

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

Wednesday, March 22

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

Mental Health Partnerships Helping Police Responses

Susan Manheimer, Chief of Police,
City of San Mateo

Join us for this informative
presentation on current and ongoing
community efforts.

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>

Take a shower, wash off the day. Drink a glass of water. Make the room dark. Lie down and close your eyes. Notice the silence. Notice your heart. Still beating. Still fighting. You made it, after all. You made it, another day. And you can make it one more. You're doing just fine.

— Charlotte Eriksson
HealthyPlace.com

NAMI SMC Slate of Board Officers for 2017 – 2018

In accordance with the NAMI San Mateo County bylaws, our annual election of officers will take place at the March 22, 2017 General Meeting. Nominations will be accepted at our office, from the floor at the General Meeting, and on our website at the beginning of March. Installation of officers will take place at the April board meeting, following the election in March.

The NAMI SMC Nominating Committee is pleased to announce the following slate of officers for 2017 – 2018:

President: Jerry Thompson, R.N.

VP & Criminal Justice Chair: Sharon Roth, R.N.

Treasurer: Carol Gosho

NAMI SMC Appreciation Luncheon

By Helen Greggans, NAMI member, past president, and volunteer

Mother Nature smiled by providing us with a lovely, sunny day at the Poplar Creek golf course restaurant for our annual “Appreciation Luncheon” on February 13th. Foremost, it is **WE** who appreciate NAMI and all it has done and continues to do for us. Everyone in the room has been touched in some way and without its resource where would we be?

I arrived close to noon and was happy to meet fellow members Al and Norma Guaspari at the door. Debi Mechanic, NAMI office Volunteer Coordinator and Lee Nash, Education Coordinator, greeted us and provided us with a name tag and raffle ticket for the beautiful orchids and NAMI themed jewelry (earrings and a pin), which were raffled off towards the conclusion of the event. I joined Al and Norma who had chosen a nearby table where Terry Walker, one of our founders of NAMI, and her son Steven were seated. Our host Helene Zimmerman was busy at the microphone reviewing past accomplishments and plans for this year.

In attendance were many county leaders and representatives from service teams. The crowd introduced ourselves, some told a brief story which we all could relate to. The wonderful thing is so many of us, although having joined in the 80s, still feel grateful and loyal to the organization.

Just as the luncheon was being served, Ian Adamson, from the FAST Team and Mateo Lodge, joined us. An excellent meal included slices from a huge delicious carrot cake (sponsored by The Cakery, Burlingame).

The luncheon included honoring Detective Jim Coffman for his service to San Mateo County: making our community safer, wiser and more empathetic to individuals with a mental illness; broadening the scope of the way we now interact with a person in crisis; bringing about the change in police mentality and attitude; and for being a valuable resource.



Detective Jim Coffman

Of course drawing the raffle tickets for orchids and jewelry got everyone excited! It was a fun event, enjoyed by all. Without the help of many volunteers and supporters, NAMI SMC could not do as much as it does! Thank you all!

Help Wanted!

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 to lead our education programs, presentations and support groups - Please contact the NAMI office at 650-638-0800 for details or email us at nami@namisanmateo.org.

Caminar Symposium

Caminar is holding its 3rd Annual Mental Health Symposium May 18th at Filoli Gardens, Woodside. Garden tours at 4pm. Program starts at 6pm. To learn more and register visit www.caminar.org. *"This is a lovely and charming event, to stroll around the beautiful grounds, and informative speakers too. I wouldn't miss it!"*

Dealing With Community Stress

Feeling overwhelmed? Here are some things you can do!

- **Practice self-care:** You can't help others if you don't take care of yourself! Go for a walk, meditate, or take time for lunch at work – do whatever you need to feel grounded and well-rounded.
- **Reach out:** Build bridges, not walls! Connecting with friends and community members who share your concerns will help you feel less isolated. Remember that you are not alone, and offer support to others too.
- **Allow your feelings in:** Avoiding negative emotions usually doesn't work forever, and can leave you feeling emotionally drained. Allow yourself to experience pain and sadness, and remember that you are not your feelings. Allow yourself to cry – sometimes crying helps!
- **Protect yourself:** Know your rights and your responsibilities in case something happens when you are out and about.
- **Set limits:** Get involved and stay informed, but avoid burn-out by taking breaks from work, volunteering, and even media consumption. Setting limits helps maintain your sense of balance and optimism.

