

Dedicated to improving the quality of life for people with mental illness and their families through support, education and advocacy.

General Meeting

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

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

THURSDAY, May 25

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

Mental Health & Stigma: Changing the Conversation, the Metaphor, and the Outcomes

**Siya Mehtani, D.O.,
Psychiatrist, San Mateo County**

Siya Mehtani has personally and professionally experienced the demoralizing influence of stigma, and it ultimately became the impetus for her career choice as a psychiatrist. Come learn about the social, cultural and perceived stigmas in mental health, and how it is not merely a barrier to services and treatment for individuals, but also a unique lens on the socialization of diseases. We will explore the definition and origins of stigma, what factors cause stigma, why it matters, how as a society we can tackle it, and more.

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.

Like us on Facebook



<https://www.facebook.com/namismc/>

and

follow us on Twitter



<https://twitter.com/NAMISmc>

Mental Health Services Act Funding Meetings

On Monday, March 13th, San Mateo County's Behavioral Health Services (BHRS) held an open-to-the-public strategy prioritization meeting to help shape the 2017-2019 three-year budget for the allocation of Mental Health Services Act (MHSA) funding.

What is MHSA?

Initially known as Prop 63, the MHSA was approved by California voters in November 2004 and provides dedicated funding for mental health services by imposing a 1% tax on personal income over one million dollars. This tax translates to about \$23 million average for San Mateo County annually in the last four years through fiscal year 2016.

NAMI SMC has taken an unprecedented step and approached the Board of Supervisors and BHRS for funding to launch two new Peer Support programs: Mentors on Discharge and Peer PALS.

We especially want to thank the 29 NAMI members and friends who came in support of us at the MHSARC Committee - showing the Commission members, Supervisor Dave Pine and other parties NAMI's strength in the community and support of the new programs we wish to launch.

Your support is needed again: On Wed. April 26, 4-7pm, at the Veterans Memorial Senior Center, Redwood Room, 1455 Madison Ave, Redwood City is the next Community outreach meeting, at which your support would again be greatly appreciated. All attendees - who did not already receive the snazzy NAMI button above - will receive one! Help us support our community families and their loved ones.



Special Presentation: 21st Century Cures Act

On Wednesday, March 15th, we had a special presentation—thanks to our new Advisory Board Member Dr. Cam Quanbeck—when John Snook, Executive Director of the Treatment Advocacy Center (<http://www.treatmentadvocacycenter.org>) was in town.

Last December President Obama signed into law the 21st Century Cures Act, which contains landmark mental health reform provisions. The law includes strong versions of both Rep Tim Murphy's mental health reforms in the Helping Families in Mental Health Crisis Act, and Senator Cornyn's complimentary criminal justice reforms in the Mental Health and Safe Communities Act.

These mental health reforms signal, and HHS Secretary Tom Price has confirmed, that at the federal level, evidence based treatment, program access, interventions, and decriminalization for people with severe mental illness will be top priorities. Funding is likely to follow these priorities.

(Continued on page 4)

Induction of NAMI SMC Board Officers for 2017 – 2018

The NAMI SMC annual election of officers for 2017 – 2018 was held at the March General Meeting. Installation of officers will take place at the May 25, 2017 General Meeting.

President: Jerry Thompson, R.N; VP: Sharon Roth, R.N; Treasurer: Carol Goshko

Family to Family Teachers Needed!

Due to a growing demand to participate in NAMI's signature Family to Family program, we anticipate offering 6 classes in English during the year and 2 in Spanish. However, in order to do so, we need additional teachers! Family to Family graduates who would like to teach future classes - we need you!

Training is provided over a long weekend. Please contact the NAMI office at 650-638-0800 for details or email us at nami@namisanmataeo.org.



Caminar 3rd Annual Symposium

Thursday, May 18 at Filoli Gardens

Register now! for Caminar's 3rd Annual Mental Health Symposium near Woodside. Garden opens at 4pm, program starts at 6pm. To learn more and register visit www.caminar.org.
"What a pleasant and informative event. The gardens are beautiful to stroll in, and excellent speakers. We're looking forward to attending next year's event."



