

## 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.*

## September General Meeting Notes

*By Jerry Thompson, board co-president*

Our September 25th General Meeting started at 6:30 with refreshments and social time. We had over 70 people in attendance, and many came for their first time! At 7:00 Jerry Thompson called the meeting to order. He briefly described NAMI San Mateo county and some of what it provides to the community.

Jerry then introduced Tom Curran and Christopher Jump, two certified presenters of the NAMI education program titled: IN OUR OWN VOICE: Living With and Overcoming the Challenges Posed by Mental Illness. Christopher and Tom started by describing their challenges with their mental health conditions, and were aided with video scenarios developed by NAMI to support what they were saying.

Tom and Christopher also engaged the audience in a discussion of their views and experiences. Many different approaches were discussed and all individuals were respected. The conversation went from speaking of darker times to sharing coping skills, successes, and dreams. It was a warm, open, and educating exchange.

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

## New Report Highlights That Staff, Not Structures, Are The Key To Integrated Care For People With Mental Health Problems

The Mental Health Foundation is launching a new report, 'Crossing Boundaries: Improving Integrated Care For People With Mental Health Problems', that highlights current support for people with mental health problems is based on the flawed idea that physical and mental health care are separate issues. The report outlines the key factors in achieving integrated healthcare, singling out the commitment of leaders and frontline staff to cross-boundary working as the single biggest factor.

Good integrated care for people with mental health needs remains the exception rather than the rule. The year-long Inquiry\* calls for a fundamental change in thinking about health care, and for commissioners and practitioners to recognize the benefits of integrated, holistic approaches to care that involve not just health and social care services, but factors such as education, employment, housing and poverty.

Simon Lawton Smith, Head of Policy at the Mental Health Foundation says: "The need for an integrated approach to supporting people with mental health problems was identified 65 years ago when the NHS was founded. Failure to provide integrated care is not a failure of understanding what needs to be done, it is a failure of actually implementing good practice in organizational strategies and the day to day business of organizations and staff.

*Continued on page 6*

## Peer to Peer Class Starting

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.*

### ➤ Peer to Peer

**Class starts on Thursday, October 10**

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"

## 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](mailto:jsummers@telecarecorp.com). Entry form or register online at <http://www.golfdigestplanner.com/23736-Nami>.

### 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)**

*For San Mateo County BHRS newsletters,  
visit <http://smchealth.org/wm>*

## Stanford Health Policy Forum

### Serious Mental Illness: How Can We Promote Public Health and Public Safety?

**Thursday, October 10 • 11:30am - 1:00pm**  
**Paul Berg Lecture Hall, 2nd Floor, Li Ka Shing Center**  
**291 Campus Drive, Stanford University**

This forum is free and open to the public. Space is limited. Doors will close at 11:40 A.M. Please allocate extra time to find parking and walk to LKSC. For more information, please visit [HTTP://Healthpolicyforum.stanford.edu](http://Healthpolicyforum.stanford.edu) or call 650-725-3339.

A conversation with Leroy D. Baca, Sheriff, L.A. County; Laura Roberts, MD, MA, Psychiatry and Behavioral Sciences, Stanford University; Harold Pollack, PhD, University of Chicago Crime Lab; moderated by Paul Costello, Chief Communications Officer, Stanford School of Medicine.

This forum will be a dialogue concerning what the health care system and the general public can do to promote the well-being of families who are facing mental illness. It will also address how society should respond to the very small proportion of individuals with mental illness who commit acts of extreme violence, such as the Newtown Massacre. It will also explore why so many mentally ill people are incarcerated, what happens to them behind bars and how we can deal with them in more humane ways. This discussion will be moderated by Paul Costello and will conclude with a dialogue with the audience.

## 6th Annual Housing Hero Awards

**Thursday, October 3 • 3:00 - 4:30 pm**  
**Redwood Shores Library Community Room**  
**399 Marine Parkway, Redwood City**

Each year the Change Agent Housing Committee offers clients, partners, and BHRS staff an opportunity to nominate a person or organization who has gone to great lengths to help one or more clients with mental health and co-occurring substance use issues get or keep housing. Often clients need advocates, support, assistance, and champions to help them find, and become successful and safe in stable housing. Each year we hear inspiring stories about caring and compassionate people who make a difference.

