

General Meeting



100 S. San Mateo Drive San Mateo

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

Wednesday, November 19

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

NAMI Thanksgiving

Please join us for our traditional Thanksgiving celebration, focusing on GRATITUDE. Bring your family and friends to enjoy comraderie and pies of the season.

We've invited Dr. Vitka Eisen, CEO of HealthRIGHT 360, to say a few words about the proposed respite center.

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.

Fall Advocacy and Collaboration Conference

Saturday, November 15 • 9:00am - 3:00pm
Green Hills Country Club, 500 Ludeman Lane, Millbrae

Sen. Darrell Steinberg is to be honored at the November 15 Fall Advocacy and Collaboration Conference. The California Academy of Child and Adolescent Psychiatry, National Alliance on Mental Illness California, United Advocates for Children and Families, Let's Erase The Stigma, and the California Court Appointed Special Advocates for Children are proud to host the 6th Annual Advocacy and Collaboration Conference.

The Conference will take place on November 15, from 9:00 am to 3:00 pm at the Green Hills Country Club, 500 Ludeman Lane, Millbrae, CA 94030.

We are happy to announce CAL-ACAP will honor Sen. Darrell Steinberg with the Lifetime Achievement Award for his exhaustive advocacy efforts benefiting children and families in California.

The event is free to the public. You must RSVP with your lunch entree selection by Nov 1. Please choose either a) Chicken Piccata or b) Mushroom Risotto (vegetarian and gluten free).

To make your reservation, please contact David Czarnecki, Advocacy Coordinator at david@namica.org.

Luncheon Benefits Mateo Lodge

Friday, November 7 • 10:30am – 1:30pm
Westin SF Airport Hotel, Millbrae



The Peninsula League celebrates 80 years of service and commitment to the underserved women, children and families of the San Francisco Peninsula by hosting The Annual Fall Fundraising Luncheon, benefitting Mateo Lodge.

Mateo Lodge was founded in 1975 by NAMI San Mateo County. The program provides those suffering from a mental illness hope and help in receiving the most appropriate mental health services available, and ensuring that all consumers are treated with the compassion and respect they deserve.

Speaker: Jennifer Siebel Newsom

Founder/CEO of The Representation Project; Director, Writer and producer of film documentaries: Miss Representation and The Mask You Live In

The Peninsula League was founded in February 1934 with the objective of encouraging and supporting charitable activities on the Northern California Peninsula, and affording "an effective means of interesting women in co-operative endeavors." In its history, the Pacific League has supported numerous non-profit organizations, including My New Red Shoes, Mission Hospice of San Mateo and San Mateo Youth Foundation.

Event Co-Chairs: Lisa Burris & Jayne Kenyon. **To become a sponsor or inquire about tickets (\$80 each) please contact Lisa at 650-348-5538, or Jayne at 650-619-8778, or go to www.peninsulaleague.org.** (The Peninsula League is a 501(c)3 organization. \$45.00 of the event price is tax deductible as allowed by law).



San Mateo County Office of Education Conference

On Tuesday, October 28, the San Mateo County Office of Education held an all-day conference entitled Respect! 24/7.

In addition to sessions on Trauma and its Impact on Learning; Suicide Prevention Policies, Mental Health Stigma & Youth and others, there was also a NAMI Parents & Teachers as Allies presentation by Bonnie McNamara (Family Partner, Mateo Lodge & past NAMI Board Member); Jerry Thompson (NAMI SMC President), and Luci Latu (NAMI SMC volunteer).

The keynote speaker was Kevin Hines, one of only 33 survivors of a suicide attempt from the golden Gate Bridge. He spoke of living mentally healthy.

There was also a resource fair, where NAMI materials were available.

Living Healthy Workshops

Thursdays, Through Nov. 20 • 4:30-6:00pm
Sequoia Healthcare District Headquarters
525 Veterans Blvd., Redwood City

The Sequoia Healthcare District is offering a free 7-week class promoting positive healthy lifestyle choices. Topics will include good nutrition, the importance of physical exercise, stress management techniques and much more

Register: Contact Lee Michelson at 650-421-2155 ext. 202 or lmichelson@sequoiahealthcaredistrict.com. The class is offered free as a community service and is open to adults of all ages. Only 16 participants per class.

Note: Sequoia Healthcare District was very generous with a couple of grants to NAMI SMC in the past!

FAST: Family Assertive Support Team

650-368-3178 or 650-371-7416 (pager)
24-hours, 7 days-a-week

Call FAST when you are concerned about a family member who may be showing signs or symptoms of serious emotional distress - FAST for prompt and caring support!
We Come to You!

See a full article about FAST in our November 2013 web version newsletter at www.namisanmateo.org.