We are grateful for donations...
... in memory of
Sandra Ann Castro from
Carol Wilson
The Martinson Family

NAMI San Mateo County appreciates those who send donations that honor loved ones. *Our sincere gratitude!*

Brain & Behavior Research Foundation: Meet the Scientist Webinar Series

Apr. 11 **Depression** by Lisa A. Pan, M.D.
University of Pittsburgh School of Medicine
2:00 p.m.–3:00 p.m. EST

Please join by phone or on the web on 2nd Tuesdays for BBR (Brain & Behavior Research) Foundation's **Meet the Scientist Webinar Series**. Hear leading mental health researchers present the latest in new technologies, diagnostic tools, early intervention strategies and next-generation therapies for mental illness. Visit <https://bbrfoundation.org/meet-the-scientist-webinar-series> - *very interesting!*

Visit www.namicalifornia.org/ to get the latest on legislative activity.

We appreciate your participation in advocacy!

March General Meeting Notes

It was an honor and a pleasure to have Police Chief Susan Manheimer of the City of San Mateo, at the NAMI SMC General Meeting on March 22, 2017.

Chief Manheimer updated us on the latest interventions being tried to keep persons with mental illness out of the criminal justice system.

The highly successful Homeless Outreach Team (HOT) and the Field Crisis Team were implemented in response to incidents with individuals suffering from mental illness and homelessness. HOT's commitment to get folks off the streets and into "homes" has been a growing success. The old Vendome Hotel in downtown SM is now supporting housing apartments for the local homeless. This type of collaboration has been a win-win for the city and now serves as a model for what actually works.

Chief Manheimer is pleased that the Serenity House will soon open and will offer respite for mentally ill people who are not sick enough to meet 5150 criteria, but are symptomatic and need help.

Her support of CIT, PERT and the SMART Team training has allowed police officers to use crisis intervention techniques to help defuse confrontational and sometimes deadly situations between law enforcement and an individual in crisis.

Chief Manheimer gave a dynamic presentation to a large enthusiastic crowd...answering numerous questions from the audience!

Seeking Exhibitors - NAMI CA Conference

August 25-26
Newport Beach

Registration and info: <http://namica.org/conference/hotel/>

NAMI CA invites you to participate in the 2017 NAMI California Annual Statewide Conference. This year's theme is **Joining Forces: Building a Movement of Community Collaborations**. Due to continued growth and increased interest in the 2017 Conference, they have expanded show space for more exhibits and opportunities to promote product or service. Exhibitor spaces and reservations are offered on a first-come and first-served basis.

- Early Bird Registration Deadline (6/16/17)- To register for the 2017 Conference, please visit the link above.
- Special Group Registration for Up to 4 or more people- To register a group of people for the registration at a special rate, contact Eugenia at Eugenia@namica.org.
- NAMI CA Special Hotel Rate- To book your hotel reservations at the special NAMI CA Hotel rate of \$169.99 per night, please visit the link above.
- 2017 Exhibitor Forms- Please note in order to include your company in promotional materials we must receive signed Exhibitor applications and payment by July 10, 2017. Remember space is limited and offered on a first-come first-served basis. Contact Eugenia at Eugenia@namica.org for more info.

In Search of Positive Treatment for Negative Symptoms

Research Weekly, Treatment Advocacy Center

(Mar. 21, 2017) More than half of schizophrenia patients experience “negative symptoms,” such as social withdrawal and lack of motivation that significantly reduce quality and satisfaction with life. Yet, even as medications to manage “positive symptoms” like hallucinations proliferated over the last several decades, effective medications to treat negative symptoms have persistently proven elusive.

Into this context comes a new study of cariprazine, a partial dopamine agonist from a class of antipsychotic drugs that work to regulate dopamine activity in the neurological pathways implicated in both positive and negative symptoms.

Cariprazine vs Risperidone

György Németh and colleagues enrolled more than 461 adult patients and 460 controls from 66 treatment centers in 11 European countries to compare the effects on negative symptoms of cariprazine versus those of the atypical antipsychotic risperidone. The primary measure of outcomes was the Positive and Negative Syndrome Scale factor score for negative symptoms (PANSS-FSNS).

Each group completed 26 weeks of treatment. In both the cariprazine and risperidone groups, side effects associated with starting new medication (e.g., insomnia, headache, anxiety) were reported in just more than half the participants. One patient in the risperidone group died of an unrelated cause.

