

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**

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

Wednesday, November 15

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



NAMI Thanksgiving

Please join us for our traditional Thanksgiving celebration, focusing on GRATITUDE. Bring your family and friends to enjoy camaraderie and pie! Everyone who supports NAMI's mission is welcome and encouraged to attend. And, as always, it's free! RSVP TO 650-638-0800. We want to be sure we have plenty of pie! (Note this meeting is on the 3rd Wednesday of the month because of the holiday).



NAMI San Mateo County General Meetings are free and open to the public. We welcome all who support our mission to improve the quality of life for people with mental illness and their families.



NAMI Walks - Silicon Valley A Beautiful Day at the Walk!!

The second NAMI Walks Silicon Valley, held on Saturday, September 23rd in Guadalupe River Park, San Jose, was a big success!

NAMI Santa Clara, who hosted the event, stated that more than 1,000 people participated either as walkers or to cheer on friends and family members. This year, the 5K (3.2 mile) Walk meandered through downtown. There were a lot of things to see along the way—interesting sculptures, architecture, gardens, murals and downtown in general. Overall, there was a lot of walking, eye candy, music and schmoozing, which added up to a great event! Thank you to everyone who participated, fundraised, donated, and volunteered, and to Santa Clara for having us participate.

Fundraising for the Walk is open until the end of October and you can still win prizes!

To those who have already donated and asked your friends, family and colleagues to join you in doing so, a big thank you. To those who have not, please set an example for your network, and ask them to support NAMI SMC also. Please let them know that all proceeds go towards funding our affiliate's education programs and outreach to the community. **Please help us meet our goal.** We're just over half way to \$60,000, with a stretch goal of \$80,000!! Let's see what we can do to support our on-going and newest program Peer PALS and launch Mentors on Discharge into the community!

Contributions can be made online at
www.namiwalks.org/Team/NeverWalkAlone2017

When you donate to your favorite San Mateo County Walk team—**All for One and One for All | Clubhouse Cranes | Colma Walks for NAMI | Felton San Mateo | Justice For Dylan Liberti | Kathy's Hope | KP Redwood City Ramblers | NEVER WALK ALONE | Nurses for a Better Tomorrow | Peace of Mind | Revelation 3:1-6 Team Javina | San Mateo BHRS Health and Hope For All | SMC Sheriff's Office | STIGMA SOCKS | Visa & the Strong Soles | Walking for Max and John**—you enable us to support the growing need for NAMI SMC and the many services we provide. With an increasing demand for our services—the number of calls to our office, additional classes and support groups offered—we need your help to enable us to further flourish and grow!

If you have photos, stories to share, or questions, please contact Dyane at 408-453-0400 ext 3125 or email her at dhendricks@namisantaclara.org.

Thanks to everyone for their support of this fabulous annual event! See insert for Walk photos!

See you next year - bigger and better than ever!!!!

Like us on Facebook



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



follow us on Twitter
<https://twitter.com/NAMISMCMC>

Lived Experience 2.0 Peer & Family Summit

Thursday, October 26 • 8am - 5pm
Foster City Crowne Plaza

Consumer and family member leaders, peers working in the system, and allied behavioral health services providers will come together to help define the role that consumer and family members will play in the county's design and delivery of services, as well as in defining its vision of recovery and wellness.

The summit will provide valuable information to **create a plan with goals, objectives and concrete steps** toward improving the role of peers, consumers and family members in the delivery of mental health and substance abuse services over the next 5 years.

Participants will select one of three Tracks to work on during the entire summit. They will attend their Track's morning workshops and later participate in the same Track's brainstorm and planning session.

The summit Tracks are:

- 1. Advocacy** - How can consumers and family members inform and help guide the work of BHRS?
- 2. Creating Common Ground** - What are the differences and the similarities between the roles of peers and providers? How can BHRS support peer/provider successful alliances and role transitions?
- 3. Workforce Development** - How could BHRS take better advantage of the values, knowledge and skills that peers can bring to the workforce?