Ideas for Supporting NAMI SMC

What do you give someone who has everything when invited to help celebrate their special occasion? Another bottle of wine, a fancy lunch, a day at the spa or golf? A San Mateo couple who recently celebrated their 50th wedding anniversary decided to announce - on their invite - that a donation had been made on their guests' behalf to NAMI San Mateo County! Others have done something similar, suggesting that in lieu of gifts, a donation could be sent to their favorite charity.

What a way to support an organization that is near and dear to the hearts of your friends and show your understanding of their values and what is important to them.

The check was a wonderful and unexpected surprise. We are most grateful to this couple - who wish to remain anonymous - who chose to link recognition of their anniversary with NAMI SMC. Thank you.

Additionally, we have donors who celebrate birthdays and holidays by telling their loved ones that the gift they would most like would be to have them make a donation to NAMI SMC. While others choose to make gifts in memory of a loved one, or to make a monthly contribution to us and receive our "thank you" at the end of the year.

Thanks to Benefit Sponsors and Golfers!

A good time was had by all who came out on October 2nd to support NAMI San Mateo and the Children's Fund of San Mateo County! Sixty golfers enjoyed the beautiful Indian summer day at Crystal Springs Golf Course, followed by a silent and live auction and a delicious dinner. **Thank you to all our sponsors....we couldn't have done it without you!**

| | |
|--------------------------------------------------------|-----------------------|
| Ted's Village Pharmacy | Haag Photo |
| County Credit Union | San Mateo Burger King |
| San Mateo Credit Union | Ronald Lynch Family |
| Presidio Bank | Hines Properties |
| Vitae Architecture | Eco-Sound |
| Schenone Insurance Agency | Telecare Corporation |
| Bobby Jones Golf | United American Bank |
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| NAMI San Mateo County Board of Directors | |
| Children's Fund of San Mateo County Board of Directors | |
| Half Moon Bay Orchids | |
| The Leberz Family Foundation | |

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

CIT Training Makes a Difference

Kenton Rainey, BART Chief of Police and member of the NAMI California Board of Directors, held a telephone conference call on October 15th with all the NAMI Bay Area NAMI chapter presidents. He wanted to reach out and get feedback from NAMI and maintain open communication between his service and what we provide. During the conference call Ken Rainey shared that they had paid out \$10 million in law suits in 2009 and \$27 million in 2010. They saw they had a problem and dealt with it by having their officers trained in Crisis Intervention Training (CIT).

The officers are better prepared to do their job now and BART has had no law suits since incorporating the training. They currently have 77% of their officers CIT trained.

Thank You to CIT Panelists

I would like to acknowledge our consumer/client and family panels for presenting to our successful San Mateo CIT Academy that was held on October 27-30, 2014 at the Belmont PD. THANK YOU Luci Latu, Christopher Jump and Theresa Bassett McConnell, also, Emily Chandler, Ron Roth, Leafa Taumoepeau, and Joanne Carey. Their input was much appreciated by the law enforcement students.

Many different agency command staff showed up for the graduation ceremony. This shows the importance of continuing this educational program.

—Sharon Roth
Co-Vice President, NAMI SMC & Criminal Justice/Advocacy Chair

COMING SOON:

Be on the lookout for an invitation to NAMI San Mateo County's 40th Anniversary Celebration!

A most unusual event is being planned and everyone can be a part of it!

STAY TUNED!!

International CIT Conference

I recently attended the International CIT Conference in Monterey. We presented a panel at one of the workshops, as the California CIT Association. It was very well attended. The panel that I had the privilege of moderating included:

BART Police Chief Kenton Rainey; Lt. Glenn Gwaltney from San Bernadino; Dr. Jim Fix, from the PERT team in San Diego; Dr. Cam Quanbeck from Sam Mateo; and Commander Rich Correia from San Francisco P.D.

We talked about the various presentations of CIT that are done within the states. Even though Retired Major Sam Cochrane only wants 40 hour CIT to be called such, we feel that some training is better than none. CCITA wants everyone to have the 40 hour CIT Academy, but some smaller communities find that is not possible. If they present, with POST approval, an 8, 16, or 24 hour training, the essential elements should be presented, and the training should be called an overview or introduction to CIT. We also feel that there is a difference if it is only a training and does not have a follow-up component. The follow-up is so important and then it should be called a CIT Program rather than just a training.

There were 97 workshops during this 3 day conference. It was very educational and most enjoyable due to the location. Unfortunately, most of us did not have much time to appreciate the outdoors.

I would encourage all who are able to attend the International CIT Conference in the future.