In what is reported to be the only randomized controlled trial (RCT) to test the effectiveness of one antipsychotic against another in reducing negative symptoms, the study found cariprazine to be significantly superior to risperidone. Mean PANSS negative syndrome scores declined at least 20% in the group on cariprazine.

Other Cariprazine Findings

Dopamine partial agonists such as cariprazine emerged as a new antipsychotic class in the early 2000s amid hope they would bring relief from negative symptoms. Since then, treatment trials of cariprazine have produced the following reports:

- Three RCTs found cariprazine significantly reduced hostility compared with placebo as measured by PANSS. The effect of the medication was greater with higher levels of hostility at the outset of treatment.
- A multinational double-blind RCT found cariprazine significantly reduced the time to relapse versus placebo. Relapse occurred in 24.8% of the patients receiving cariprazine and 47.5% of those treated with placebo. Relapse was defined as worsening of measurable symptoms scores, psychiatric hospitalization, aggressive or violent behavior or suicide risk.
- In validated schizophrenia animal models, cariprazine has been found to significantly improve cognitive deficits and social functioning, highlighting the potential long-term efficacy of cariprazine in the treatment of negative symptoms in schizophrenia patients.

Cariprazine became available in the United States in March 2016 under the trade name Vraylar.* The drug was approved in September 2015 by the US Food and Drug Administration for the treatment of schizophrenia and bipolar disorder in adults.

** The Treatment Advocacy Center does not accept funding from companies or entities involved in the sale, marketing or distribution of pharmaceutical products.*

—Doris A. Fuller

Chief of Research and Public Affairs

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Research Weekly is a summary published as a public service of the Treatment Advocacy Center and does not necessarily reflect the findings or positions of the organization or its staff. Full access to research summarized may require a fee or paid subscription to the publications.

California Cigarette Tax Goes Up By \$2

Sacramento Bee

For most smokers, the increase will put the cost of a standard pack of cigarettes at about \$8 to \$9. The cost of cigarettes sold in California will go up significantly, starting Saturday, April 1. That’s when the provisions of Proposition 56 (formally known as the California Healthcare, Research and Prevention Tobacco Tax Act of 2016 and approved by voters last November) go into effect. The cigarette tax rate on Saturday spikes from the current 87 cents to \$2.87 per pack of 20 cigarettes.

New Mental Health Pods at Maguire and Maple Street Correctional Facilities

On April 12, 2016, the San Mateo County Board of Supervisors approved funding for the Sheriff’s Office and Correctional Health Services (CHS) to develop two Mental Health Pods – known as the Behavioral Health Program (BHP) – within the Sheriff’s Office facilities: one for men at Maguire Correctional Facility and the other for women at the Maple Street Correctional Center.

These specialized living environments for seriously mentally ill men and women are intended to provide more a specialized environment for seriously mentally ill inmates where they can receive more intensive treatment and care. The program facilitates the promotion of inmate psychiatric health and wellness and reduction of acute symptoms and increased monitoring of inmates who have a history of disruptive behaviors.

The mission is to promote the stabilization of inmates who have complex mental and behavioral health issues. Goals include help inmates function while in custody; reduce incidents of harm/attempted self-harm; decrease inmate symptoms and prevent relapse and promote staff and inmate well-being.

Currently, the women’s BHP – opened in August 2016 – has 8 women enrolled. It can accept up to 10. The Men’s BHP – opened in January 2017 – has 6 men enrolled. It will be able to accept up to 14.

Visit for more info: <http://www.smdailyjournal.com/articles/news/2017-04-03/officials-look-at-expanding-jails-mental-health-treatment-pods/1776425178201.html>

To all our volunteers,
THANK YOU.
We couldn't do it without you!



Special Presentation with John Snook & March Gen Meeting: Lily Arapeles; Bill Nash; Roxana Ruan; Kathy Stern; Zena Tarasena

Newsletter Distribution Team: Lily Arapeles; Edna & Ryan Daga; Lauren Edmondson; Patricia Miller; Clancy Stein; Kathy Stern

Office Support: Eveline Coffman; Mike Rodrigues

All of our Support Group Leaders! See meetings on pg 5.

Newsletter Production Team: A special acknowledgement to Ruan Frenette and helpers Kim Nobles and Pat Way – our newsletters wouldn't be possible without you!

