerned about a family member who may be showing signs or symptoms of serious emotional distress (who is not current or previously a BHRS client) and don't know what to do? Call FAST for prompt and caring support. We Come to You!

See a full article about FAST on our November 2013 web-version newsletter: visit [www.namisanmateo.org](http://www.namisanmateo.org).

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



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## ClubHouse Update

Our July General Meeting introduced Clubhouse: a membership-based social/vocational community where people living with persistent mental illness come to rebuild their lives. Participation is free.

The Clubhouse is a place to go from 9:00-5:00 weekdays to build upon strengths, talents and abilities. It is also a place to socialize evenings and weekends. It provides a safe and accepting place, valuable work to perform within the organization, and opportunities to socialize with friends and co-workers. In addition, Clubhouse coordinates access to employment and education within the wider community and help with housing. The Clubhouse provides hope and opportunities for members to reach their full potential.

There are 333 Clubhouses in 33 countries, sponsored by Clubhouse International based in New York and research that tracks their successes. Close to 100,000 people living with mental illness are able to access Clubhouses each year. There are more than 20 active Clubhouse start-up groups and California Clubhouse, here in San Mateo County, is one of those start-ups.

To learn more about California Clubhouse and Clubhouse overall, go to <http://californiaclubhouse.org> and [www.iccd.org](http://www.iccd.org). Read about what we are doing and read about other Clubhouses around the world. Contact Juliana Fuerbringer at [julianafuer@gmail.com](mailto:julianafuer@gmail.com) if you'd like to participate in getting California Clubhouse launched in 2014.

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## Terrific Tournament!



It was a beautiful day - and MANY THANKS to the 72 golfers who participated in the October 2 golf benefit at Crystal Springs Golf Course in Burlingame. Proceeds from Cordilleras Benefit Scramble go to NAMI SMC and the Cordilleras Patient Fund. We couldn't have had such a great time without the sponsors—including but not limited to United American Bank, Schenone Insurance, Paul Hockett & Vitae Architecture, Way Financial, LISI, Mollie Stones, San Mateo Burger King, Half Moon Bay Orchids, and The Vans. We appreciate everyone who participated, volunteered and donated!

**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](http://www.onyourmind.net)

## The Seriously Mentally Ill: Living and Dying in America Today

It is not too strong a statement to say that in America today in many many cases we don't treat patients with serious mental illness as much as we wait for their illness to cause an explosion into some horrific act and then we "take them down" in the name of protecting the rest of society.

We've now been through Tucson, Aurora, Newtown, Navy Yard, and now the Capitol Hill shooting. What is striking is the pattern in these cases where apparently family members or friends of these individuals reported being aware of signs of emerging serious mental illness. And in some cases reported them to authorities, or tried to get help and access to care. Whatever happened next did not include access to and provision of quality mental health care, including follow-up and monitoring by care professionals.

As a society, we must now ask ourselves two questions: (1) are family members involved and noticing warning signs of emerging mental illness and (2) does our health care system act appropriately to try to help the patients??

NHMH offers four solutions for Americans to think about, and act on:

1. **Mental Health First Aid** ([www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)) is a comprehensive, expert-vetted 8 hr course - a kind of CPR for mental disorders - that explains the warning signs and symptoms of mental disorders. Americans in all communities should take this course in order to be ready when someone in their family or circle of friends or co-workers, etc becomes ill, to be able to be a bridge to help
2. **Mental Health Treatment into Primary Care:** The healthcare system in the U.S. needs to integrate mental health care into the general medical setting, because this is where the majority of folks with mental health problems go for help. Further, the medical community must ensure patients receive quality, science-based mental health care there. The ACA backs these changes. The current obstacles involve changing the provider payment system and care delivery system so that mental health professionals become part of "medical" provider networks, and mental health services are paid as part of "medical" insurance benefits in health plans. With these two reforms in place, mental health specialists will be able to work in primary care, which they can't now without complicated workarounds. We must bring the medical and mental health systems together into one, unified system. Medical providers, insurers, health policy experts, elected representatives, patients and communities, we all have a role to play in this system-level change.
3. **Non-lethal Force:** Encourage law enforcement to use non-lethal weapons, e.g. tasers, when confronted with a seriously mentally ill person. Lethal means should only be a means of absolutely last resort.
4. **Mental Health Diversion Courts:** We must ask ourselves why our jails and prisons are full of mentally ill patients, in some

cases as in Cook County Jail in Chicago, up to and over 30% of the population. Why are we ready to pay \$35,000 a year to jail people instead of proactively providing mental health services, when so many of these prisoner-patients are poor and from families with limited means to get them mental health care. Until our mental health system is reformed, we need to remove the seriously mentally ill patients from jails and prisons and place them in appropriate care facilities under treatment.