—Sharon Roth
Co-Vice President, NAMI SMC & Criminal Justice/Advocacy Chair

BHRS Family Contacts

Suzanne Aubry, Dir. Family Service & Support: 650-573-2673

Claudia Saggese, Family Liaison (habla Español): 573-2189

Jade Moy, Dir. Chinese Initiative: 573-2952

Melanfolly by Lisa Babbitt



Wonderful Work Opportunity!

NAMI San Mateo is searching for an Education Coordinator. This will be a part time position (10-12 hours per week). The Education Coordinator will report to the NAMI Board Education Chair and to the office manager to keep them updated on the needs and activities surrounding NAMI's Education Programs. These programs include: Family to Family, Peer to Peer, Provider Education, Basics, In Our Own Voice, Parents and Teachers as Allies and Ending the Silence.

For more information and a full job description, please call the NAMI office: 650 638-0800 or email: namismc@sbcglobal.net.

California Clubhouse Update

By Diane Warner

The 100 Days of pre-launch are still in progress and there are many things to be accomplished. Another fund raising campaign is planned, a preview open house for board members and ambassadors and an important meeting with MHSA in November.

Neil Murphy drove a carload of us to Putnam Clubhouse in Concord for their 2014 Dinner/Fundraiser event. It was held in a hotel this year and the evening's entire program was the responsibility of clubhouse members - a very delightful evening filled with musical background and entertained with group songs and individual performances.

Meanwhile here in San Mateo, starting group chair Juliana Fuerbringer and consultant Ruth Parson have been at work every weekday at 2205 Palm Ave following the work-ordered day routine as they plan the official opening for members. Each Clubhouse day is planned together and jobs are recorded on a large chart in the front of the room. Members choose from the day's job list, according to what they feel ready to help with. Then the work day begins just as if they were on the job. Some members want to help shop for lunch and prepare a simple menu together. Some members pitch in with housekeeping jobs that need to be done. Other members develop long term goals. Work commences at several desks - record keeping, making phone calls, reaching out to the community on business tasks. Charts are developed to post at each workstation to serve as reminders and guides for each job. The staff mentors are available for one-on-one instruction when needed. Immediately, each member feels needed and involved in the day's work. At the end of the day a short time is spent reviewing the workday and seeing the results that have been accomplished together.

For information contact Juliana at julianafuer@gmail.com/650-342-5849 or visit: www.californiaclubhouse.org.

NOTE: NAMI-SMC endorses Clubhouse.

Support for Colleges to Assess and Enhance Mental Health Programming

By: John MacPhee, ED and CEO, The Jed Foundation, 10/16/2014

In June 2013, The Jed Foundation answered President Obama's call to action to launch a national conversation to increase understanding and awareness about mental health. In response, The Jed Foundation partnered with the Clinton Foundation's Clinton Health Matters Initiative (CHMI) to host online and on-campus town hall events and worked with Facebook and Instagram to create a more supportive online community.

As part of a larger partnership, The Jed Foundation and the CHMI joined forces to develop a new program to address two national health issues that are affecting college campuses across the country: mental health and substance abuse issues among college students.

- Almost 1 in 4 of the nation's college students meets the medical criteria for substance abuse.
- Mental health and substance abuse issues affect every single college campus.
- According to the 2013 American College Health Association–National College Health Assessment, more than half of college students have experienced “overwhelming anxiety”; about 32% of these students reported feeling “so depressed that it was difficult to function” at some point in the past year.

The Jed and Clinton Foundation Health Matters Campus Program (The Campus Program) is designed to help colleges and universities promote emotional well-being and improve mental health programming, reduce substance abuse, and prevent suicide.

To participate in The Campus Program, schools make a four-year commitment to the program and take a confidential, online self-assessment about their current mental health, suicide prevention, and substance abuse programming, which is then compared to recommended practices. The Jed Foundation and CHMI then provide a confidential feedback report assessing the school's current mental health and substance abuse programming and identifying potential opportunities for enhancement, followed by on-the-ground technical assistance with practical recommendations for enhancement of counseling protocols and related behavioral health prevention and treatment activities.

We all need to work together to support America's 21 million college and university students. Together, we can begin a dialog to help ensure that our young adults are able to reach their full potential by improving programming for mental health, substance abuse, and suicide prevention programming on campuses, and letting students know that help and support are available. Join us in this effort at Facebook.com/myhealthyu and learn how schools can participate in the Campus Program at thecampusprogram.org.

Want to comment on this blog? Visit MentalHealth.gov on Facebook or @MentalHealthGov on Twitter to post your comments and start a conversation.