To volunteer contact Debi at
nami@namisanmateo.org or 650-638-0800

Teen Mental Health Poster Contest

The poster contest encouraged students from 6th-12th grade to create a poster that would remind youth who suffer from mental health crises that they are not alone. The contest is the final part of the Milbrae Library's Books to Action program held in January, at which a panel of authors - who have written books that focus on teen mental health – talked about their craft and their personal reasons for including a mental health component into their novels.



The 1st place winner of a \$60 gift certificate was Tyler Mann, an 11th grader at Capuchino High School for his LGBT Youth Rainbow poster.

NAMI SMC also participated in the poster judging. It was a fun afternoon for Dana Foley, Calvin Shelton Alan Cochran and office staff to review and decide on our top selections. Congratulations winners!

The event was a collaboration between Millbrae Library and NAMI SMC.

NAMI Connection



2nd & 4th Mondays of each month • 7:00-8:30pm
NAMI office, 1650 Borel Place, #130, San Mateo

Connection provides persons with mental health conditions a gathering of respect, understanding, encouragement and hope. The group is led by trained individuals who are experienced at living well with mental illness. **No registration is required.** Just drop by; we look forward to meeting you. Call 650-638-0800 or email at education@namisanmateo.org with any questions.

(Special Presentation from page 1)

Here are some highlights among many important provisions of the new law:

- Reforms SAMHSA with a new Assistant Secretary, and a focus on SMI and related programs.
- Funds and strengthens evidence-based treatment programs including AOT, ACT, and Medicaid 1115 waivers for adult care in IMDs.
- Helps clarify the HIPAA quagmire for families, requiring federal guidance and education for providers and families to share critical information during crisis.
- Decriminalizes mental illness, funding Forensic ACT teams, bolstering screening and treatment, and funding CIT training.

The Treatment Advocacy Center has a seat at the table of national discussions about diversion programs and will keep you apprised every step along the way, with information about how and when you can raise your voice to support these life-saving measures. While the foundation has been laid by the Cures Act, NAMI chapters will be key advocates and partners in supporting the implementation and funding of these reforms!

The Treatment Advocacy Center is a national 501(c)3 nonprofit organization dedicated to eliminating legal and other barriers to the timely and effective treatment of severe mental illness. The organization promotes laws, policies and practices for the delivery of psychiatric care and supports the development of innovative treatments for and research into the causes of severe and persistent psychiatric illnesses, such as schizophrenia and bipolar disorder.



New Additions to the Library

Please visit the library at the NAMI San Mateo County office - we have books and videos available to check out! Watch for our latest additions below. If you have read a book related to Mental Health issues that you believe would benefit others, please email the office with the title and author.

My Lovely Wife in the Psych Ward: A Memoir
by Mark Lukach

A heart-wrenching, yet hopeful, memoir of a young marriage that is redefined by mental illness and affirms the power of love. Mark and Giulia's life together began as a storybook romance. They fell in love at eighteen, married at twenty-four, and were living their dream life in San Francisco. When Giulia was twenty-seven, she suffered a terrifying and unexpected psychotic break that landed her in the psych ward for nearly a month.

A story of the fragility of the mind, and the tenacity of the human spirit, *My Lovely Wife in the Psych Ward* is, above all, a love story that raises profound questions: How do we care for the people we love? What and who do we live for? Breathtaking in its candor, radiant with compassion, and written with dazzling lyricism, Lukach's is an intensely personal odyssey through the harrowing years of his wife's mental illness, anchored by an abiding devotion to family that will affirm readers' faith in the power of love.

