

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>

Save the Date!



**NAMIWalks: Saturday, Sept. 23, 2017
Guadalupe River Park, San Jose**

*Sponsorship Opportunities Available &
Join the NAMIWalk Organizing Committee*

With planning for NAMIWalks 2017 well under way, we need your help to raise funds to expand NAMI San Mateo County's programs and to support operations. Please help us by asking your employer, civic organization or place of worship to consider becoming a sponsor, offering a matching grant or creating a NAMIWalks Silicon Valley team.

We are happy to make the contact ourselves; if you'd like our help or have any questions, please contact Helene at namiwalks@namisanmateo.org. To access the Sponsorship form, go to [https://assets.donordrive.com/namiwalks/files/\\$cms\\$/100/4125.pdf](https://assets.donordrive.com/namiwalks/files/cms/100/4125.pdf).

To start your own team, decide on a team name that is meaningful to you, then access: www.namiwalks.org/siliconvalley, click on Register Now, then click on Team Captain and follow the prompts and -- voila! your team is ready to go!

To join the NAMIWalk organizing committee and contribute to our success, please contact Helene at hzimmer@namisanmateo.org.

Understanding Psychotic Breaks

By Ryann Tanap | 3/20/2017 | <https://www.nami.org/Blogs/NAMI-Blog/>

When you hear the phrase "psychotic break," what comes to mind? Probably nothing good. In everyday conversation, the phrase carries a negative meaning for many because it's perceived as a harsh and abrupt disconnect or "break" from reality—though it is more accurately described as an episode of psychosis.

Carlos Larrauri, for example, describes his experience with psychosis as more of a gradual decline, as opposed to a "break" occurring during a single event. His behavior deteriorated for a year, though he recalls warning signs as early as two to three years prior. He was in his first year of college when he noticed changes in his mental health: "I couldn't do routine assignments," Larrauri noted. "I stayed up all night talking to myself and had trouble concentrating." His behavior worsened as he isolated himself, stopped showering, ate out of trashcans and picked cigarettes up off the floor.

Rather than seeing psychosis as something that out-of-the-blue one day "breaks" or "snaps," it's important to realize that possible warning signs can occur along a continuum of time. The problem is, people often don't recognize psychosis until an individual reaches a point of crisis.

So, What Should I Look For?

"Psychosis can look different for many people," says Chantel Garrett, founding director of Partners for StrongMinds (P4SM). "[But] early in the development of psychosis, a person tends to withdraw from their family and social networks."

(Continued on page 4)

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."

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@namisanmateo.org.

Commission Meeting Program Focus

MHSARC (Mental Health and Substance Abuse Recovery Commission) Program Focus for the remainder of 2017:

For the remainder of 2017, MHSARC will focus on services for Youth Behavioral Issues for 3 or 4 meetings and then Adult Behavioral Issues for 3 or 4 meetings.

The first series of meetings for youth will be divided into: 1. Prevention/early intervention/ACCESS; 2. Crisis Services; 3. Aftercare/follow-up for relapse prevention; 4. Consumer Youth/Family of youth panel responding to #1-3.

The Adult meetings will have a similar format: 1. Prevention/ACCESS; 2. Crisis Services; 3. Follow-up for relapse prevention; 4. Consumer/Family panel responding to #1-3.

Please join the Commission for these interesting and educational programs held during the regularly scheduled Commission meetings on the 1st Wednesday of the month. Pass this information on to others interested in these important topics!!

The April meeting's program presentation covered Prevention and Early Intervention for Youth.

Please note that the May 3rd Commission meeting has been canceled. Next scheduled Commission meeting is June 7th.

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

We appreciate your participation in advocacy!

Docent Led Wildflower Walk & Picnic

Sunday, May 21 • 9:30 AM - 1:00 PM
Edgewood Park & Nature Preserve
6 Old Stage Coach Road, Redwood City
\$20 donation



Presented by NAMI SMC. Pre-registration required. To reserve, contact 650-638-0800 or nami@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.

Brain & Behavior Research Foundation: Meet the Scientist Webinar Series

May 9 **Borderline Personality Disorder**

by Brad Reich, M.D.

McLean Hospital / Harvard University

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!

May is Mental Health Month

See you at the Ballpark! (See page 9 for calendar of events.)

Each Mind Matters and the San Francisco Giants are teaming up to raise awareness about mental health!

May 17 AT&T Park

Los Angeles Dodgers vs San Francisco Giants! Don't forget to wear your lime green!

Become a Peer PAL - Give Back & Work Opportunity

Have you taken NAMI's Peer to Peer class and wish to give back? If yes, then this might be for you.