—<http://www.mentalhealth.gov/blog/2014/10/support-for-colleges-to-assess-and-enhance-mental-health-programming.html>

SUPPORT GROUP MEETINGS (for information on NAMI Support Groups call 650-638-0800)

- **NAMI Cordilleras MHR Center Family Group**, 1ST Mondays (2ND Monday if 1st is a holiday), 6:30-8pm, 200 Edmonds Road, Redwood City, 650-367-1890. Penney Mitchell & Julie Curry, NAMI SMC co-facilitators
- **NAMI Parents of Youth**, 2ND Mondays, 7-8:30pm. NAMI SMC, 1650 Borel Pl, Ste 130, San Mateo, 638-0800. Kristy Manuel and Ginny Traub, facilitators.
- **Dual Diagnosis Group for Consumers**, Mondays, 2:30pm. The Source, 500 A Second Ave., San Mateo. Info: 650-343-8760

MONDAY

- **NAMI Coastside Support Meeting** for family members, 2nd Tuesdays, 7-8:30pm. Coastside MH Cntr, 225 S. Cabrillo Hwy, #200A, Half Moon Bay, 650-726-6369. Karina Marwan, NAMI facilitator
- **NAMI Jewish Family & Children's Services**, family and friends are welcome. 4TH Tuesdays, 7:00pm. 200 Channing Ave., Palo Alto, 650-688-3097. Sharon & Ron Roth, NAMI SMC facilitators; John Bisenivs, LCSW.
- **NAMI San Mateo Medical Center** for family members. 1st and 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, Carol Metzler & Judy Singer, NAMI facilitators.
- **NAMI South County Support Meeting** for family members, 2nd Tuesdays, 6-7:30pm. Mental Health Clinic, 802 Brewster, Redwood City, 650-363-4111. Pat Way, NAMI SMC facilitator; Liz Downard RN, MSN. **Park behind building and knock loudly on door.**
- **DBSA Mood Disorder Support Group** for persons with uni- and bi-polar disorders, mania, depression, or anxiety; family members welcome. Tuesdays, 7-9pm, College Heights Church, 1150 W. Hillsdale Blvd, San Mateo. Contact at DBSASanMateo@um.att.com or 650-299-8880; leave a message.
- **HOPE** (Hope, Offering, Prayer and Education), for those with mental illness and/or in supporting roles. 1st and 3rd Tuesdays, 6:30pm, First Presbyterian Church, 1500 Easton Dr., Burlingame. Call 355-5352 or 347-9268 for info.
- **Korean Support Group**, a family/consumer group. 4TH Tuesdays, 6:30-8:30pm. Full Gospel Mission Church, 20920 McClellan Rd. (opp. De Anza College), Cupertino. Info: Kyo, 408-253-9733.
- **Women Living With Their Own Mental Illness**, Tuesdays, 1-2:30pm. Redwood City - sliding scale fees apply for this meeting. Contact Deborah at 650-363-0249, x111.
- **Spanish-Speaking Support Group** for family members. 2ND Tuesdays, 6-7:30pm. South County BHRS, 802 Brewster Ave, Redwood City. Contact Claudia Sagese at 573-2189.

TUESDAY

- **DBSA Mood Disorder Support Group** 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.
- **Jewish Support Group** (open to all denominations), for those with mental illness and families and friends. 2nd Wednesdays, 6:15-8:30pm. For info, call Carol Irwin 408-858-1372. Beit Kehillah, 26790 Arastradero Rd., Los Altos
- **Telecare** for family and friends of residents. 2nd Wednesdays, 5:30-7pm. 855 Veterans Blvd, Redwood City. 650-817-9070

WEDNESDAY

- **Asian-Language Family Support Groups** Last Thursday, 6-7:30 pm, Cantonese/Mandarin. 1950 Alameda de las Pulgas, BHRS main entrance. Info: 650-573-3571.
- **Coastside Dual Diagnosis Group**, development for clients in all stages of recovery. Thursdays at 4-5pm. 225 S. Cabrillo Hwy #200A, Half Moon Bay. 726-6369 for information.
- **Hoarding Education Group** for significant distress with clutter. 1ST and 3RD Thursdays, 5:30 - 6:15pm. Mills Health Center, Room 4104, 100 S. San Mateo Dr. Contact hoarderdoctor@gmail.com or 650-799-3172. \$5 donation requested.
- **H.E.L.P. for those coping with a mental illness and/or those in a supporting role**, Thursdays, 6:00pm optional dinner; 6:30-7:30 program, 7:30-8:30 prayer. Menlo Park Pres., 950 Santa Cruz Ave. Garden Court. Contact Jane at 650-464-9033
- **North County Support Group** for clients, family and friends. 2ND and 4TH Thursdays, 5:45-7pm, 375 89th Street, Community Room, Daly City. Co-facilitators: Stu Berger, RN, CNS, & Adam Harrison ASW More info: 650-301-8650.

