

San Mateo County

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, September 28

6:30pm Reception
7:00pm Program

Psychopharmacologic Treatment of Serious Mental Illness: An Update

**Dr. Cam Quanbeck and
Dr. Karin Hastik**

Join us for the latest on the new long-acting injectable anti-psychotics and their role in preventing relapse (saving overall cost), the new Clozapine REMS monitoring guidelines, genetic discoveries underlying serious mental illness - including pharmacodynamic/pharmacokinetic testing which recently became available, and the role of neuroinflammation in serious mental illness. Also to be discussed is the role of vitamin and dietary supplementation as they can effectively augment psychotropic medications and further reduce depressive symptoms.

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>

2016 NAMI California Annual Conference

August 26 and 27

San Francisco Airport Marriott Waterfront
1800 Old Bayshore Highway, Burlingame



Don't miss the 2016 NAMI California Annual Conference in our neighborhood! The theme this year is "Back to the Future: Building on the Past for a Better Tomorrow," with sessions on advocacy, criminal justice, consumer and family engagement, transitional age youth, diverse communities, and strengthening NAMI – plus inspirational speakers and practical workshops. Join what's happening in mental health in California! Register at <http://conference.namica.org/>.

To volunteer at the conference, then attend some of that days' programming, email erik@namica.org.

NAMI WALKS SILICON VALLEY



Saturday, September 17

Guadalupe River Park - Arena Green West, San Jose

Check-in: 9:00am Walk Start: 11:00am Distance: 5K or shorter

Visit www.namiwalks.org/siliconvalley to register.

Join/Donate to the NAMI SMC Team: Never Walk Alone

www.namiwalks.org/team/neverwalkalone

or one of the other San Mateo teams

In 2015, about:

- One in five American adults experienced a mental health issue
- One in 10 young people experienced a period of major depression
- One in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

Many persons have experience with mental health issues. You typically just don't hear about it. So join the walk and help get the word out that NAMI can help!

Be Part of the Team - Lead your group of friends, company or organization as a team captain. Leading a team, being part of a team or walking as an individual is a vital part of bringing awareness and raising funds for the NAMI programs and services. And it's a lot of fun. Visit namiwalks.org/siliconvalley and click REGISTER NOW.

Virtual Teams: Encourage friends and family to join you and participate from wherever they may be - from all around the world!!

For general Walk information, contact the Walk Manager, Dyane Hendricks, at dhendricks@namisantaclara.onmicrosoft.com or 408-453-0400, x3125.

Walk to: Stomp Out Stigma • Show Your Support • Have A Great Time!

AOT Services Launched July 1st

Together Towards Recovery

Developed out of the San Mateo County's adoption of Laura's Law (Assembly Bill 1421) in the summer of 2015, the Assisted Outpatient Treatment (AOT) is a program that reaches out to people with a severe mental illness who are not connected to services and are challenged with living safely and stably in our community.

The AOT team works collaboratively with individuals, their family members and partners to provide the right care at the right place and time. Our dedicated team helps decrease mental health crises, hospitalizations, incarceration and homelessness while helping people achieve and maintain their physical and mental health.

SMC's AOT outreaches to people who are not connected to treatment and engages them in services provided by Caminar's Full Service Partnership (FSP), a community based program which provides intensive mental health services. The program includes 24/7 care and services such as intensive case management, psychiatry, medication management, benefit and housing support, life skill development, as well as guidance and support to help people reach their recovery goals.

San Mateo County joins other Bay Area counties, including San Francisco and Contra Costa, and over a dozen other counties throughout the state in implementing Laura's Law and the AOT. Through this early implementation in other counties, Assisted Outpatient Treatment has been shown to:

- save lives
- reduce homelessness, hospitalizations, crime, arrests, and incarceration
- help families and reduce caregiver stress
- save money on arrests, incarcerations, and hospitalizations

Eligibility

A person must meet all of these conditions to be eligible for AOT: Have a history of not following through with treatment for their mental illness resulting in:

- Being hospitalized and/or incarcerated two or more times within the last 3 years.
- Or, having threatened or attempted a significantly dangerous behavior towards themselves or others at least one time in the past 2 years.
- Were previously offered treatment on a voluntary basis and refused it, and whose health is quickly declining.