Being a citizen is about being responsible. Isn't it time we all do our part to confront these issues?

*Florence C. Fee, J.D., M.A.*

*Executive Director, NHMH, Inc. (No Health without Mental Health)  
415.279.2192 / [www.nhnh.org](http://www.nhnh.org)*

*Facebook: <http://www.facebook.com/nhnh1>*

*Twitter: <http://www.twitter.com/nhnhorg>*



### NARSAD Artworks

Museum-quality art products by and on behalf of mentally ill persons. All proceeds support the Brain & Behavior Research Foundation. Take a look at the exquisite selection of holiday cards, note cards, and gifts online at

[www.narsadartworks.org](http://www.narsadartworks.org),

or call 800-607-2599 or 714-529-5571

**Order holiday cards NOW!**

### NAMI Education Programs

Call 650-638-0800 to register

*Are you interested in taking one of our evidence-based education classes? These courses are FREE, comprehensive, and popular. Enrich your life by learning more about mental illness: gain skills, understanding and compassion in an interactive, supportive environment. Classes will be offered again in Spring 2014. Pre-registration is required.*

#### ➤ Family to Family

For parents, spouses, children and other family members of persons with a mental illness. Class meets once a week for 12 weeks.

#### ➤ Peer to Peer

Better living skills for people with mental health issues taught by people with mental health issues.

#### ➤ Provider Course

An overview program for Mental Health and AOD professionals, para-professionals and all others serving individuals with serious mental illnesses and their families  
CMEs pending approval for qualified attendees.

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## **Inter-connected: Integrated, Coordinated Behavioral Medical Care**

Just as we live in an inter-connected world, we also have inter-connected medical and behavioral health care needs.

Our physical and behavioral health care needs, so often intertwined, need to be addressed together, in a coordinated fashion, by one, coordinated and communicating health care team, who work from one, shared treatment plan.

Addressing medical and behavioral conditions together is vital because medicine is now discovering that some illnesses occur in "clusters,".... such as: diabetes + coronary heart disease + depression, or depression + chronic pain + drug or alcohol disorders. These clusters happen when you have illnesses with high prevalence, high co-occurrences and adverse interactions going in both directions. If you ignore one element of the cluster, the elements do worse in terms of treatment and recovery.

A timely recognition of this fact is the Center for Disease Control's recent acknowledgement that in communicating to the public about heart disease, it must also include information about depression as a risk factor for heart disease. Heart disease and depression often go hand-in-hand, so do diabetes and depression.

30-45% of patients with heart disease suffer from co-occurring depression or anxiety. This is often true after a patient undergoes heart surgery, bypass surgery, or stent, etc. There are effective treatments for this co-occurring depression. But if left untreated, not only does the patient suffer a needless behavioral condition, which could impact their ability to function or work or enjoy life, but their medical or heart condition is likely to recover more slowly or not at all. Net result: worse health, higher costs. NHMH is proud to have played a key role in helping the CDC acknowledge the need to tell patients about behavioral risk factors associated with medical conditions, such as heart disease in their Million Hearts campaign ([www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov)). We will continue to bring this message to the public, that true "health" includes both medical and behavioral health, working with our healthcare and public health partners.

Ask your primary and/or specialty care doctor for integrated, coordinated behavioral-medical care. Evidence-based research shows that such care leads to improved overall health and costs less over time. And life is better this way.