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

<ul style="list-style-type: none"> • 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 & Young Adults (ages 6–26), 2ND Mondays, 7-8:30pm. 222 W. 39th Ave. & Edison, Board Room, San Mateo. Park in the large lot on west side of building, off 37th Ave. Enter building through the “Hospital & Clinic West Entrance” and follow the NAMI signs to the 2nd floor Board Room W-225. Info: 638-0800. Kristy Manuel and Ginny Traub, facilitators. • NAMI Coastside Support Meeting for family members, 2ND Mondays, 6:30-8pm. El Centro DE Libertad; 225 Cabrillo Hwy South Ste #105d (the bldg next to Coastside MH), Half Moon Bay 650-726-6369. Karina Marwan, NAMI facilitator • NAMI Connection for persons with mental illness who are working on their wellness & recovery. 2ND & 4TH Mondays, 7-8:30pm. 1650 Borel Place #130, San Mateo. Call NAMI SMC 650-638-0800 for information. • Cafe para Padres, ultimo Martes de cada mes. Clinica Shasta 727 Shasta St. Redwood City. Para preguntas contacte a Yolanda Ramirez al 650-599-1047. 	MONDAY
<ul style="list-style-type: none"> • NAMI Spanish-Speaking Support Group for family members, 2ND Tuesdays, 6-7:30pm, 802 Brewster, RWC. 650-573-2189 • 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, San Mateo. 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. • 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. • Individuals Living With Their Own Mental Illness, Tuesdays, 1-2:30pm. Redwood City - Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x111. • Parent Chat, for parent/caregivers of kids aged 14-24 with mental health challenges. 2nd & 4th Tuesdays, 7-8:30pm. Orchard Room, Los Altos Library, 13 San Antonio Road. Info: Trudy Palmer 650-208-9116 or Donna Soo at 650-823-0997. 	TUESDAY
<ul style="list-style-type: none"> • NAMI Stanford for family & friends. 2ND & 4TH Wednesdays, 7-8:30pm. 401 Quarry Road #2213, Stanford Dept. of Psychiatry & Behavioral Sciences (parking is between Vineyard & Quarry). Info: 650-862-2886 or pamelapolos@comcast.net • 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 	WEDNESDAY
<ul style="list-style-type: none"> • NAMI North County Support Group for family members and friends. 2ND and 4TH Thursdays, 5:45-7pm, 375 89th Street, Comm. Room, Daly City. Info: 650-301-8650. Co-facilitators: Karen Pyles LMFT and Valerie Nolan, RN. • 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. • Body Image & Eating Disorders, Thursdays, 6:30-8pm, 1225 Crane St, Ste 205, Menlo Park. Open to family and friends. <i>RSVP required:</i> emlycaruthersmft@gmail.com. More info: 408-356-1212 or e-mail: info@edrcsv.org. • Dual Diagnosis Group for Consumers, Thurs, 12 noon. 210 Industrial Rd. Bldg. 210, Room 205, San Carlos. 650-232-7426. • H.E.L.P. for those with a mental illness and/or in a supporting role, Thursdays, 6:00pm optional dinner; 6:30-7:30 program, 7:30-8:30 prayer. Menlo Church, Garden Court, 950 Santa Cruz Ave., Menlo Park Contact Jane Clark 650-464-9033 	THURSDAY
<ul style="list-style-type: none"> • 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. 	SAT.
<ul style="list-style-type: none"> • Chinese Language Family Support Group Cantonese/Mandarin. Call Alice at 650-573-3571 for more information. • Japanese Education & Support Group, call (415) 474-7310 for information. • Consumer Support Groups, Heart and Soul, call 650-232-7426 for days & addresses, or visit www.heartandsoulinc.org. • Cluttering & Hoarding Support Groups, Workshops, and Private Consultations - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, efarber@avenidas.org. 	



NAMI Education Programs

To be added to the Wait List, call 650-638-0800 or email us at education@namisanmateo.org

Sign up for the evidence-based education class that fits your need. (Support Groups on page 5) Courses are FREE, comprehensive, and popular. Gain skills and understanding in an interactive, supportive environment. **PRE-REGISTRATION IS REQUIRED.**

- **Basics**—For parents and caregivers of children and adolescents with mental illness.
- **Family to Family**—For relatives of an adult family member with 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**—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.
Please contact us to set up an in-house program for your organization.

Save the Date! - 2017

- **June 28–July 1** NAMI National Convention in Washington D.C.
- **August 25-26** NAMI California Annual Conference in Newport Beach. Visit www.namica.org for more details
- **September 23** NAMIWalks - The NAMIWalk will be held at the San Jose Guadalupe Park’s Arena Green West. Contact: dhendricks@namisantaclara.org or 408-453-0400 x 3125.
- **Oct 3 - National Day of Prayer**, County Center, RWC

Teachers/Facilitators Needed

We're looking for persons to facilitate our programs! Training is provided to lead our education programs, presentations and support groups - please contact the NAMI office at 650-638-0800 for details.