To make a referral, call 650-372-6125 or email AOT@smc.gov.org. Learn more about San Mateo County's AOT process and team at: www.smchealth.org/AOT.

—Terry Wilcox-Rittgers. *SMC BHRS Wellness Matters*, July 2016

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

Stanford 12th Annual Mood Disorders Education Day

Saturday, August 6, 2016 • 8:00am – 2:30 pm
Frances C. Arrillaga Alumni Center
326 Galvez St. Stanford, CA 94305

Register please! <https://www.eventbrite.com/e/12th-annual-mood-disorders-education-day-tickets-25802013517>

Stanford University Medical Center will host the 12th Annual Mood Disorders Education Day for patients and their families, caregivers, friends, and all community members interested in mood disorders.

The Education Day program will include discussions of recent treatment advances, the neuroscience of mood disorders in adults, adolescents, and children, and the influences of genetics and environment on mood disorders. Education Day also includes opportunities for Q&A and panel discussions. The program runs from 8:45am to 2:30pm, with registration starting at 8:00am. The event includes a light breakfast and lunch. Pre-registration is free but is required to attend the event. Space is limited so please contact the event organizer should you pre-register and are no longer able to attend.

—Daniella DeGeorge | (650) 725-6760 | thepearlab@stanford.edu



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

Family to Family Teachers: Sylvia Constantz and Ruan Frenette

Newsletter helpers: Edna Daga, Audrey Kemp, Mike Rodrigues

Office Support: Mike Rodrigues and Diana Casey

Connection Leaders: Calvin Shelton and Dana Foley

Peer to Peer: Calvin Shelton, Dana Foley, Gina Olinger

P.R.I.D.E. Health Fair: Gina Olinger and Maribel Rios

Rotary Club – Menlo Park: Leslie Wambach

All of our Support Group Leaders!

And a very special thank you to Eveline Coffman for balancing the books!

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

Jail Chaplain

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

Patxi's Pizza - A Fundraiser!



Wednesday, August 31 - all day
677 Laurel Street, San Carlos
650-832-1112

As you place your order, please tell your server that you are supporting NAMI SMC! Thank you.

Progress On Parity For Persons With SMI

By Ron Manderscheid, PhD, Executive Director, NACBHDD and NARMH | Behavioral Healthcare, 7/5/16

Parity again is at the forefront of our consciousness. Now, it produces feelings of apprehension rather than feelings of a job well done. After eight years, we still are left wondering what has changed. Clearly, many of the hoped for advances in behavioral health insurance benefits and their management have yet to arrive on the scene.

Symptoms of this apprehension abound. President Obama has just created a Parity Task Force, which is due to report to him in October. (See my testimony to the Task Force and my related blog). Research shows that people seeking health insurance do not understand parity. And former representative Patrick Kennedy and the Coalition for Whole Health are on an important crusade asking the Department of Health and Human Services (HHS) to enforce the federal parity laws....

Recently, John Bartlett and I have examined the impact of parity on the care of persons with serious mental illness (SMI)¹. We were invited to do this analysis because so little has been written on the topic. We examined the impact of changes over the period 2008-2016. However, we acknowledge that many of the advances made in the care of adults with SMI have been slow and incremental over the past 50 years.

Read more at: <http://www.behavioral.net/blogs/ron-manderscheid/progress-parity-persons-smi>

—Ron Manderscheid, PhD
Exec Dir, NACBHDD – The National Assn of County Behavioral Health and Developmental Disability Directors
NARMH – The National Assn for Rural Mental Health
25 Massachusetts Avenue, NW, Ste 500, Washington, DC 20001-1450
(V) 202 942 4296 (M) 202 553 1827
The Only Voice of County and Local Authorities in the Nation's Capital
& Adjunct Professor, Department of Mental Health, Bloomberg School of Public Health, Johns Hopkins University

Provider Education Class

A Provider Education Class was held for 15 staff members at the Center for Independence of Individuals with Disabilities serving San Mateo County (www.cidсанmateo.org).