Register at: www.cibhs.networkofcare4elearning.org. For more information please contact info@vorsmc.org

This event is hosted by the Peer Recovery Collaborative in conjunction with the Office of Diversity and Equity and the Office of Consumer & Family Affairs of San Mateo County.

To All Our Volunteers!

~ THANK YOU ~

We couldn't do it without you!

Newsletter Mailing: Joan Dower, Esther Ludena, Patrick McErlain

Office Support: Eveline Coffman - Accounting, Joan Dower, Helen Greggans, Audrey Kemp, Patrick McErlain, Michael Rodrigues

Special Projects: Alan Cochran, Patrick McErlain, Maureen Rabbitt, Kathy Stern

All of our Support Group Leaders

Newsletter Production: Ruan Frenette, Gregg Hardin, Kim Nobles and Pat Way - our newsletters wouldn't be possible without you!



Quarterly Advocacy Forum

Thursday, November 2 • 6:00pm - 7:30pm
Silicon Valley Community Foundation
1300 El Camino Real, San Mateo



Our first Advocacy Forum will focus on:

- Do you or a loved one deal with serious mental health challenges?
- Do you want to have your voice heard, receive answers, and help advocate for services?

Then please join us for food and conversation! The main topic at this evening's forum: **What Is Supported Housing & Why Is It So Hard to Find?** Our panel will include a parent, housing managers from Edgewood & Caminar, and other mental health housing partners.

For more info contact: Cindy Robbins-Roth at Edgewood 415-725-0755, cynthiar@edgewood.org; Leanna Harper at Caminar (650-393-8976, leannah@caminar.org); or Helene Zimmerman at NAMI SMC (650-638-0800, hzimmer@namisanmateo.org).

We are grateful for donations...

from Advisors of the Walnut Fund

... in honor of

Maddie Fong from Rita Lieu

... in memory of

Lois Florea from

Margaret Ryan

Violet & Bill Guerra

Jeff Gregg and Jeong Shin

Denise Shackleton

Steve and Pat Way

Terry Walker from

Mary Lou Aranguren

Eugene O. Baisch

Judy Daly

Al & Norma Guaspari

Donna Jo Mechanic

Kiyoko & MasaYuki Saito: Niigata, Japan

Takaaki & Akemi Tokunaga: Kusatsu, Japan

Dan Walker

Pat and Steve Way

Jennifer Zwass

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

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

We appreciate your participation in advocacy!

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

National Day of Prayer

For Behavioral Health and Understanding

Tuesday, October 3

Resource Tables 11:30am - 1:30pm / Program 12 -1pm
400 County Center, Courtyard
Redwood City

Join for a Day of Prayer for Behavioral Health and Understanding. Community members, consumers, family members, faith community and behavioral health providers are all welcome!

Car Donations Now Accepted!

A free, convenient service for converting that extra car, truck, or RV into a tax deductible donation benefitting NAMI San Mateo County. You can donate online (<http://www.v-dac.com/org/?id=94-2650681>) or call 877-999-8322 to make your donation. Thank You!



Crisis Intervention Training (CIT)

Part of a first responder's job is to deal with individuals with a mental illness. Safety risks are high when a crisis involves people who may not understand directions or who can't comply. Interestingly, times of crisis may also be one of the best times for an officer at the scene to guide families and consumers towards support and assistance.

In 2005, a handful of first responders from police and sheriff agencies in San Mateo County (SMC) attended the first POST certified training program for Crisis Intervention Team (CIT). In the just-concluded training, 45 officers and dispatchers underwent 40 hours of intensive presentations, lectures and demonstrations including the NAMI Consumer and Family Panels. SMC is committed to CIT training for 100% of its officers.

After many years of participating on the family member panel of the CIT, this year I was privileged to attend all 40 hours while assisting our NAMI representative Sharon Roth, who was instrumental in bringing CIT to SMC. While I had my own preconceptions and expectations, I was genuinely impressed by the remarkable cooperation between BHRS, the police agencies, and NAMI. Each organization clearly demonstrated the depth of their commitment to protecting officers and individuals with a mental illness. I found the role play exercise the most compelling, where officers thought through the various response options in different crisis situations.