We invite you and the clients you work with to be a part of the 2013 celebration!

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## Depression Across the Lifespan

Thursday, October 10 • 6:30 - 9:15 pm  
UCSF Mission Bay Campus, Byers Auditorium  
Genentech Hall Building  
600 16th Street, San Francisco



Keynote Speaker: Brian Copeland—actor, comedian, radio talk show host, playwright, author and star of the one-man show “The Waiting Period.”

In honor of National Depression Screening Day, the purpose is to raise public awareness of depressive disorders.

UCSF faculty will discuss the latest findings on identifying and treating depression across the lifespan. No reservations required. No admission Fee. For more info, 415-476-7755 or [psych.ucsf.edu/events/depression2013/](http://psych.ucsf.edu/events/depression2013/)

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## NAMI SMC Office Manager Opening

NAMI SMC is seeking a part-time Office Manager who thrives on:

- being fully responsible and can work well with a variety of others
- interacting with the affiliate's board of directors, volunteers, county agencies and stakeholders
- taking calls (and occasional office visits), responding with compassion and offering resources to persons seeking help with family-related mental illness issues.

Candidates must be able to remain flexible and calm in a lively environment and be experienced in these following areas:

- Respond to voicemails, calls, emails, and mail
- Assist with preparation of education classes
- Work with newsletter editor
- Print materials
- Coordinate volunteers
- Coordinate and attend General Meetings
- Maintain supplies
- Bookkeeping
- Maintain website
- Communicate with the board / attend monthly evening board meetings
- Be familiar with county agencies
- Work on the annual membership campaign
- Special events

Salary: \$18 to \$24 per hour based on experience/education  
Skills needed: PC experience in MS office products, knowledge of Wordpress, compassionate demeanor. Highly organized. Excellent communicator both written and verbal. Please send resumes to [namismc@sbcglobal.net](mailto:namismc@sbcglobal.net)

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## Volunteer Appreciation

We'd like to thank **Debi Mechanic** who has been a great help volunteering in the NAMI office as well as representing us at several health fairs and picnics. We can always count on Debbie to get the job done with a smile and positive energy.

Thank you Debbie for all you have done for NAMI this past year. Your dedication is invaluable and very much appreciated!



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## NAMI Bikes! November 2

Choose either a 25 kilometer, 50 kilometer or 100 kilometer scenic route (approximately 15 miles, 30 miles or 60 miles). The ride will take you through the beautiful towns of Davis and Winters before returning to the Central Park in Davis to celebrate. With rest stops along the way to keep you hydrated and satisfied, this fully supported ride will roll with the message that Mental Health matters!

Your NAMIBikes registration includes a t-shirt and NAMI Bikes water bottle. Registration is \$45 and can be waived with a commitment to raise \$250.

Or volunteer and be a part of event day as support crew. Join us on November 2 to Fight Stigma and Ride.

Visit [www.namicalifornia.org](http://www.namicalifornia.org) and sign up to ride or volunteer, or get more information.

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## Help Is Available

- San Mateo County Behavioral Health and Recovery Services ACCESS Team: (800) 686-0101, TDD: (800) 943-2833
- If you or someone you care about needs help, call the 24 Crisis Hotline at: (650) 579-0350 or 1-800-273-TALK (8255) or visit [www.crisiscenter.cc](http://www.crisiscenter.cc).
- If in a psychiatric crisis, call 911 or go to Psychiatric Emergency at San Mateo Medical Center, 222 West 39th Ave., San Mateo, CA, 94403. Phone: (650) 573-2662.
- Contact NAMI for family support, education and advocacy. 650-638-0800.

### SMC BHRS contacts:

Suzanne Aubry, Dir. Family Service & Support: (650) 573-2673  
Claudia Saggese, Family Liaison (habla Español): (650) 573-2189  
Jade Moy, Dir. Chinese Initiative: (650) 573-2952

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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.