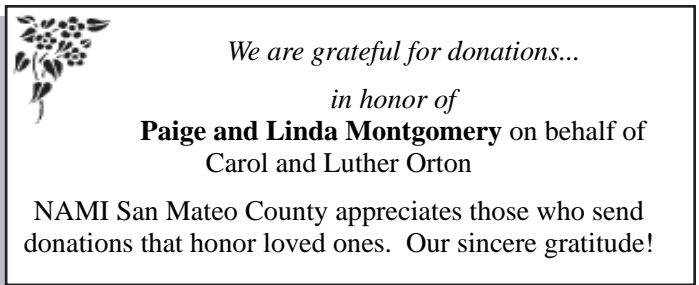
Education Coordinator Lee Nash with presenters Lynda Frattaroli, Emily Chandler and Calvin Shelton

Brain & Behavior Research Foundation: Meet the Scientist Webinar Series

- Aug 9 Autism: Understanding the Causes and Developing Effective Treatments
- Sep 13 Living Well with ADHD: Scientific Guideposts to Improved Outcomes

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!



California Clubhouse - New Location!

Come visit us at our new home!
210 Industrial Road, Ste 102, San Carlos, CA 94070
This is the same same complex as Heart & Soul.

Project Semicolon

<http://www.projectsemicolon.org/uploads/2/2/6/4/22646728/2147896.png?474>



Project Semicolon is a global non-profit movement dedicated to presenting hope and love for those who are struggling with mental illness, suicide, addiction and self-injury. Project semicolon exists to encourage, love and inspire.

NAMI Jewelry Available!

See the beautiful assortment of earrings, necklaces, bracelets and pins featuring the signature NAMI "grass roots" symbol at www.namisanmateo.org/NAMI Jewelry Store—purchase a gift today! Proceeds benefit NAMI-SMC. Ordering is easy and secure.



Total Wellness

Total Wellness (TW), a specialty program under Behavioral Health and Recovery Services, aims to improve health outcomes and promote wellness for adult individuals who have both chronic behavioral health and physical health conditions. TW provides integrated physical behavioral health services through its three major, inter-connected components:

- 1) linkage to and timely access to primary care and specialty medical care services;
- 2) comprehensive care coordination by behavioral health nurse care managers; and
- 3) provision of an array of stage-based wellness recovery services offered in individual and group formats.

Studies have shown that individuals with mental health and/or substance use issues die an average of 25 years earlier than their peers as a result of preventable chronic physical health conditions, such as diabetes, hypertension, hyperlipidemia, obesity, and smoking.

Total Wellness conducts weekly clinical team huddles with Primary Care Providers of Mental Health Primary Care (MHPC) team to coordinate a whole person's care plan and to address any outstanding behavioral health and medical issues. See our brochures for more info : Client – (English, Spanish),

Eligibility Criteria:

- 1) Existing clients of BHRS and its specialty and contract programs;
- 2) Clients with or without a County Primary Care Provider (i.e. clients with private primary care providers will not be eligible).

Referrals: Contact Julie Monheit @ jmonheit@smcgov.org or Juliana Bursten @ jbursten@smcgov.org

Service Locations:

- Central County: 1950 Alameda de las Pulgas, San Mateo 94403
- Coastside Mental Health: 225 Cabrillo Highway, #200A, Half Moon Bay 94019
- EPA Mental Health: 2415 University Ave, #301, EPA 94303
- South County: 802 Brewster Ave, Redwood City 94063

Questions? Contact Shirley Chu, Supervising Mental Health Clinician (650) 372-8510 / schu@smcgov.org or Dr. Bob Cabaj, Program Manager (650) 573-2043 / bcabaj@smcgov.org

Peer to Peer Graduates!

Congratulations graduates on completing this 10-week holistic approach to recovery course. It was an opportunity to share experiences, learn new skills, insights and information, while making new friends and having fun.



Hats off to: Antonella di Francia, Yvette Agua, Wanda Thompson, Josie Valencia-Rod, Beau Brown, Shawndrea Machadal & Kimberly Pineda with co-teachers Dana Foley & Calvin Shelton & resource specialist Gina Olinger.

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. Connections 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 with any questions.