THURSDAY

- **NAMI Connection - Consumer Recovery Support Group**: 1ST & 3RD Saturdays, 3:30-5pm. 500 E. 2nd Ave, San Mateo, Heart and Soul. Questions, call NAMI SMC at (650) 638 - 0800.
- **Eating Disorders Support Group** (for parents and loved ones). 2nd & 4th Saturdays, 9:30-11am. El Camino Hospital, 2500 Grant Rd, Mountain View, new building, Conf. Rm A. Contact: 408-559-5593 or info@edrcsv.org.
- **Eating Disorders Support Group** for parents and friends of loved ones. 1st and 3rd Saturdays, 9:30-11am Mills-Peninsula Hosp., Rm 4104, 100 S. San Mateo Drive. Visit www.edrcsv.org or call Kira Olson at 408-356-1212.
- **Japanese Education & Support Group**, call (415) 474-7310 for information.
- **Obsessive-Compulsive Foundation of SF Bay Area**, 3RD Saturdays, 1:30-3:30pm, Seton Medical Center, 1900 Sullivan Ave., 2nd Fl. Conf room near cafeteria, Daly City. For more information: 415-273-7273; www.ocd-bayarea.com.
- **Consumer Support Groups**, Heart and Soul, 500 E. 2nd Ave., San Mateo. Call 650-343-8760.

SATURDAY

Individuals with mental health conditions 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.

Psychiatric Grand Rounds Programs

Open to the Public

SMC BHRS Division

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

Nov 25 Violence Risk Assessment In A Community Mental Health Setting

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Mills-Peninsula Health Services

Saigy Conf. Rm., Ground Floor
100 South San Mateo Drive, San Mateo / 650-696-5813
12:15 – 1:45pm **BRING LUNCH**

Nov 4 Adolescents: Part I – Then And Now
Nov 18 Adolescent Behavioral Health: Primary Care Integration

Jail Chaplain

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

NAMI Education Programs

Call 650-638-0800 to register

Sign up for the evidence-based education class that fits your needs (Support Groups on page 5). Courses are FREE, comprehensive, and popular. Gain skills and understanding in an interactive, supportive environment. Registration is required.

- **Family to Family**—For adult relatives with a family member with mental illness. Class meets once a week for 12 weeks, every spring and fall.
- **Peer to Peer**—Better living skills for people with mental health issues taught by people with mental health issues.
- **Provider**—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.
- **Basics**—Focuses on the fundamentals of caring for you, your family and your child with mental illness.

If you're interested in becoming a facilitator for NAMI Support Groups or any of our education programs, please contact the NAMI office: 650-638-0800. Training classes are scheduled throughout the year.



Join us for some pie and thanks at the Nov 19th NAMI SMC General Meeting!

San Mateo County Mental Health Emergency Numbers

Police: 911

Tell the dispatcher you are calling regarding a person who has a mental illness. Request a CIT (Crisis Intervention Team) trained officer and/or someone who has experience in dealing with the mentally ill. For non-emergency situations, call your local police department.

24 Hour Crisis Line & Support Help: 650-579-0350 / 800-784-2433

Calling the local number will get you someone in San Mateo County. Calling the 800 number will get you the first person available. This person may not be in San Mateo County.

Psych Emergency: San Mateo Medical Center: 650-573-2662
Mills Peninsula Hospital: 650-696-5915

Kaiser South San Francisco: 650-742-2511
Kaiser Permanente SMC: 650-991-6455

FAST: 650-368-3178 | 650-371-7416 (pager)

Family Assertive Support Team - When your loved one is in emotional distress. Available 24x7.

For additional non-emergency numbers relating to Mental Health issues, access www.namisanmateo.org.

People With Disabilities Foundation

People With Disabilities Foundation (PWDF) provides education and advocacy for people with psychiatric and/or developmental disabilities in the San Francisco Bay Area.

Advocacy activities include legal consultation and representation for individuals on cases that involve disability benefits (SSI and/or SSDI), employment, housing, education, and Medi-Cal. Public awareness and education activities include outreach events, guest speaking arrangements, an e-newsletter, public informational seminars and training sessions.

Visit their website for additional information about programs and services - <https://www.pwdf.org>, or call 415-931-3070.

Disaster Preparedness Must Include People With Disabilities

By Mike Ervin, McClatchy-Tribune News Service

When the next natural disaster strikes, many people with disabilities are bound to find themselves in harm's way due to poor disaster planning by public officials.

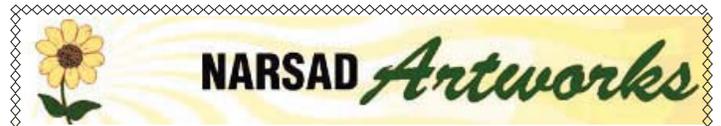
A lawsuit settlement reached in late September may improve access to emergency services in New York City and provide a roadmap for improving access everywhere else. The lawsuit was filed in 2011 after Tropical Storm Irene hit New York. The lawsuit accused the city of not meeting the evacuation, transportation and sheltering needs of people with disabilities in its emergency plans.