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## Governor Signs SB 585

September 10, 2013

Governor Jerry Brown signed SB 585 into law late yesterday. The bill was authored by State Sen. pro Tem Darrell Steinberg and supported by NAMI California. The new law establishes the Mental Health Services Fund, continuously appropriated to and administered by the State Department of Health Care Services, to fund specified county mental health programs, including programs funded under the Adult and Older Adult Mental Health System of Care Act.

SB 585 also amended the Mental Health Services Act (MHSA) provisions regarding Laura's Law and funding.

Steinberg told NAMI California this afternoon that, "Laura's Law will not solve California's mental healthcare challenge; it is a last resort at the very end of a continuum of care. However, it's important to clarify that Proposition 63 money can be used by counties seeking to implement Laura's Law. The debate over whether or not to implement these programs needs to focus on the pros and cons of the treatment itself, not on a dispute over funding sources. This measure will help bring together advocates who ultimately share the common goal of enhancing mental health services at all levels of care."

NAMI California, in its letter supporting the bill, wrote, "SB585 puts to rest the argument about whether the mental health services associated with implementation of Laura's Law may be included in counties' MHSA Plans. The bill reiterates that such services should meet MHSA criteria by being client directed and employing psychosocial rehabilitation and recovery principles."

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

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## Bipolar IN Order Updated

From Tom Wootton, [newsletter@bipolaradvantage.com](mailto:newsletter@bipolaradvantage.com)

I set out 10 years ago to create better outcomes for people suffering from bipolar disorder. While the "how to" was very vague, I was very specific that we needed to turn bipolar from a crippling illness to an advantage in our lives. I had no idea where the path would take me, but had hoped that I would be able to at least prove it was possible.

After 10 years of refinements, and countless minor milestones along the way, we just hit a milestone far bigger than anything I had imagined at the beginning; version 3.0 of the Bipolar IN Order on line education program has just been completed. Thousands of people have given us feedback over the years, and their insights have helped us to get even better results while making the course much more streamlined; the original online course took 55 hours to complete, but version 3.0 takes only eight hours to learn the most productive steps.

Students donate whatever they can afford for the self-paced online program. For a little extra, there are tutors, one-on-one coaching, and an eight-week live class with groups of only seven students. In celebration of the milestone, we are offering the eight-week class for half off - regular \$249.95, now only \$124.95. Please visit <http://www.bipolaradvantage.com> for more information.

Tom Wootton  
Bipolar Advantage / 415-992-5315

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## NAMIWalk 2013 Was A Success!

It was another great year! Both NAMIWalk SF Bay Area and NAMI San Mateo County surpassed goals this year. Thanks everyone who helped make this happen. Sincerely - thank you all for participating - your help, donations, sponsorships and enthusiasm are invaluable.

- NAMIWalk SF Bay Area, consisting of 8 local affiliates, grossed over \$471,000 - the goal was \$450,000. The NAMIWalk SF Bay Area goal for 2014 is \$500,000.
- NAMI San Mateo County netted nearly \$42,000. This will be used to help finance our NAMI programs, donate to consumer programs, and support CIT (Crisis Intervention Training) classes in our county.

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: **Need help with SSI issues?** :  
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:  
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Call Joe Hennen at 650 802-6578

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

**NAMI Connection** for people living with mental illness.

1st & 3rd SATURDAYS, starting September 21, 3:30-5pm, after the movie. The Source (Heart and Soul), 500 E. 2nd Ave., San Mateo (Claremont and 2nd). No registration required, call NAMI SMC office at 650-638-0800 with questions.

**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.

**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 family & friends of loved ones. Visit [www.edrcsv.org](http://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](mailto: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.

**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](http://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.



**NARSAD Artworks**

Take a look at NARSAD Artworks holiday cards, note cards, and gifts online at [www.narsadartworks.org](http://www.narsadartworks.org), or call 800-607-2599 or 714-529-5571. NARSAD Artworks showcases museum-quality art by those whose lives have shared the common bond of mental illness.

**Order holiday cards NOW!**

From New Report on page 1

"We identified nine structural factors that can help to establish effective integrated care for people with mental health needs. However while these are all helpful, the key message from our inquiry is that it is the quality of people involved that makes or breaks integrated care - leaders with a determination to drive forward integrated care at an organisational level, and staff who understand the holistic nature of health care and are have no professional defensiveness about working closely with colleagues in other disciplines, and with patients and families."