Mental Health Reform Bill Overwhelmingly Clears House of Representatives

A bill that would majorly reform mental health care in the United States cleared the U.S. House of Representatives 422-2 on July 6. Now, legislators are calling for the immediate passage of a similar bill in the Senate.

The Helping Families in Mental Health Crisis Act, introduced by Rep. Tim Murphy (R-PA), a licensed child psychologist, would potentially address a nationwide shortage of psychiatric beds and child psychiatrists, in addition to creating the federal position of assistant secretary for mental health and substance use disorders, to be filled by a licensed psychiatrist or psychologist and take over the responsibilities of the administrator of the Substance Abuse and Mental Health Services Administration.

“This historic vote closes a tragic chapter in our nation’s treatment of serious mental illness and welcomes a new dawn of help and hope,” Murphy said in a news release Wednesday. “We are ending the era of stigma. Mental illness is no longer a joke, considered a moral defect and a reason to throw people in jail.”

The bill, first introduced in 2013 following the shooting at the Sandy Hook Elementary School in Newtown, Connecticut, hosts 207 bipartisan cosponsors. It was unanimously approved by the Energy and Commerce Committee last month. Following the bill’s House approval, U.S. Senators Chris Murphy (D-Conn.) and Bill Cassidy (R-La.), co-authors of the similar Mental Health Reform Act, which also has bipartisan support, called on the Senate to vote on their bill. They said in a joint statement Wednesday that the House bill “isn’t perfect, but the fact that it passed overwhelmingly is proof that there’s broad, bipartisan support for fixing our broken mental health system.”

The American Psychiatric Association is urging that The Helping Families in Mental Health Crisis Act be approved by the Senate before the end of the year, though the organization said in a statement Wednesday that it endorses both the House and Senate measures.

—<http://time.com/4395831/mental-health-reform-bill-overwhelmingly-clears-house-of-representatives/>

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 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. | 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 Coastside Support Meeting for family members, 2ND Tuesdays, 7-8:30pm. Coastside MH Cntr, 225 S. Cabrillo Hwy, #200A, Half Moon Bay, 650-726-6369. Karina Marwan, NAMI facilitator • NAMI Jewish Family & Children’s Services, family and friends are welcome. 4TH Tuesdays, 7:00pm. 200 Channing Ave., Palo Alto, 650-688-3097. Sharon & Ron Roth, NAMI SMC facilitators; John Bisenivs, LCSW. • NAMI San Mateo Medical Center for family members. 1st and 3RD Tuesdays, 6:30-8pm. 222 W. 39th Ave. & Edison, 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 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 • DBSA Mood Disorder Support Group Wednesdays, promptly 6:30-8:30 pm. Contact: DBSAPaloAlto@gmail.com. Supporters may attend with their consumer. VA Hospital, 3801 Miranda Ave, Hosp Bldg 101, 1st fl Auditorium, Palo Alto. • Jewish Support Group (open to all denominations), for those with mental illness and families and friends. 2nd Wednesdays, 6:15-8:30pm. For info, call Carol Irwin 408-858-1372. Beit Kehillah, 26790 Arastradero Rd., Los Altos | WEDNESDAY |
| <ul style="list-style-type: none"> • Chinese Language Family Support Group Last Thursdays (but Dec 17, not 24 or 31), 6-7:30 pm, Cantonese/Mandarin. 1950 Alameda de las Pulgas, San Mateo. BHRS main entrance. Info: 650-261-3704 (Maureen) or 650-573-3571 (Alice). • 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: emlycaruthersmft@gmail.com</i>. 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 • North County Support Group for clients, family and friends. 2ND and 4TH Thursdays, 5:45-7pm, 375 89th Street, Community Room, Daly City. Co-facilitators: Linda Hildreth and Adam Harrison LCSW More info: 650-301-8650. | 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"> • 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. | |



Save the Date! - 2016

- **August 26-27 NAMI California State Conference** at the San Francisco Airport Marriott Waterfront, 1800 Old Bayshore Highway, Burlingame. For details, call 916-567-0167 or visit www.namicalifornia.org.
- **September 17 NAMI Walks** - This year's NAMI Walk will be held at the San Jose Guadalupe Park's Arena Green West. Contact: dhendricks@namisantaclara.org or 408-453-0400 x 3125.