PeerPALS are persons who have experienced their own major mental illnesses, but have achieved a substantial degree of personal well-being and stability. Serving as a friend and mentor, each PAL must have a strong desire to help others and be willing to be assigned for six months to someone who is in the beginning stages of his or her recovery. PALS will receive ongoing training and supervision by the PeerPAL Advisor for the duration of the assignment. PALS work four hours per week and are paid for their work. For more information, go to <http://namisanmateo.org/about-us/jobs> and/or email education@namisanmateo.org.

Next Peer to Peer class – Thursday, May 4: If you have not yet taken our Peer to Peer class, you can do so this month, or take the next class in September, based on a space available basis. Call or email to be added to the waitlist.

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**. The show space for more exhibits and opportunities to promote product or service has been expanded, offered on a first-come, first-served basis.

- Early Bird Registration Deadline (6/16/17): visit the link above.
- Special Group Registration is available for up to 4 or more people - contact Eugenia at Eugenia@namica.org.
- NAMI CA Special Hotel Rate: visit the link above for the special rate of \$169.99 per night.
- 2017 Exhibitor Forms: to include your company in promotional materials we must receive signed Exhibitor applications and payment by July 10. Space is limited. Contact Eugenia at Eugenia@namica.org for more info.



We are grateful for donations...

... in memory of

**Christina Mataragas from
Greg and Lynn Gonzalez
Lonnie & Madeline Sopko**

... in honor of

Helene Zimmerman from Brian E. Carias

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

NAMI Ask the Doctor Webinar- Ketamine for Depression: Progress and Pitfalls

**Thursday, 11 May 2017 • 2:00 - 3:00pm PT
Register Now!**

<https://communicate.adobeconnect.com/cristinacusin/event/registration.html>

You are receiving Member Only invitation to register for NAMI's Ask The Doctor Webinar! (Become a member now to attend - see form on back page or call our office 650-638-0800)

We are grateful for your support of NAMI, and hope you will join us for the upcoming NAMI Ask The Doctor Webinar hosted by NAMI Medical Director Dr. Ken Duckworth M.D. and featuring Dr. Cristina Cusin, M.D.

This webinar will address Ketamine for Depression: Progress and Pitfalls. Ketamine is an anesthetic drug that in very small doses has been shown to relieve symptoms of depression within hours, even in patients who did not improve with other treatments.

In this presentation we will review briefly the literature from clinical trials supporting the efficacy of ketamine for patients with Major Depressive Disorder and Bipolar Depression. We will then review the numerous limitations of the current knowledge and the future lines of research on the effects of ketamine.

See full event details at https://communicate.adobeconnect.com/cristinacusin/event/event_info.html

See detailed speaker bio at: https://communicate.adobeconnect.com/cristinacusin/event/speaker_info.html

Audio Conference Details: 1-888-858-6021

View past recordings of Ask the Doctor at NAMI's website. For questions or information, contact: info@nami.org, 703-524-7600

(Understanding Psychotic Breaks from pg 1)

Garrett notes other early signs can include:

- Difficulty sleeping
- Difficulty reading or comprehending what someone is saying
- Seeing shadows or flashes of light
- Hearing ringing or voices
- Smelling or tasting things that others can't

There are additional early warning signs to look out for, especially among adolescents. In the U.S., 100,000 young people experience psychosis each year. Psychosis is a symptom and therefore temporary; however, if not treated early, it may develop into more intense experiences, including hallucinations and delusions. Psychosis can also be a sign of a mental health condition, such as schizophrenia or bipolar disorder.

What Causes Psychosis?

Many factors can lead to psychosis, including genetics, trauma, substance use, physical illness, injury or mental health conditions. However, we are still discovering why and how psychosis develops. "What we do know is that during an episode of psychosis, the brain is basically in a state of stress overload," says Garrett.

Stress can be caused by anything, including poor physical health, loss, trauma or other major life changes. When stress becomes frequent, it can affect your body, both physically and mentally. "When a brain can no longer effectively process a certain level of stress, the processing of information and emotions is impacted, resulting in trouble perceiving reality," explains Garrett.

Thus, it is very important to listen to our bodies so we can properly manage our stress. However, even with properly managing stress, some people will still experience psychosis.

How Can I Support Someone Who May Be Experiencing Psychosis?

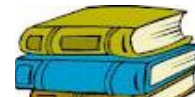
Being supportive and persistent in helping a loved one find the right treatment can make a world of difference for someone experiencing psychosis. Larrauri explains his journey to recovery was largely due to his friends, family and academic community. In college, a trusted friend notified his mother that something was "going on" with her son. Soon after, his mother arranged a meeting with him and his thesis advisor. After being reminded by his thesis adviser that he was not required to disclose anything private, Larrauri insisted on full disclosure while away at college.