*Florence C. Fee, J.D., M.A.  
Executive Director, NHMH, Inc. No Health without Mental Health  
415.279.2192 / [www.nhnh.org](http://www.nhnh.org)  
Facebook: <http://www.facebook.com/nhnh1>  
Twitter: <http://www.twitter.com/nhnhorg>*

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

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## **MHSARC Meeting - open to the public**

Wednesday, Nov 6 • 3:00 - 5:00pm  
(first Wednesday of every month)

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

**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)

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## **Board of Supervisors Meeting**

Tuesday, Nov 5 • 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>.

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## **Advanced Harm Reduction For Severe Hoarding**

December 12, 2013 • 9:00am - 4:30pm  
Golden Gate University, 536 Mission St, San Francisco

Trainer: Michael Tompkins, Ph.D., Clinical Psychologist and co-author of "Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring." Lunch will be provided. Space is limited so register today at <http://www.mentalhealthsf.org/institute-on-compulsive-hoarding-and-cluttering-training-institute/>. Ask about Continuing Education Credits available for a variety of positions. Presented by the Institute on Compulsive Hoarding & Cluttering.

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## **NAMI Connection**

Consumers are WELCOME to this recovery support group for people living with mental illness. They meet the **1st and 3rd Saturdays from 3:30-5:00pm** (after the movie), at The Source (Heart and Soul), 500 E. 2nd Ave., San Mateo. Led by trained individuals who are personally experienced at living well with mental illness. No registration required, call NAMI SMC with any questions: 650-638-0800.



## **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

1<sup>ST</sup> MONDAYS, 6:30-8pm (2<sup>ND</sup> Monday if 1<sup>ST</sup> 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.

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

**San Mateo Medical Center** for family members.

1<sup>ST</sup> & 3<sup>RD</sup> 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.

2<sup>ND</sup> 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.

2<sup>ND</sup> 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.

4<sup>TH</sup> 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.

2<sup>ND</sup> 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, 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, 1150 W. Hillsdale Blvd, San Mateo. 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

2<sup>ND</sup> and 4<sup>TH</sup> 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](http://www.edrcsv.org) or call Kira Olson at 408-356-1212.

1<sup>ST</sup> and 3<sup>RD</sup> 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

1<sup>ST</sup> and 3<sup>RD</sup> 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.

1<sup>ST</sup> and 3<sup>RD</sup> 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

2<sup>ND</sup> 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

4<sup>TH</sup> 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.

2<sup>ND</sup> and 4<sup>TH</sup> 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](http://www.ocd-bayarea.com).

3<sup>RD</sup> 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.

2<sup>ND</sup> 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.

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## NAMI Legislative Update

NAMI California is gearing up for a big year of legislative advocacy in 2014, as we've recently hired a Legislation and Policy Director who will represent us in the State Capitol. This new position will allow us to keep the pressure on your representatives to consider consumers and family members in all of their decision-making.

This year, three pieces of legislation supported by NAMI California were signed by the Governor, though not all in their strongest form:

**Senate Bill 330**, by Senator Alex Padilla (Pacoima), requires the Instruction Quality Commission (IQC), during the next revision of the health curriculum framework, to consider developing and recommending a distinct category on mental health instruction.

NAMI California supported an earlier version of this bill that would have required that health curriculum include one hour of mental health education for all students.

**Senate Bill 364**, by Senator Darrell Steinberg (Sacramento), revises the Lanterman-Petris-Short (LPS) Act related to 72-hour involuntary detention for mental health evaluation and treatment, so-called "5150 holds." Key provisions of this bill: 1) Broaden the types of facilities counties may designate for purposes of 72-hour evaluation and treatment; and 2) Authorize the county mental health director to develop procedures for the county's designation and training of professionals who will be designated to perform functions under Section 5150.

NAMI California was an early supporter of this bill, but became concerned after some critical amendments were made. We advocated for changes to the language that were amended into the bill by Senator Steinberg in response to our efforts.

**Senate Bill 585**, also by Senator Steinberg, clarifies that mental health services provided under Laura's Law may be provided pursuant to procedures specified in the Mental Health Services Act, as well as by other local funds.

Some progress was made this year, but there is much left to do!

—[newsletter@namicalifornia.org](mailto:newsletter@namicalifornia.org).