NAMI Education Programs

Call to be added to the Wait List - 650-638-0800

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.
Next class begins Tuesday, August 30, 6:30-9:00pm
- **Peer to Peer**—Better living skills for people with mental health issues taught by people with mental health issues.
Next class begins Thursday, Sept. 8, 3:30-5:30pm.
- **Provider**—An overview program for Mental Health and AOD professionals, para-professionals and all others serving individuals with serious mental illnesses and their families. CMEs pending approval for qualified attendees.
>>Please call to set up an in-house program for your organization.

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.

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 & Support: 650-573-2673
Claudia Saggese, Family Liaison (habla Español): 573-2189

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.

What's New in Psychiatry

Hi ! Visit www.uptodate.com - The following represent additions to UpToDate from the past six months that were considered by the editors and authors to be of particular interest. The most recent What's New entries are at the top of each subsection.

- Cariprazine for bipolar major depression (January 2016)
- Maintenance pharmacotherapy for bipolar disorder during pregnancy and risk of postpartum mood episodes (January 2016)
- Depression in bariatric surgery patients (February 2016)
- Preventing recurrence of seasonal affective disorder with cognitive-behavioral therapy (January 2016)
- Treatment of binge eating disorder (July 2016)
- Olanzapine linked to drug reaction with eosinophilia and systemic symptoms (DRESS) (May 2016)
- Systemic exertion intolerance disease and association with suicide (March 2016)
- Postpartum psychosis associated with high recurrence risk (February 2016)
- Growing concern over herb used in self-treatment of opioid withdrawal (March 2016)
- Prevalence of marijuana use doubled among adults in the United States (January 2016)
- Clinical practice guideline for chronic insomnia in adults (May 2016)

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!

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! We're buying two new books a month, and wish to promote them to those interested. 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.

Show Me All Your Scars: True Stories of Living with Mental Illness by Lee Gutkind (Editor), Patrick J. Kennedy (Introduction), Dr. Karen Wolk Feinstein

Every year, one in four American adults suffers from a diagnosable mental health disorder. In these true stories, writers and their loved ones struggle as their worlds are upended. Addressing bipolar disorder, OCD, trichillomania, self-harm, PTSD, and other diagnoses, these stories vividly depict the difficulties and sorrows—and sometimes, too, the unexpected and surprising rewards—of living with mental illness.

Surviving Mental Illness Through Humor by Alyson Herzig and Jessica Azar

Surviving Mental Illness Through Humor contains stories of hope, despair, and hilarity by writers who are walking the mental health journey, as they discuss their experiences with depression, anxiety, bipolar disorder, anorexia, agoraphobia, panic disorder and more. Join us as we 'laugh stigma into submission' by growing attitudes of acceptance and compassion.

National Day of Prayer for Mental Illness Recovery & Understanding

Tuesday, October 4th • Noon – 1:15pm
400 County Center Courtyard, Redwood City

For details contact Helene Zimmerman at executivedirector@namisanmateo.org or 650-638-0800.

Social Security Benefits or Vocational Rehab Questions?

Call Wendy Jordan at 650-802-6482

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

We appreciate your participation in advocacy!

Stanford 12th Annual Mood Disorders Education Day

August 6 - see page 2

Patxi Pizza Fundraiser

August 31 - see page 2

NAMI CA Conference

August 26- 27 - see page 1

Classes Starting Soon!

August & September - see page 7

NAMIWalk

San Jose

September 17 - see page 1

General Meeting

September 28 - 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

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 bottom this page with old address)
- * A portion of your membership donation is sent to National NAMI and to NAMI California

Name _____

Address _____

City/State _____ Zip _____

Phone (_____) _____ E-mail _____

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

Credit Card# _____ Expires _____ 3 Digit code _____

Amount \$ _____ Signature _____

How did you hear about NAMI? _____

Please check all that apply: I/we am/are Family Consumer
 MH Professional Business or Agency Friend

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

NAMI San Mateo County
1650 Borel Place, Suite 130
San Mateo, CA 94402
650-638-0800 / FAX: 650-638-1475
nami@namisanmateo.org
www.namisanmateo.org
Office open: 9am-3pm, M-F (or by appt.)