The honors and applause at graduation for each of the participants was also moving, there was representation from most city police agencies and I literally got goosebumps. The program will be held four times in the coming year; and San Mateo County is getting closer to its goal of 100% CIT trained officers. Congratulations to everyone for a job well done.

—Emily Chandler, NAMI CIT Liaison

In Memory of Terry Walker

On Sept 9, 2017, our longtime friend and past NAMI SMC Board President, Teresa "Terry" Walker passed away at the tender age of 92.

Over the years, Terry worked tirelessly in a variety of capacities in the mental illness arena. Amongst her many activities, Terry served on the SMC Mental Health Board and the Board of Directors of Mateo Lodge, Inc.; Terry was a long-time support group facilitator at the South County Mental Health Clinic and an active volunteer for the MHA Friendship Centers. Terry received the Heroes in the Fight Award and Tony Hoffman Award for her advocacy efforts. We salute Terry today and everyday for her many contributions and appreciate all she has done for our community with NAMI SMC: increasing awareness, supporting families and improving services. Our sincere condolences to Terry's family and many friends. Please find the link in the SM Daily Journal which includes final arrangements and donating in Terry's memory. <http://www.smdailyjournal.com/obituaries/teresa-ann-walker/>



In Memory of Lois Florea

May 17, 1924 - Aug 23, 2017

Lois was a longtime NAMI SMC Member and Friend. Lois was part of the team of family members who shared weekly duties answering the warm line at the old NAMI Belmont office. Our sincere condolences to the Florea Family and to Lois' many friends.



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.

You Are Not A Stranger Here by Adam Haslett

In these unforgettable stories, the acclaimed author of *Imagine Me Gone* explores lives that appear shuttered by loss and discovers entire worlds hidden inside them. The impact is at once harrowing and thrilling.

An elderly inventor, burning with manic creativity, tries to reconcile with his estranged gay son. A bereaved boy draws a thuggish classmate into a relationship of escalating guilt and violence. A genteel middle-aged woman, a long-time resident of a psychiatric hospital, becomes the confidante of a lovelorn teenaged volunteer. Told with Chekhovian restraint and compassion, and conveying both the sorrow of life and the courage with which people rise to meet it, *You Are Not a Stranger Here* is a triumph of storytelling.

Many thanks to Meg Brosnan for donating this national bestseller.

Thank You Ivy & Pearls Foundation

On September 16th, the Rho Delta Omega Chapter of the Alpha Kappa Alpha Sorority held their 11th Annual Ivy & Pearls Foundation Wine, Croquet & Music fundraiser. This year, NAMI SMC was selected as their "Fund A Need" recipient. We received a generous check for \$1,500.00!

The Rho Delta Omega Chapter extends the chapter's charitable contributions to the community they serve, primarily including programs and partnerships established by their national sorority in addition to local community partnerships, their signature Black College Awareness Fair and workshops providing over \$50,000 in college scholarships over the past 10 years.

Kathy Stern and Alan Cochran attended for NAMI. We are most grateful to the Rho Delta Omega Chapter for helping promote greater knowledge and understanding about mental illness and NAMI San Mateo.

Check out our Peer PALS Program!

Peer PALS are persons who have experienced major mental illness, but have achieved a substantial degree of well-being and stability. Serving as a friend and mentor, PALS help a Peer in the beginning stages of recovery for a six-month period, receive ongoing support, and receive payment for four hours per week of work. For information about this FREE program, go to <http://namisanmateo.org/about-us/jobs> and/or email PeerPals@namisanmateo.org.

Peers: Would you like help with your recovery? This program helps decrease loneliness and isolation, increase comfort in social situations and self-esteem, and convey lifestyle habits that promote and maintain recovery.

PALS: First complete NAMI's Peer to Peer class or similar education/mentoring classes through a community service agency or college. To join the current Peer to Peer to class, or discuss the program, call 650-638-0800.



EVERY Monday of the 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.