—Resources: *Learn about your rights: ACLU - Speak up against everyday bigotry: Southern Poverty Law Center. Respond as a bystander: Hollaback!*

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

In Memorium - Patsy Hollister

Art By and on Behalf of Mentally Ill Persons



NARSAD *Artworks*
SUNSHINE FROM DARKNESS

It is with sadness that we advise you that Patsy Hollister, co-founder of NARSAD Artworks, passed away on Friday, February 17th. Founded 28 years ago by Patsy & her husband, Hal, they were tirelessly committed to this wonderful endeavor that they created. Patsy spent every day in the office during these years taking orders, speaking to customers, counseling callers about their troubled relatives or themselves, encouraging artists, and just getting to know people. She and Hal attended conferences yearly and many of you may have enjoyed them in person. Patsy was deeply loved by all who knew her, and was passionately committed to spreading the word about mental illness. She loved her time at NARSAD Artworks, devoted to the artists, the customers and the cause it represented.

NARSAD Artworks is approaching the monumental task of closing up shop as Hal, at 85 years, is ready to retire since his co-founder is no longer by his side. They are offering a last chance to order to help reduce inventory before closing. Unfortunately, the NARSAD Artworks website is no longer functional, **Please contact the NAMI office for the full email that shows your favorite cards.**

Thank you so much for supporting this wonderful non-profit organization, NARSAD Artworks and the artists who have made it possible to create these meaningful products for almost 30 years. NARSAD Artworks will take orders through March 15th.

Brain & Behavior Research Foundation: Meet the Scientist Webinar Series

Mar. 14 **Prevention of Depression** by Michael Berk, Ph.D., MBBCH, MMED, FF(Psych)SA, FRANZCP.
Deakin University, Australia
4:00 p.m.–5:00 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!*

Check out *Wellness Matters*, the SMC BHRS newsletter
<http://smchealth.org/wm>

San Mateo's New Jail Has No Place To Visit Inmates

By Raphael Sperry, Special to the Mercury News, May 5, 2016

San Mateo County's new Maple Street jail is not your typical jail. It features a computer lab, radiant floor heating, and even images of California nature on the walls, which is probably why Supervisor Adrienne Tissier calls it an example of "compassionate corrections."

But one thing the brand new jail lacks is a visiting room. When family members travel to the jail to visit their incarcerated loved ones, they will "visit" via computer screen.

Unfortunately, San Mateo County is not the only county that has eliminated in-person visits. A report produced last year by the nonprofit Prison Policy Initiative found that 74 percent of jails nationwide that adopt video visitation use the technology to replace in-person visits. At least six counties in California have eliminated in-person visitation in one of their jails, even though face-to-face visitation is a correctional best practice.

The American Bar Association's criminal justice standards clearly state, "Correctional officials should develop and promote other forms of communication between prisoners and their families, including video visitation, provided that such options are not a replacement for opportunities for in-person contact."

Architects agree. The American Institute of Architects' Academy of Architecture for Justice sustainable jail design guidelines, which I helped write, recommend that jails "provide robust option for video visitation without supplanting in-person visiting."

Sheriffs like video visiting because it reduces movement within jails, saving staff time. But this is fools' savings: Studies have shown that family visits are one of the best predictors of a successful reentry from jail to society, and even a single in-person visit can reduce recidivism by 13 percent. No research has studied video visitation's impact on recidivism, but the lack of emotional connection and privacy are obvious.

Attorneys will always need to meet confidentially and in-person with their clients, and legal visits by video have already been surreptitiously recorded by jail authorities without the knowledge or consent of lawyers and their clients.

Last year, the Texas Legislature decided that Texas jails with video services must also offer in-person visits. California State Sen. Holly Mitchell of Los Angeles has introduced a worthy bill, Strengthening Family Connections: In-Person Visitation, that would protect in-person visits in California jails and juvenile facilities.

The lack of a visiting room isn't the only problem with San Mateo's new jail, however. From the get-go, the county could have safely reduced its jail population to the size where it would not have needed a new building at all, using bail reform and other common sense criminal justice measures.

But as an architect, I know how alluring the promise of a new building can be. It seems like a stronger statement of

justice reform rather than simply letting people stay in their homes while awaiting trial.

Other California counties should take the lesson: Do everything you can to avoid the need to build a new jail, lest your best intentions end up depriving people of something as basic, and as essential, as a hug from your wife, husband, parent or child.