We are also looking for individuals with lived experience who are interested in telling their story for In Our Own Voice presentations.

BHRS Family Contacts

Suzanne Aubry
Dir. Family Service
650-573-2673

Claudia Saggese
Family Liaison (habla Español)
650-573-2189

Jail Chaplain

Spiritual counseling for incarcerated persons - Marty at St. Vincent de Paul Society: 650-796-0767.

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.

HELPFUL: Tips to prepare yourself for a 911 call are available on the BHRS website. Download “Mental Health Emergency” at www.smchealth.org/MH911 or visit the blog: <http://smcbhrsblog.org/2015/03/30/mental-health-emergency-materials-aka-family-script/>.

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.

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

June 7 at Maverick Jacks!

Fundraising Never Tasted So Good!



Join NAMI SMC and Maverick Jack's for homemade burgers, fried pickles, delicious salads! Mention NAMI SMC and 20% comes back to our organization!

Dine in or Take out, anytime between 11am-9pm. (3rd party delivery services, like DoorDash, do not apply) Maverick Jack's - 1190 California Drive in Burlingame <http://www.maverickjacks.com/>

Navigating the Mental Health System

Friday, June 9, 2017
9:00 a.m. to 4:30 p.m.
Sobrato Center, 350 Twin Dolphin Drive
Redwood City

Learn about what services exist, how to access them and hear from the providers, family members and consumers about what worked and why.

Topics will include Mental Health Policy and the Law, Mental Health and Housing, Gateway to Services, What Families Need to Know and more. Sponsored by Mental Health Association of San Mateo County. Access www.mhasmc.org for more information

An Amazing Gift

I recently contacted the FAST people for some help following another of my daughter's intense panic attacks. Two members of the team have since been assigned to us; we have met a couple of times, and will continue to meet. It is so great to be able to talk with someone who truly understands what we are experiencing. My daughter and I both feel hopeful and supported, and are grateful for this wonderful organization. Thank you FAST (Family Assertive Support Team). You truly are an amazing gift!

—A Grateful Mother and Daughter

Peninsula Veterans Affairs Center

Are you a vet or know one who needs help, is experiencing PTSD and/or other symptoms? Call 650-617-4300 or visit 345 Middlefield Road, Bldg. 1; Floor 1, Menlo Park.

.....
Social Security Benefits or
Vocational Rehab Questions?

Call Wendy Jordan at 650-802-6482
.....

An App to Prevent Tragedies

Technology offers a huge new range of opportunities for mental health support. At the recent South by Southwest (SXSW) conference, one new digital tool was singled out for its potential to not just provide users with valuable information, but to prevent tragedies and save lives. (“Tech Idea for Preventing Fatal Police Interactions Wins Shark Tank-Like Competition,” Government Technology, March 13)

RideAlong, a digital tool designed to make for safer interactions between police and people with mental illness, took home the \$10,000 first prize. The Treatment Advocacy Center estimates that the three percent of US adults who suffer from a severe mental illness account for almost half of all fatal law enforcement encounters. RideAlong's founders set out to provide police with the critical information to prevent such tragedies and to divert those experiencing a crisis away from the criminal justice system and into mental health treatment instead.

The system—available on smart phones as an app—is already being tested in a pilot program in Seattle. RideAlong automatically collects and organizes information about those with severe mental illness from various sources, such as family, government agencies and social service providers. Police responding to calls can then look up a name or address and view an easy-to-read profile of an individual. Police in Seattle are already provided with similar information in PDFs emailed to them as they drive to the scene, but may have trouble finding and accessing the information before they arrive.

Meredith Hitchcock, RideAlong co-founder, spent a year in Seattle on a Code for America fellowship. She and two other fellows devoted a month studying police interactions with citizens with mental illness before they began developing the app. Riding along with police, speaking to social service providers and interviewing individuals with mental illness provided them with the critical field work to understand the needs of the day-to-day processes involved and develop a tool to address them specifically.

Pitching RideAlong to mayors was a different proposition than her earlier efforts sell the concept to first responders and the technology startup community.

“First responders are interested in the operation, what's going to be involved to get this set up, who's going to manage content, what's the benefit on the day-to-day basis,” said Meredith. “The mayors were looking much more at, what's the bigger-term vision, how do we use this to make smarter cities, how do we offer more strategic and smarter first responders?”