NEW Fetal Alcohol Spectrum Disorder (FASD) Parent/Family Support Group through Edgewood

If you have a child or young adult in your life with a diagnosis of FASD or you suspect they may be struggling with some of the issues described above or the suspected FASD or you just want to learn more about how prenatal exposure can impact brain development and general health, we are starting a new parent/family support and informational group.

WHEN: the 4th Monday of each month starting October 23

WHERE: 803 1/2 Juno Lane, Foster City

TIME: 7:00 pm - 8:30 pm, approximately

HOSTED BY: Victoria Deasy, FASD Trainer and mother to a 26-year-old diagnosed with FASD. Contact Victoria for more information at watersedgefc@aol.com or 650-345-0256/650-996-6575.

13th Annual Stanford Mood Disorders Education Day

On Saturday, August 19, many attended Stanford's 13th Annual Mood Disorders Education Day. For information visit: <http://med.stanford.edu/mooddisorders/approach.html>.

BPD – Additional Support Available

If you have a loved one diagnosed with borderline personality disorder (BPD) or who has BPD-like symptoms, please consider signing up for a class through the **National Education Alliance of Borderline Personality Disorder** called Family Connections. The website is borderlinepersonalitydisorder.com. The 12-week class is ongoing and once you sign up your name will be distributed to local leaders. You will acquire skills, education, the most recent and up-to-date research plus an incredible amount of support. If you have any questions, call Joy Rynearson at 925-890-8267.

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.

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

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

- **NAMI Cordilleras MHR Center Family Group**, 1st Mondays (2nd 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 working on their wellness & recovery. **Every Monday**, 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

- **NAMI Spanish-Speaking Support Group** 2nd Tues, 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. Contact Navah Statman NAMI Facilitator (408) 253-7623.
- **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. Men- tal Health Clinic, 802 Brewster, RC, 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. Full Gospel Mission Church, 20920 McClellan Rd. (opp. De Anza College), Cupertino. Call for date and time: Kyo, 408-712-1149.
- **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 Rd. Info: Trudy 650-208-9116 or Donna at 650-823-0997.

TUESDAY

- **NAMI Stanford** 2nd Wednesdays for **families and friends** / 4th Wednesdays for **spouses and partners**. Both: 7-8:30pm. 401 Quarry Road #2213, Stanford Dept. of Psychiatry & Behavioral Sciences (parking is between Vineyard & Quarry). Info: 650-862-2886 or email Pamela Polos, pamelapolos@comcast.net / Georgia Vouraki, georgiavk@gmail.com.
- **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 members. 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 So. 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 Peers**, 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.oed-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.

OTHER

NAMI Education Programs

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

PRE-REGISTRATION IS REQUIRED

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.

- ◆ **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.*

BHRS Family Contacts

Suzanne Aubry
Dir. Family Service
650-573-2673

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

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.

Shopping Supports NAMI SMC

Sign up NOW! 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!

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.

Personal Stories of Change & Understanding

It's important for people living around mental illness conditions to know that they are not alone. Sharing a story about your personal experiences with mental health challenges—as an individual with a diagnosis, or as a family member or friend—can help in your own recovery as well as provide encouragement and support to others with similar experiences.

Kathy Stern – A Mother's Story

Around the summer of 2012 I began to be concerned about my adult son's apparent depression and obvious isolation. He was 42 years old and living and working in Columbus, OH, and disappointed that his life and career hadn't turned out the way he'd hoped.



Fast forward to August 2013. Although I knew he was desperately trying to change his work and living situation, I'd missed the seriousness of the downward spiral he was in. For several months he'd been smoking pot, drinking, and hardly sleeping. He was having frightening paranoid delusions.

I reacted to this crisis by jumping into action. My son ultimately committed to one year of medication and outpatient treatment. Great, I thought. I talked with him almost daily by phone and visited him three or four times that year. He found a good job and, although not his "old self," he seemed stable.

In August, 2014, true to his word he stopped all treatment. six months later he quit his job when his paranoid delusions returned. This left him without health insurance.