--Raphael Sperry is a San Francisco architect and president of Architects/Designers/Planners for Social Responsibility. He wrote this for the Mercury News.

New NAMI Provider Education Program Based Seminar

Understanding Mental Illness - What people affected by mental illness want you to know.

A new 4-hour seminar based on the 15-hour NAMI Provider Education Program debuted at the Community Legal Services, East Palo Alto (CLSEPA) earlier this month. The seminar was very well received. Participants really liked the 3 person teaching team approach, and said how the seminar helped them understand the necessity of differentiating the symptoms from the person, and learning about the stages of recovery.

NAMI Provider Education is a staff development program for healthcare professionals who work directly with people experiencing mental illness. It is important to understand the unique challenges people and families experience when facing a mental health challenge: social isolation, complex family dynamics and the unpredictability of illness. This program offers your staff the tools they need to combine the medical and recovery models of care so they can better service your clients. The program is designed to help enhance the relationship you have with the person in your care, and with their family.

The seminar is geared for mental health professionals, support staff and organizations where clients have a mental health care component.

To learn more about the program, or to set up a seminar access <http://namisanmateo.org/support/for-professionals>. or contact Lee Nash, Education coordinator, at Education@namisanmateo.org, or 650-638-0800.

NAMI Public Policy Platform

Visit NAMI's new Public Policy at <http://www.nami.org/getattachment/Learn-More/Mental-Health-Public-Policy/Public-Policy-Platform-up-to-12-09-16.pdf>.

The purpose of this public policy platform is to provide direction and guidance on policy issues affecting people living with a mental illness to the NAMI Board and NAMI staff, as well as to our state organizations and affiliates, and to inform the general public. NAMI advocates for all people and families who are living with mental illness.

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



Newsletter Distribution Team: Jean Chen, Edna Daga, Lisa Kenney, Shelby Lewis, Patrick McErlain, Clancy Stein, Kathy Stern

Volunteer Luncheon: Calvin Shelton

Office Support: Alan Cochran, Eveline Coffman, Helen Greggans, Mike Rodrigues, Eleanor Russell

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

Also thanks to our *Community Outreach Presenters:*
In Our Own Voice Presenters: Alan Cochran, Rocio Cornejo, Tom Curran, Calvin Shelton



We are grateful for donations...

... in memory of
Sandra Ann Castro
from Rebecca Beck
Marilyn Blackie
Fred Concklin

Friends! Diane, Barbara, Carol, Dorthy, Kathy, Patty & Peggy!

Patricia Lucido Davisson
Bruce and Sandra Papenhouse
Bertha Pape
Suzanne & Scott Peoples

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

NAMI National Convention

June 28–July 1, 2017
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.

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.

beautiful boy: A Father's Journey Through His Son's Addiction by David Sheff

Before Nic Sheff became addicted to crystal meth, he was a charming boy, joyous and funny, a varsity athlete and honor student adored by his two younger siblings. After meth, he was a trembling wraith who lied, stole, and lived on the streets. Beautiful Boy is a fiercely candid memoir that brings immediacy to the emotional rollercoaster of loving a child who seems beyond help.

NAMI Connection



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

People with mental health conditions are WELCOME to this recovery support group. Connection provides a place that offers 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 us at education@namisanmateo.org with any questions.

MHSARC Meetings - open to the public

First Wednesday of each month • 3:00 - 5:00pm
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:

Call for location: 650-573-2544
Older Adult Services Committee • 10:30am - 12:00
Adult Services Committee (combined with former CRC)
• 10:30pm - 11:30, 3rd Wednesdays
Children and Youth Services Committee • 4pm - 5:00

Board of Supervisors Meeting

First Tuesday of each month • 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>

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 & 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. Coastside MH Cntr, 225 S. Cabrillo Hwy, #200A, 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

NEW DAY & TIME!

- **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

- **NAMI Stanford** for family & friends. 2nd Wednesdays, 7-8:30pm. 401 Quarry Road #1206, 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

- **NAMI North County Support Group** for family 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 (pyles@smcgov.org) 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. *RSVP required*: 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

- **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.

- **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

- **August 25-26 NAMI California Annual Conference** in Newport Beach. Visit www.namica.org for more details
- **June 28–July 1 NAMI National Convention** in Washington D.C.
- **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.

Update on Serenity House

In December, the San Mateo County Board of Supervisors selected the contractor to begin the actual work on the renovation of the structure that will become Serenity House. It is expected to take a 4-5 months.