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10 Male Celebrities Who Are Smashing Mental Health Stereotypes

Lindsay Holmes Deputy Healthy Living Editor, The Huffington Post 6/26

Nearly 6 million American men suffer from depression each year, yet many of them avoid seeking treatment. A 2015 analysis also found that men are more likely not to speak up if they're having suicidal thoughts. This aversion to support is likely due to the negative stereotypes surrounding mental illness and, when it comes to men, a (very incorrect) notion that mental health issues are "weak" and not masculine.

But more than a handful of celebrities are changing that. Take a look at some of these mental health advocates below. Not only do they slam the idea that mental health issues are something to be ashamed of, they're actively reversing the idea that men who speak about them aren't "tough." If you ask us, that's pretty brave.

Zayn Malik. The singer recently canceled his appearance at the Capital Summertime Ball in the U.K. due to issues from anxiety. Malik explained his condition in a Twitter and Instagram post, apologizing to his fans. "Unfortunately, my anxiety that has haunted me throughout the last few months around live performances has gotten the better of me," he wrote in the statement. "With the magnitude of the event, I have suffered the worst anxiety of my career."

Wayne Brady. After the death of actor Robin Williams in 2014, Brady opened up about the stigma around mental illness and his own experience with it to Entertainment Tonight. "It took me a while to get my stuff together to go, 'You know what? If you're not happy, you have to do something about it,'" he said. "Just to admit that you are feeling this way is a huge step. To claim that, to say, 'Why do I feel dark? Why do I feel unhappy? Let me do something about this.'"

Bill Clinton. Clinton advocated for better mental health policies when he was president, slamming the negative stereotypes surrounding the conditions during a radio address in 1999. "Mental illness is nothing to be ashamed of, but stigma and bias shame us all," he stated.

Howie Mandel. The comedian and TV show host has been honest in interviews about his experience with obsessive compulsive disorder and why it's important to seek therapy for the condition. "We take care of our dental health. We don't take care of our mental health," he told CNN. "I think the solution to making this world better is if we would just be healthy, mentally."

Jon Hamm. Hamm told U.K. magazine The Observer that treatment and medication allowed him to manage his mental health issues. "I did do therapy and antidepressants for a brief period, which helped me," he said. "Which is what therapy does: it gives you another perspective when you are so lost in your own spiral... It helps."

Brandon Marshall. The Jets wide receiver hasn't been shy about advocating for mental health through his initiative Project 375. He also opened up about his own experience

with borderline personality disorder in a HuffPost blog. "We need to accept that mental illness is a disease — and like any other disease, it needs stronger research, early screening and treatment, especially for young people," he wrote.

John Green. The Fault In Our Stars author has previously tweeted about his personal experience with an anxiety disorder and also touted the benefits of seeking support when dealing with a mental health condition. "There is hope. There is treatment," he wrote to a fan in a Reddit AMA. "You are not alone, and while I know the struggle feels at times completely hopeless and futile, there is a far shore for the vast majority of people, and I wish you the best."

Jared Padalecki. The actor told Variety magazine that he struggled with depression for many years. He shared an encouraging message with his fans going through the same experiences in the interview. "I say constantly that there's no shame in dealing with these things," Padalecki told the magazine. "There's no shame in having to fight every day, but fighting every day, and presumably, if you're still alive to hear these words or read this interview, then you are winning your war. You're here."

Reid Ewing. The "Modern Family" actor discussed his issues with body dysmorphia, a condition where a person obsesses over their physical looks, in a HuffPost blog. He also explained his history with eating disorders and his addiction to cosmetic surgery. "In my case, my looks were the only thing that mattered to me," he wrote. "I had just moved to LA to become an actor and had very few, if any, friends. I'd sit alone in my apartment and take pictures of myself from every angle, analyzing every feature."

Dwayne Johnson. Johnson discussed his experience with depression on Oprah's "Master Class," where he explained how he learned the important lesson that he wasn't alone. He also shared a message with others who were dealing with a mental health issue. "Have faith that on the other side of your pain is something good," he said.