This exciting new app exemplifies SXSW's premise that that the most unexpected discoveries happen when diverse topics and people come together.

We congratulate Meredith and her team for their groundbreaking work and look forward to seeing this technology spread to police and emergency services departments across the country.

<http://www.treatmentadvocacycenter.org/fixing-the-system/features-and-news> | March 23, 2017

Mental Health Services Act Planning Meeting

April 26 - see page 1

General Meeting

May 22 - see page 1

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

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RETURN SERVICE REQUESTED

Time Value

NAMI National Convention

June 28–July 1, Washington, D.C.

NAMI returns to the nation's capital for the 2017 convention at the Washington Hilton. The Super Saver registration fee of \$215 is available to members until March 31. Contact Hanem Ali at 703-524-7600 or go to www.nami.org. For complete registration info, go to www.nami.org/convention.

Visit NAMI San Mateo County at www.namisanmateo.org to stay in touch, sign up to volunteer and be kept informed about developments and information within your local NAMI, the county, and the Mental Health arena in general.

Please Become a Member of NAMI San Mateo County

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Training and Treatment, Not Jail

By Matthew E. Hirschtritt and Renee L. Binder, 3/10/17, SF Chronicle

Violent encounters between police and individuals with mental illness — Sean Moore in San Francisco and Joseph Mann in Sacramento — have highlighted the use of lethal force. In both incidents, police were summoned to address dangerous or disorderly behavior of men who suffered from mental illness; both incidents ended with officers shooting the suspects, one fatally.

Public attention has focused narrowly on perceived police mismanagement of these tragic situations. Unfortunately, it may be difficult to defuse a dangerous situation especially when the officers feel that their lives are at risk or a civilian may be injured.

Violent encounters between police and the mentally ill however represent the tail end of a series of events. To prevent these types of incidents requires a broader view and a few key steps, beginning with:

Give officers the knowledge and tools to work with individuals with mental illness. Crisis Intervention Training is a team-based approach to prepare police to safely address incidents and divert individuals with mental illness to psychiatric and social services and away from county jails. San Francisco's program, led by Lt. Mario Molina, began training police officers in deescalation techniques in 2001. In 2012, the program became mandatory: Since that time nearly 700 officers have been trained. The SFPD's goal is to have all of the nearly 2,200 SFPD officers trained within the next four to five years.

Help individuals with mental illness get treatment so police encounters can be avoided. One intervention is to use collaborative or "therapeutic" courts, including behavioral health, drug and veterans' courts, to divert individuals whose infractions are the result of mental illness or substance use to appropriate psychiatric treatment. These types of courts improve compliance with treatment and lead to a decrease in future violence and arrests. State Sen. Jim Beall, D-San Jose, has introduced legislation (SB8) that gives judges the discretion to divert those with mental illness to behavioral health courts.

Use assertive case management teams to carry out the plans established in behavioral health courts, as well as supportive and stable housing units. The proposal for a Behavioral Health Justice Center in place of a new San Francisco County Jail addresses the needs of the homeless, mentally ill, and those with substance use disorders with four levels of care, ranging from a 24-hour emergency center to an inpatient transitional care unit.

Use Laura's Law, named after a young woman who was killed by a person with untreated psychosis. The policy, also called assisted outpatient treatment, can work for individuals with serious mental illness who have had recurrent involuntary psychiatric hospitalizations or incarcerations and continue to refuse treatment. Since its initiation in San Francisco in November 2015, most of the individuals who were referred for evaluation accepted treatment voluntarily.

Develop more supportive housing in San Francisco for those recently released from jail. Organizations such as Brilliant Corners provide cost-effective, permanent housing for the city's low-income and disabled population. But funding is scarce and physical space is limited.

It's vital that we look at the changes that can prevent violent encounters with police and make our city safer as well as address the needs of mentally ill individuals. We need multiple kinds of interventions and public support to ensure that individuals such as Sean Moore and Joseph Mann get the care they need and deserve.

—Dr. Matthew E. Hirschtritt is a psychiatrist at UCSF. Dr. Renee L. Binder directs the Psychiatry and Law program at UCSF and is the immediate past president of the American Psychiatric Association.