### Key messages from the Inquiry

In terms of how current care provision can be better integrated, the Inquiry identified two underpinning essentials:

- having the right people in the organisation - both leaders who will drive forward integration at a strategic level agenda and staff who understand and respect the roles and responsibilities of other professions and are willing to work with patients and across organisational and professional boundaries
- cross-boundary inter-professional training and education - there is a pressing need for more interprofessional education and training on mental health, both in terms of its genesis and indivisibility with physical health. This must be ongoing with continuing professional development.

The Inquiry identified nine areas where good practice can play a role in facilitating integrated care for people with a mental health problem:

1. Information-sharing systems
2. Shared protocols
3. Joint funding and commissioning
4. Co-located services
5. Multidisciplinary teams
6. Liaison services
7. Navigators
8. Research
9. Reduction of stigma

Source: <http://www.medicalnewstoday.com/releases/265668.php>

## Advanced Harm Reduction Training For Severe Hoarding

December 12, 2013 • 9:00am - 4:30pm

Golden Gate University, 536 Mission St, San Francisco

Lunch and light refreshments will be provided

Presented by Dr. Michael Tompkins, SBACCT, Co-author of "Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring."

Register at <http://www.mentalhealthsf.org/institute-on-compulsive-hoarding-and-cluttering-training-institute/>

Advanced Harm Reduction for Severe Hoarding is a daylong workshop that presents the essential features and benefits of the harm reduction process when applied to the difficulties surrounding severe hoarding.

- Harm reduction is an alternative to treatment for individuals with hoarding challenges and are at grave risk but continue to refuse treatment or other forms assistance.
- Reduce the risk of harm and improve the health, safety, and comfort of people with hoarding challenges, their families, and their community.
- Learn the essential features of the harm reduction process when applied to the personal and public dilemma of severe hoarding.



Watch for the NEW NAMI-SMC website!



Visit <http://www.namicalifornia.org/> to get the latest on legislative activity.

*We appreciate your interest in advocacy!*

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## MHSARC Meeting

Wednesday, Oct 2 • 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

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)

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## Board of Supervisors Meeting

Tuesday, October 1 • 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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## Psychiatric Grand Rounds Programs

*Open to the Public*

**SMC BHRS Division**  
Health Services Building, Room 100  
225 W. 37<sup>th</sup> Ave., San Mateo / 650-573-2530  
12:15 - 1:30 pm **BRING LUNCH**

Oct 8 **Assessing And Early Intervention With Traumatized Youth: A Neurosequential Approach**  
*presenters:* Kristin Dempsey, MFT; Mary Taylor Fullerton, MFT; and Nancy Wilson, BHRS, SMC

Oct 22 **Primary Care Updates**  
Alvin Lau, M.D., *presenter*  
Staff Psychiatrist, BHRS, San Mateo

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**Mills-Peninsula Health Services**  
Burlingame and San Mateo / 650-696-5813  
12:15 - 1:45 pm **BRING LUNCH**

Psychiatry Grand Rounds at Mills-Peninsula Health Services has been temporarily discontinued

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## 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)

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## 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 [skill@stanford.edu](mailto:skill@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.

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## Jail Chaplain

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

**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

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_

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.

**Cordilleras Benefit Scramble**

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**6th Annual Housing Hero Awards**

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**Peer To Peer Class**

Starts October 10 - page 2

**STANFORD:  
Serious Mental Illness:  
How Can We Promote Public  
Health and Public Safety?**

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**Depression Across the Lifespan**

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**MHSARC Meeting**

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**General Meeting**

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**NAMI San Mateo County**

1650 Borel Place, Suite 130  
San Mateo, CA 94402  
650-638-0800  
FAX: 650-638-1475  
namismc@sbcglobal.net  
www.namisanmateo.org  
Office open: 9am-1pm, M-F (or by appt.)

**Board of Directors**

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Jerry Thompson, RN - Co-President  
Sharon Roth - Co-Vice President  
Juliana Fuerbringer - Co-Vice President  
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Program Coordinator: Pat Way

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