Serenity House will be a facility of respite where individuals with mental illness, who are not an immediate danger to themselves or others, can stay for a short period of time to stabilize. It will be operated by the county's Behavioral Health and Recovery Services and is located on the campus of the San Mateo Medical Center. The plan is to provide a safe place for up to 10 days for 10 individuals with mental health issues who may have otherwise further declined and been taken to the hospital or to jail.

NAMI SMC has long advocated for such a place of respite with a safe and welcoming environment for adults where a person's mental health can be assessed and treated to avoid reaching a more critical level of illness.

Hall of Fame Award Winner, Dana Foley

Earlier this year, NAMI SMC nominated Dana Foley - one of our co-teachers for our Peer to Peer (P2P) class and a co-facilitator of our now bi-monthly Connection Support Groups - for San Mateo County's Mental Health & Substance Abuse Recovery Commission Hall of Fame Award. We were thrilled when advised that Dana would indeed be receiving the award. We submitted Dana for the award as she is an extremely compassionate and diligent teacher/mentor and support group facilitator; she relates very well to her peers, and is very comfortable sharing her lived experience.

Dana first heard about NAMI and our programs in 2013, and completed P2P class later that year. Since April 2015 when she completed her training to co-facilitate as a P2P Teacher, she has served as a Resource Specialist in October 2015, and subsequently co-taught 3 classes in 2016, helping more than 30 Peers, and is currently co-teaching the first P2P class of the year.

Dana enjoys working with NAMI, teaching and helping others because she likes to offer emotional support, provide access to vital resources and participate in advocacy at the county level. Also important to Dana is helping to prevent suicide in young high school students. To further help in this endeavor, Dana is also a trained presenter for NAMI's in-school "Ending the Silence" presentations.

In her "spare time," Dana is taking psychology classes online, enjoys yoga, and would like to have more time for meditation.

Dana is a phenomenal asset to NAMI SMC's Peer support team! We are extremely fortunate to have her help us fulfill our mission.

After receiving her award, Dana started her acceptance speech "by dispelling any negative stigma I might carry with me up to the podium, as someone with mental illness. That is,



Calvin Shelton and Dana Foley

I am not violent, mean, selfish or rude! I promise."

Dana talked about some of the key lessons and important parts of her life that she felt might help others: how she was sensitive and shy right out of the womb!; how she suffered from a variety of allergies that made her so tired; how she had difficulties with socializing due to a primary focal sweating disorder and that she didn't get to La Selva (a residential treatment center in Palo Alto) until she was in her 30's, and how getting their earlier would have been most beneficial.

Some of the ideas Dana proposed to help others with mental illness included: screening middle and high school students for mental illness and allergies and other illnesses like Fibromyalgia that make attending school so difficult; re-naming Schizophrenia and Schizoaffective disorder to get rid of the horrible stigma of the names, and finding a way to allow people with mental illness to be able to talk to authorities directly about any abuse they are experiencing, as currently, many of us are too scared to come forward.

In closing, Dana thanked Calvin Shelton for giving her a voice, and giving her a new community of people with mental health challenges to teach, understand, and advocate for.

"And I'd also like to thank Helene Zimmerman the Executive Director at NAMI San Mateo, and Lee Nash the Education Coordinator at NAMI San Mateo. They are both very dedicated to helping people with mental health challenges, and I'm proud to work with them. And last, but not least, I'd like to thank my dad, Richard Foley, for all his support over the years. He is the only family member that gives me support around my mental illness! And I love my mother, but she gets a "D" in mental illness....lol;-)"

Thank you Dana for all you do to make our P2P classes and Connection Support Groups so successful!

.....
: Social Security Benefits or
: Vocational Rehab Questions?
: Call Wendy Jordan at 650-802-6482
:

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.

General Meeting

Be sure to attend our annual
General Election meeting this month
March 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

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

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 Individual (\$10)
 Renewal or New Membership Amount Enclosed: \$ _____
- Change Address (print new address below, include label with old address)
 My Company has a Matching Gift Program: _____
(company name)
- * A portion of your membership donation is sent to National NAMI and to NAMI California

Name _____

Address _____

City/State _____ Zip _____

Phone (_____) _____ E-mail _____

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Your membership in NAMI San Mateo County is tax deductible to the extent allowed by law. Our Tax ID number is 94-2650681. *Thank you for your support!*

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