Over the next two years I'd tried everything to find effective treatment for him. Our family set up two interventions with the help of the county state's attorneys office and I did another directly with the police. When these failed I found a wonderful officer in his neighborhood who "kept an eye on him" after I shared his story. Rather than helping, our "pro-active" interventions couldn't stop his downward spiral and, in fact, led to him distancing himself from me. I had to learn to "let go" and begin to accept what, to me, was unthinkable. With the knowledge I had and the resources I found, I couldn't help him "get well."

In 2016 I found NAMI and attended the Family to Family training. Since then I have volunteered to help in various ways, continued to educate myself and am seeing a well-qualified therapist. I'm learning to accept—but work to change—a system that has been unable to help my son, to be patient with his need to find his own way in his own time, and do what I can to effect positive change.

I write this on the afternoon of the NAMIWalks Silicon Valley. Teams like the "Strong Soles" and "Never Walk Alone" convey the passion and conviction of our NAMI family. A team called "New Beginnings" used the image of a beautiful

butterfly to make their point. In her speech, a mother spoke for me when she asked "Why? Why did she lose [her] child to suicide?" For me, I ask why was there no effective medical treatment to help my son? Why was he so ashamed about his illness and uncomfortable with the medication that he avoids treatment? But the question now, she said, is, "What now? How can we help change the way people view mental illness? How do we learn to see the signs early enough to help and know where to turn for effective help?"

What can we do to influence changes in the medical and insurance delivery systems and push for more aggressive research on illnesses affecting the brain?"

These things are NAMI's mission and now they are my mission and my search for a new beginning.

To learn more about what writing your story might entail and how we can work with you regarding privacy issues, please contact Helene Zimmerman, Executive Director at hzimmer@namisanmateo.org or 650-638-0800.

Pay it Forward – Car Donation?

Alan Cochran, an honorably discharged Veteran, NAMI member, In Our Own Voice presenter, and Peer to Peer co-teacher, needs help. In 2015, Alan's car was stolen and totaled by the car thief. While the car had liability insurance - due to the cost of full coverage - it was not insured against theft, hence Alan was unable to purchase a replacement vehicle.

If you are about to trade in an older vehicle or have a little-used car—in good running order—taking up space in your driveway, please consider donating it to Alan. He would like to continue pursuing his goal of educating the public that it is possible to live successfully and productively with a mental illness diagnosis.

If you would like to meet with Alan before making a decision, he would be happy to do so, contact him at alankcochran@gmail.com. Thank you.

7th Annual IN CONCERT with Caminar

Saturday, November 11

5:30-7:00pm Cocktail Reception Heavy hors d'oeuvres

7:00-9:15pm Welcome & Concert

SFJAZZ Center, 201 Franklin Street, San Francisco

A special evening of music celebrating the Service of Veterans. Grammy honoree and Rock & Roll Hall of Fame inductee Booker T in concert with Grammy nominee Mindi Abair and friends. Kindly RSVP by October 27. Seating is limited. Cocktail attire. Valet parking provided. Event proceeds support programs that empower vulnerable members of our community to reach their potential and thrive.

Learn more and ticket info: <https://www.501auctions.com/inconcertwithcaminar2017/tickets>.

National Day of Prayer—RWC

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Lived Experience 2.0 Summit

Oct 26 | see page 2

Advocacy Forum

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General Meeting

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

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Time Value

Visit NAMI San Mateo County at
www.namisanmateo.org to stay in touch,
sign up to volunteer and keep 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

- Individual Member (\$40)*
- Household Member (\$60)*
- Open Door Member (\$5)*

Additional Possible Contributions:

- Sustaining (\$100 to \$499)
- Patron (\$500 to \$999)
- Benefactor (\$1,000+)

Renewal or New Membership Amount Enclosed: \$_____

*A portion of your membership is sent to NAMI National and to NAMI California

Change Address (print new address below, please include label with old address)

My Company has a Matching Gift Program: _____ (company name)

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 Friend
 MH Professional Business or Agency

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!*

NAMI San Mateo County

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