"With all due respect, I have a Cuban mother. I've never had privacy," Larrauri recalls telling his advisor. He knew his health was at risk. Over the next few years, his family played a key role in his recovery. Larrauri's mother took him to several doctors until he finally received the correct diagnosis of schizophrenia. His father helped him enroll in classes part-time to encourage structure and develop coping skills. Today,

Larrauri is in graduate school pursuing a career as a psychiatric nurse practitioner.

"People have maintained high aspirations for me," adds Larrauri. "I've gone from someone who was seeking help to someone on the NAMI Miami Dade County board of directors. People recognize NAMI as a bridge builder in the community. We need to focus on early intervention," he says. It's a game changer for people experiencing early psychosis.

Want to learn more about how NAMI is getting involved with early intervention programs across the country? Register for the Schizophrenia Research Forum's webinar on March 22 featuring Andrew Sperling, NAMI's Director of Federal Legislative Advocacy.



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.

No One Cares About Crazy People: The Chaos and Heartbreak of Mental Health in America

by Ron Powers

New York Times-bestselling author Ron Powers offers a searching, richly researched narrative of the social history of mental illness in America paired with the deeply personal story of his two sons' battles with schizophrenia.

This book conquers the moving story of Powers's beloved son Kevin--spirited, endearing, and gifted--who triumphed even while suffering from schizophrenia until finally he did not; and the story of his courageous surviving son Dean, who is also schizophrenic.

To all our volunteers

THANK YOU.

We couldn't do it without you!

Newsletter Distribution Team: Lily Arapeles, Edna Daga, Patrick McErlain, Trish Miller, Natalie Pitre, Roxana Ruan, Kathy Stern

Carlmont High Resource & Safety Fair: Natalie Pitre

Office Support: Patrick McErlain

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



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@namisantaclar.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.

Job Opportunity: Psychiatric Emergency Response Team Mental Health Program Specialist

The County of San Mateo's Behavioral Health and Recovery Services (BHRS) Division is seeking a well-qualified individual for the position of Psychiatric Emergency Response Team Mental Health Program Specialist. This position will partner with a specialized Sheriff's Detective as the members of the Psychiatric Emergency Response Team (PERT) to pro-actively prevent and reduce violent episodes in the community between individuals with mental illness, law enforcement and the public; work in the unincorporated areas of San Mateo County including North Fair Oaks, West Menlo Park, the Coastsides as well as the contract cities of Woodside, Portola Valley, San Carlos, Millbrae, Half Moon Bay, and the SamTrans and Caltrain transit systems; and will be located at a Sheriff's Office facility. If this pilot program is successful it may expand to include the entire county.

For more information, access: <http://jobs.smcgov.org/psychiatric-emergency-response-team-mental-health-program-specialist-open-and-promotional/job/6151293>

Exercising Away Depression

<https://www.scientificamerican.com/article/why-exercise-may-be-the-best-fix-for-depression/>

In "Head Strong," Ferris Jabr writes about the mounting evidence suggesting that, for some people, moderate to vigorous exercise may be the safest, cheapest and most effective treatment for depression. Some readers shared comments on Facebook about their own experiences.

Clare Emmett writes, "I have lifelong treatment-resistant depression and exercise is the only thing that works for me," but she cautions that "it's not a one-size-fits-all solution... It doesn't work for everyone." Jeroen Zuiderwijk also points out "the problem is that depression kills the motivation to exercise... So in that respect, it's like telling people with obesity the solution is to eat less as it will reduce the craving." Psychiatrist Elizabeth Bartlett writes, "Exercise is really helpful... However, as someone who has suffered from depression I am aware that it is virtually impossible to motivate myself to exercise." Melissa Dawn notes, "It's ... not a quick fix, but ... working out for at least 45 minutes, four times a week helps tremendously."

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.

Study for Teens with Schizophrenia

This study is looking at whether an investigational medication called NaBen® (Sodium Benzoate) is safe and effective in improving symptoms of schizophrenia in teenagers. The goal of this study is to increase treatment options available for teenagers with schizophrenia.

To learn more about the study, access www.syneurxtrials.com or email dariac@amarexcro.com or call 240-750-0461.

Shopping Supports NAMI SMC

Please sign up! Tell a friend!

Together, shopping through any of these mediums makes a real difference. For more information, contact the office at 650-638-0800 or nami@namisanmateo.org.

S.H.A.R.E.S goes escrip! Save Mart, Lucky and Foodmaxx have now partnered with **escrip**. Go to www.escrip.com, click on "sign up," follow the instructions to register your grocery cards and your existing credit/debit cards for NAMI San Mateo County. You'll earn up to 3% on qualifying purchases when you check out with your registered phone number. Go to escrip.com/shares to register.