The settlement, which needs the approval of a federal judge, requires that at least 60 shelters be capable of accommodating about 120,000 people with disabilities.

But the problem goes well beyond physical access and well beyond New York. A report issued in June by the National Council on Disability, which advises Congress and the president on disability issues, warns: "Unfortunately, history has repeatedly shown that the concerns of people with disabilities and others with access and functional needs in emergency situations are frequently overlooked or minimized."

The report gives the graphic example of New Jersey resident Carole Lazorisak, who is deaf. As Hurricane Sandy rapidly approached, she did not hear the evacuation warnings and instructions that were issued only verbally. The storm ripped her home off of its foundation and filled it with five feet of water. After finding her way to a local shelter, she still felt isolated because no arrangements had been made for communicating with deaf people.

According to the report, blind people are also left behind when websites with emergency information are not compatible with screen reader technology.



Visit NARSAD Artworks for their beautiful holiday cards, notecards, calendars and gifts online at www.narsadartworks.org, or call 800-607-2599 or 714-529-5571.

NARSAD Artworks showcases museum-quality art products by and on behalf of mentally ill persons. All proceeds support the Brain & Behavior Research Foundation.

Place your order now for this holiday season!

MHSARC Meetings - open to the public

Wednesday, October 1 • 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

AGED-FOCUSED COMMITTEES:

225 W. 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, October 7 • 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>.

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

Please Become a Member of NAMI San Mateo County

1650 Borel Place, Suite 130, San Mateo, CA 9440

- 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 _____

Pay by: Check Visa MC Credit cards charged to billing address.

Credit Card# _____ Expires _____

Amount \$ _____ Signature _____

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!

Living Healthy Workshops

Ongoing through Nov. 20 - see page 2

Luncheon Benefits Mateo Lodge

November 7 - see page 1

Advocacy and Collaboration Conference

Sen. Darrell Steinberg being honored

November 15 - see page 1



General Meeting

November 19 - see page 1

Happy Thanksgiving!



gobble gobble

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.)

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

RETURN SERVICE REQUESTED

Time Value

Got news? email namismc@sbcglobal.net

When Your Adult Child Has a Mental Health Issue

How to offer support and connection in times of struggle

By Elizabeth Fishel and Jeffrey Arnett, 10/22/14

Emerging adulthood is a high-risk life stage in many ways, and many internal obstacles can block a young person's departure from home or undermine a successful, long-term separation afterwards.

Seventy-five percent of adult mental health issues show up by age 24, including diverse disorders such as depression, anxiety, bipolar disorder, schizophrenia or other psychological problems. Adult children may also have to cope with ongoing learning disabilities, ADHD or other disabilities that make going to college or living independently more difficult. And there are all-too common problems such as alcohol or drug abuse and eating disorders.

Parents of young people with mental health disorders often need to stay more connected, for longer, than other parents do, because their grown-up kids need more help in order to make progress toward building an adult life. We'll talk about several mental health issues and red-flag warnings in this post and address others in future posts.

Digging Out of Depression

The twenties decade is a time of high hopes, but it's also a time of struggle for most young people. The result is this paradox: Overall, self-esteem and life satisfaction rises, but at the same time, rates of depression rise, too. Out on their own, most young people swim successfully and contentedly, but more sink than when they had mom's and dad's daily support to hold them up.

The college transition can be a rocky one, and the first year or two of college is sometimes when depression first appears. Gloria Saito, a clinical psychologist who runs the counseling service at the University of California-Berkeley, sees students with a range of issues from homesickness and roommate problems to eating disorders and bipolar disorder.

Depression is one of the most common problems. "We often see students who can't focus, because they feel hopeless and they're having suicidal thoughts," she says.

Her first priority is to reduce their current distress. "We help them make a structured plan for how to relieve stress that day: eat a good meal, talk to a friend outside of the counseling center, come back in a couple days," says Saito.

If major depression is diagnosed, often the approach is a combination of counseling and anti-depressant medications. Research has consistently found that this combination works better than either counseling or anti-depressants alone.

One issue that complicates parents' involvement is that for students who are age 18 or older, college counseling services may not inform parents of the student's counseling visit or the nature of the student's problem. The only way this con-

fidentiality can be breached is if the student signs a release form or if the student is believed to be suicidal. If students decline to sign the release, parents may not know that their college kids are having serious problems.