**Not enough room in 8 printed pages!**  
See more articles in our extended online  
version of the newsletter at  
[www.namisanmateo.org/](http://www.namisanmateo.org/)

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## The Importance Of Sleep In Maintaining A Healthy Lifestyle

Three new studies show just how critical it is for adults to seek treatment for a sleep illness and aim for seven to nine hours of sleep each night in order to maintain a healthy lifestyle.

One study of 2,240 adults is the first to examine the link between obstructive sleep apnea (OSA) and mortality in Asians. Results show that all-cause mortality risk was 2.5 times higher and cardiovascular mortality risk was more than 4 times higher among people with severe OSA. The results are consistent with previous studies in the U.S. and other countries.

Another study of 2,673 patients in Australia found that untreated OSA is associated with an increased risk of motor vehicle crashes in very sleepy men as well as near-misses in men and women. Participants with untreated OSA reported crashes at a rate three times higher than the general community.

That last study examined the relationship between sleep duration and self-rated health in Korean adults. Results show that short sleep duration of 5 hours or less per day and long sleep duration of 9 hours or more per day was associated with poor self-rated health. The results add weight to recent data emphasizing the importance of adequate sleep in physical and mental health.

All three of the studies are in the *Journal of Clinical Sleep Medicine*, which is published by the American Academy of Sleep Medicine.

The AASM reports that at least 12 to 18 million adults in the U.S. have untreated obstructive sleep apnea, which involves the repetitive collapse of the upper airway during sleep. OSA is a serious sleep illness that is associated with an increased risk of high blood pressure, heart disease, diabetes, depression and stroke. The most effective treatment option for OSA is CPAP therapy, which helps keep the airway open by providing a stream of air through a mask that is worn during sleep.

Most adults need about seven to eight hours of nightly sleep to feel alert and well rested. However, 30 percent of adults in the U.S. regularly get insufficient sleep.

Help for people who have OSA or another sleep problem is available from board certified sleep medicine physicians at more than 2,500 AASM accredited sleep disorders centers.

—<http://www.medicalnewstoday.com/articles/267710.php>  
16 October 2013

Mark your calendar!

## California CIT Conference

January 9 - 10, 2014  
College of San Mateo

California Crisis Intervention Training (CIT) is holding its Statewide Training Update and Conference for law enforcement officers and other first responders. Registration fee is \$95.00, visit [www.cimh.org/events](http://www.cimh.org/events) to register online. Contact Khani Gustafson at [kgustafson@cimh.org](mailto:kgustafson@cimh.org) or 916-556-3480.

## The NAMI CA History Project Needs You

Send your stories, photos, and remembrances to NAMI California, which is rounding up members' recollections as part of a larger project to recognize the courageous and dedicated people who created our organization and the movement that it sparked across the nation.

Address your contributions for this effort to:  
Steven Kite, Deputy Director  
1851 Heritage Lane, Suite 150  
Sacramento, CA 95815  
[steven.kite@namicalifornia.org](mailto:steven.kite@namicalifornia.org)



### PLAN of California

Planned Lifetime Assistance Network offers two Master **Special Needs trust** plans for California families with funds to bequeath (minimums \$150,000 and \$300,000). These trusts provide for contract with PLAN for oversight (both fiduciary and personal support services) without endangering public entitlements.

San Francisco contact: Baron Miller 415-522-0500  
Los Angeles contact: Carla Jacobs 888-574-1258

## Jail Chaplain

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

### Need help with SSI issues?

Call Joe Hennen at 650 802-6578

## 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](mailto: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](mailto: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.

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

## The NAMI Office Library

The lending library in our office is used by many and several of our books have been borrowed and not returned, especially copies of I Am Not Sick, I Don't Need Help by Xavier Amador. Please return borrowed books to our office as soon as possible. Thank you!

## Psychiatric Grand Rounds Programs

Call 650-573-2530 for the latest schedule.

**Please Become a Member of NAMI San Mateo County**

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

- Regular Member (\$35 to \$99)\*
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**NAMIBikes Rides Out**

November 2 - see page 2

**Community Input Forum**

November 6 - see page 1

**Webinar On Teen Depression**

November 13 - see page 2

**General Meeting**

Give Thanks!

November 20 - see page 1

RSVP to our office please!



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

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Got news? email [namismc@sbcglobal.net](mailto:namismc@sbcglobal.net)