Always start at smile.amazon.com and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases. When you log onto smile.amazon.com please choose NAMI San Mateo County as your charitable organization; from there your shopping purchases will be linked directly to us!

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.

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

Call Wendy Jordan at 650-802-6482

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Caminar 3rd Annual Symposium at Filoli Gardens

May 18 - see page 2

Docent Wildflower Walk & Picnic

May 21 - see page 2

General Meeting

May 25 - see page 1

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

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 _____

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

Credit Card# _____ Expires ____ 3 Digit code ____

Amount \$ _____ Signature _____

How did you hear about NAMI? _____

Please check all that apply: I/we am/are Family Consumer

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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!*

Please add Tax ID # 94-2650681

NAMI San Mateo County
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San Mateo, CA 94402
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www.namisanmateo.org
Office open: 9am-3pm, M-F (or by appt.)

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See more articles in our web version of the newsletter at www.namisanmateo.org/

Be the One Reach Out to Support Your Peers Mental Health Awareness Month | May 2017

April 25 | 9:00 AM

Board of Supervisors Proclamation
Hall of Justice, 400 County Center, Redwood City

May 2 | 10:00 AM - 1:30 PM

Mental Health Resource & Art Fair
College of San Mateo Cafeteria, Building 10
1700 West Hillsdale Boulevard, San Mateo

May 6 | 11:00 AM - 3:00 PM

Daly City Family Summit
Jefferson Union High School District Office
699 Serramonte Boulevard, Daly City

May 9 | 12:15 - 1:15 PM

Potential Impact of Client Suicide on Providers
San Mateo County Health System, Room 100
225 37th Avenue, San Mateo

May 11 | 7:00 - 8:30

Navigating the Tides of Childhood & Adolescence
Junipero Serra High School
451 West 20th Avenue, San Mateo

May 17 | 5:30 - 7:00 PM

Sharing Our Lived Experience
Project 90 Friendship Hall
416 East 2nd Avenue, San Mateo

May 18 | 5:30 - 8:00 PM

Healthy Minds, Choices, Families & Community:
10 Years of Combatting Trauma
East Palo Alto Academy
1050 Myrtle Street, East Palo Alto

May 18 | 4:00 - 9:00 PM

3rd Annual Mental Health Symposium
Filoli Gardens
86 Cañada Road, Woodside

May 20 | 10:00 AM - 12:00 PM

Speaker Series for Student Health & Mental Wellness
San Mateo Police Department
200 Franklin Parkway, San Mateo

May 20 | 12:00 - 3:30 PM

Create Your Mental Health Tool Box: Crafts Workshop
210 Industrial Road, Suite 205, San Carlos

May 21 | 9:00 AM - 12:00 PM

5K Run/Walk for Student Health and Mental Wellness
Seal Point Park, 1901 J. Hart Clinton Drive, San Mateo

May 21 | 9:30 AM - 1:00 PM

NAMI SMC's 3 Mile Docent Led Wildflower Walk & Picnic
Edgewood Park & Nature Preserve
6 Old Stage Coach Road, Redwood City

May 21 | 12:30 - 1:15 PM

Wellness In Mind Workshop: Bipolar Disorder & Psychosis
Holy Child and Saint Martin Episcopal Church
777 Southgate Avenue, Daly City

May 23 | 1:00 - 4:00 PM

Heart and Soul, Inc. Open House
210 Industrial Road, Suite 205, San Carlos

May 24 | 8:00 AM - 4:30 PM

Youth Mental Health First Aid Training
San Mateo Medical Center
2nd Floor, Classroom 1
222 West 39th Avenue, San Mateo

May 24 | 12:15 - 1:15 PM

Distinguishing Alzheimer's Disease from
other types of Dementia
San Mateo Medical Center
2nd Floor, Classroom 1
222 West 39th Avenue, San Mateo

May 25 | 6:30 - 8:30 PM

NAMI SMC General Meeting – Mental Health & Stigma:
Changing the Conversation, the Metaphor and the Outcomes
Presenter: Dr. Siya Mehtani, Psychiatrist
Mills Health Center - Hendrickson Auditorium
100 South San Mateo Drive, San Mateo

May 25 | 4:00 - 7:00 PM

PREP/BEAM San Mateo Open House
1108 South El Camino Real, San Mateo

May 25 | 5:30 - 7:45 PM

SMC Directing Change Film Screening
San Mateo County Health System, Room 100
225 37th Avenue, San Mateo

May 31 | 10:00 AM - 4:00 PM

The Urgency of Now: Engaging African American Clients &
Families in Treatment
Sobrato Center for Nonprofits
330 Twin Dolphin Drive, Redwood City

Updates and Details at
smchealth.org/mentalhealthmonth