So it's crucially important for parents to keep in touch — texting, phoning, emailing, Skyping — especially during that first year of college when risks are highest. If you notice a change in your grown child's mood over the course of two weeks, especially sadness or a loss of pleasure or interest in activities, it would be wise to urge your college student to see a mental health professional for a full evaluation.

Severe Mental Health Disorders

Among the most serious and challenging problems of the emerging adulthood years are the severe mental health disorders, especially bipolar disorder and schizophrenia. Bipolar disorder, also known as manic-depression, is part of a class of mental disorders called mood disorders. It involves swings of mood from a manic extreme to a depressed extreme. Sometimes, people go directly from one extreme to the other; sometimes, the extremes are separated by periods of relatively normal moods.

Schizophrenia is another severe mental disorder that affects thought processes, emotional responsiveness and social behavior. It may include hallucinations, disorganized thinking, emotional difficulties like sudden bursts of anger and hostility, and delusions, like a belief that someone is trying to poison your food or that the television is broadcasting your thoughts.

Both disorders have genetic origins and run strongly in biological families. The genetic triggers appear to be timed to go off in the late teens or the 20s for most people. Fortunately, there are a variety of effective drug treatments for bipolar disorder, but unfortunately, many of the medications have unpleasant side effects, such as weight gain, hair loss, acne and hand tremors. These side effects often lead people with bipolar disorder to stop taking the medications. The complete list of symptoms of major depression, bipolar disorder and schizophrenia as specified by the American Psychiatric Association can be found here.

Getting Help

Although parents' influence diminishes once their children reach emerging adulthood, they can still provide essential help by offering emotional support and connecting their emerging adults to mental health services. An excellent clearinghouse for finding mental health resources is the National Alliance on Mental Illness (NAMI). NAMI's website contains a wealth of information on a wide range of mental health disorders, including medication and treatments available for each disorder and contact information for programs and services pertaining to specific issues. In addition, parents can connect to local and state NAMI chapters, where they can

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make direct contact with other parents whose children have faced similar problems.

Therapists experienced with working with twentysomethings, like Jane Malkiewich, a clinical social worker in Massachusetts, caution parents to be prepared for changes of direction in emerging adults with mental health problems.

“I see a lot of flipping back and forth between dependence on parents and independence,” Malkiewich says. “They want their parents to be there when they need them, and leave them alone otherwise.”

The challenge of stepping back while staying connected and offering support is even more acute for parents of emerging adults with mental health problems than for other parents. It’s especially difficult to step back when you’ve seen your child struggle, stumble and fall so many times before. It’s also challenging to stay connected when doing so often brings pain and frustration.

The improvement over the twenties decade may be intermittent, and there may be steps backward as well as forward. Yet for nearly all, progress is possible with parents’ support and with access to mental health treatment.

Elizabeth Fishel and Jeffrey Arnett are co-authors of *Getting to 30: A Parent’s Guide to the 20-Something Years*. Fishel is the author of four other books on families, including *Sisters and Reunion*. Arnett is a professor in the Department of Psychology at Clark University.

More articles are connected to the online version.

—http://www.nextavenue.org/blog/when-your-adult-child-has-mental-health-issue?utm_source=Next+Avenue+Email+Newsletter&utm_campaign=509b815a14-10_28_14_NextAvenue_Newsletter&utm_medium=email&utm_term=0_056a405b5a-509b815a14-164974657&mc_cid=509b815a14&mc_eid=aa887d4dcc

From a Father’s Anguish Comes a Plan to Help Mentally Ill Inmates

By Matt A.V. Chaban Oct. 6, 2014 Credit Joshua Bright for The New York Times

Francis J. Greenburger, a developer, wants to open a treatment center for convicts that will provide an alternative to incarceration.

The Appraisal

By his count, Francis J. Greenburger has built or owned more than 20,000 apartments over the past 50 years.

Starting out at age 19 with a five-story brick rental on Barrow Street, Mr. Greenburger built one of the city’s largest co-op conversion businesses in the 1970s and 80s, with projects that included the Delmonico Building, 1045 Park Avenue and the sprawling Clinton Hill Co-ops. Next came Midtown office towers, apartments from New Jersey to Berlin, and even the stray Nova Scotia outlet mall and Tallahassee, Fla., parking garage.

Yet for all of his 20-million-square-foot empire, the project Mr. Greenburger may be most excited about — certainly the one he is most determined to build — is a 25-bed center to treat convicts with mental illnesses.

“These aren’t criminals,” Mr. Greenburger said during an interview last week at his 15th floor office at 55 Fifth Avenue. “These are people who have committed crimes, mostly because they don’t know any better or they are acting out on impulse. And study after study has shown that prison only makes this behavior worse.”

Mr. Greenburger started his career in real estate at age 19 with this five-story brownstone-and-brick rental at 23 Barrow Street.

Though he has the bearing of a nightclub bouncer, Mr. Greenburger’s appearance can hardly disguise a voracious intellect. He grew up in Forest Hills, Queens, with parents who pioneered the business of literary translations — Kafka, Sartre, “The Little Prince” — through an agency Mr. Greenburger now manages. The brash businessman and the bespectacled scholar are bound together by an assortment of colorful bow ties.

Mr. Greenburger dropped out of Stuyvesant High School at 15 and moved in with his girlfriend on the Upper East Side. He worked for his parents and managed two bands before he bought the Barrow Street building. Business took off when he started converting those rentals into co-ops, handling more than 10,000 units in 100 buildings over two decades. When the co-op market dried up, he shifted to commercial and industrial buildings, though his top project at the moment is 50 West Street, a 64-story condo tower.

Mr. Greenburger might not seem a natural advocate for prison reform. And that might still be the case were it not for his son, the eldest of his four children.

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In 2010, Mr. Greenburger's son, then 18 years old, was arrested on suspicion of trying to rob a cab with a friend. When his father later asked him why, his response was, according to Mr. Greenburger, "Because I needed money."

"He was five minutes from my office. I told him if he ever needs anything, anything, just ask, and he said, 'Yeah, but I needed the money right now,'" Mr. Greenburger said. "What was really going on is, his greatest need, because of his mental condition, was socialization. He was just going along with his friend. He can't help himself."

The son has struggled throughout his life, and has received at least a half-dozen diagnoses, including oppositional defiant disorder and autism. "It depended on the doctor and the day," Mr. Greenburger said. The family tried to place him in mainstream classes in school, but he was always in trouble. His behavior worsened after his mother died of cancer, leading to a succession of schools for students with special needs. He then went to work for his father in a part-time janitorial position.

It was on his way home one day, about a year after the first incident, that his son became convinced he was being followed by a drug dealer. During frantic phone calls, Mr. Greenburger begged him to wait for his live-in aides. Instead, his son called the police, who ignored him, according to Mr. Greenburger.

"He didn't know what to do, so he gathered up whatever trash he could find around the apartment, set it on the stove and started a fire," Mr. Greenburger said. "Then he called the Fire Department, thinking they could protect him."

Instead, he was arrested and charged with arson.

Mr. Greenburger had been researching the criminal justice system and learned how detrimental it could be for the mentally ill. He began pleading with the district attorney for alternatives, and the district attorney responded that if Mr. Greenburger could find a secure treatment center for his son, he would consider placing him there instead of prison.

"I didn't know it at the time, but he was sending me on a wild-goose chase," Mr. Greenburger said. "There were literally none."

So he has decided to build one of his own.

A rendering of 50 West Street, center, a 64-story condominium tower that Mr. Greenburger is developing. The building is expected to be occupied starting in the fall of 2016, according its website.

The Greenburger Center for Social and Criminal Justice is not likely to benefit his son, at least not directly, as he is halfway through a five-year prison sentence at the Cayuga Correctional Facility outside Syracuse. But the center, which is envisioned as a think tank and a treatment facility, has even greater ambitions: to cut the United States incarceration rate of 2.3 million in half over the next decade.

This involves advocacy campaigns and lobbying, including for sentencing reforms and the decriminalization of drugs. But its main focus is the establishment of better mental health treatment for inmates in the United States, starting with that 25-bed pilot facility. Mr. Greenburger has identified some vacant institutional properties in the metropolitan area but has not settled on a site. The project, which would serve as an alternative to incarceration, would require numerous state approvals.

"I know he wants it open next year — he's a developer — but realistically, we're shooting for 2016," said Cheryl Roberts, a former corporation counsel for Hudson, N.Y., who is the center's new executive director.

The center would offer a voluntary program for people who can demonstrate a connection between their crimes and their mental health issues. They would go through treatment, with an emphasis on group therapies, for one to three years. Convicts would have to consent to going, but once they were in, they could not leave. Most existing facilities do not keep patients on lockdown.

"There used to be numerous facilities like this, but now no one is doing what they're trying to do," said Jeremy Travis, president of John Jay College of Criminal Justice.

Mr. Greenburger hopes his efforts could someday extend beyond prison walls to preventing the commission of crimes.

"If you look at all the shootings and such, where parents and family said they had nowhere to go, no one to turn to," he said. "I think we're beginning to realize that the pendulum maybe swung too far away from mental institutions, and we need this third way."

—http://www.nytimes.com/2014/10/07/nyregion/ambitious-plan-to-treat-mentally-ill-inmates-built-on-a-fathers-anguish.html?partner=msft_msn&r=0 On Oct 24, 2014, at 9:35 AM,