

General Meeting

**NEW
LOCATION**

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

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

Wednesday, January 23

6:30p Greet and Gather
7:00p-8:30 Program

Supportive Homes: What We Can Do Now

What can any of us do now to speed the production of permanent, healthful, supportive homes in San Mateo County? This meeting will provide answers.

Working with research presented at a recent Housing Leadership Council conference, we'll discuss:

- How many and what types of supportive homes are needed locally?
 - What makes a supportive housing project successful?
 - What are actual costs for development and maintenance?
 - What are our options for financing with both public and private funds?
- The need for a variety of healthful, supportive, permanent homes in San Mateo County is urgent. Fortunately, many successful models exist and we know a lot about what works. Please join us to learn the facts, provide input, and consider how you can help.

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.

As 2012 Comes To An End...Please Donate Now

Please consider making a year-end donation to NAMI San Mateo. Go to our website at www.namisanmateo.org and click on **DonateNow!**

November 15 General Meeting

By Jerry Thompson, RN, board member

We had a wonderful time of camaraderie and sharing at our Thanksgiving celebration. Many of our friends, NAMI members, and others from our community enjoyed the donated pies from Heidi's Pies and coffee from Mills Health Center. It was a festive way to start the meeting.

After the pie we all participated in "10 minutes of good news" which went on for over 30 minutes! It started with Bill Kruse sharing a project on spirituality. There were many artistic photographs on the walls taken by people with a mental illness and/or in recovery. The photos were accompanied by the photographers' comments on their spiritual interpretation of the pictures. They were very powerful. Following Bill, many people from the group shared heartwarming stories about their recovery, accomplishments, and blessings. People then started sharing good things that are happening in their lives with each other at their table.

Melinda Henning finished the sharing by illuminating the group about all that NAMI San Mateo has done for our community during the past year. She also shared all that the members of the board of directors have done to help make our community a better place for us all.

If you missed this meeting, you missed A LOT!! Be sure not to miss our next meeting.

Thank you to our speakers:

Alan Cochran
Elizabeth Conejo
Vivien Duering
Sophia Garetz
Cheri Hahne
Christopher Jump
Bill Kruse
Melissa Platte
Michael Yoder

And thanks to our volunteers!

Co-organizers: Cheri Hahne & Moira Kavanaugh.
Event volunteers: Silvana Garetz, Bill Kruse, Natalie Lynch, Francesca Sampognaro, Dorie Stimson, Jerry Thompson, Pat Way.
In gratitude: Melinda Henning & Juliana Fuerbringer.
Photographer: Katy McGlynn Gilbert.



JOYOUS HOLIDAYS
EVERYONE!



NARSAD Artworks

Take a look at NARSAD Artworks holiday cards, note cards, and gifts online at www.narsadartworks.org, or call 800-607-2599 or 714-529-5571.

NARSAD Artworks showcases museum-quality art by those whose lives have shared the common bond of mental illness.

Order holiday cards NOW!

Meet The NAMI CA Directors

Friday, January 11, 2013 • 6:00pm-7:00pm
Larkspur Landing Hotel
550 West Hamilton Avenue
Campbell, CA 95008

The NAMI California Board of Directors cordially invites you to attend a Meet and Greet Reception and tell what's new in your affiliate office. Your efforts are vital in providing important information and services to people who live with serious mental illness. They are interested in hearing about the successes and challenges you face and how NAMI California can better assist you and your local affiliate. Please call the NAMI California office at 916-567-0163 if you have any questions or need additional information.

Light refreshments will be provided. Please R.S.V.P. to Margot Carmassi at margot.carmassi@namicalifornia.org if you will be able to join us for this event.

The NAMI Office Library

The lending library in our office is used by many and several of our books have been borrowed and not returned, especially copies of *I Am Not Sick, I Don't Need Help* by Xavier Amador. Please return borrowed books to our office as soon as possible. Thank you!



San Mateo County Crisis Center
650-579-0350

1-800 Suicide (1-800-784-2433)

Chat Room for Teens

Open Monday-Thursday, 4:30pm to 9:30pm
www.onyourmind.net

Balance Of Mind, Body, And Spirit

Friday, December 7 • 10am - 2pm
St. Mary's Cathedral Conference Center
1111 Gough St., San Francisco

Register now for this wonderful meeting! The journey of wellness and recovery from mental illness is strengthened by family and community support. The purpose of this workshop is to empower consumers and family members to collaboratively work together, provide support, and share resources. The workshop will also provide key concepts that may help motivate individuals to take action in their own recovery. It will also offer numerous opportunities to network and learn more about best practices in mental health. Register at www.sfdph.org/dph/ (education & training -> community training programs unit). Questions? Contact Norman Aleman at Norman.Aleman@sfdph.org.

Volunteer Now !

"How can I be useful ... of what service can I be? There is something inside me... what can it be?" – Unknown



Our next volunteer meeting is Thursday, January 10, 2013 at 6:30pm, followed by a meeting March 14 at 6:30pm. We meet at the NAMI office: 1650 Borel Place, Ste 130, San Mateo...use the Borel Place entrance. (No meeting in February.)

Opportunities:

- Website copy writing
- Friends in the Lobby/3AB volunteer
- Support Group Facilitators (NAMI training required)
- Committee Chair: NAMI Walk
- General Meeting Minutes Taker
- Reminder Caller for General Meetings
- Crisis Resource Kit Update Coordinator

Appreciation:

- Thank you Mike Stimson and Pat Way for teaching this fall's 12-week Family to Family class.
- Thank you to Tish Showen, Calvin Shelton and Penny Coyote for teaching this fall's 10 week Peer to Peer class.

The outreach through our classes is so important. Let us know if you'd like to be one of our teachers (NAMI training required).

Questions? Interested? Get on mailing list?

Call Juliana at 650-342-5849 / julianafuer@gmail.com, or the NAMI office at 650-638-0800/namismc@sbcglobal.net.

**Show up and be a part of it all.
No one need do any of this work alone!**

14th CIT Academy In Progress

The 14th CIT Academy is currently being held in San Mateo County. The 40-hour class is sponsored by the Sheriff's Department and attended by many of the police jurisdictions in the county, along with any first responders. This partnership with NAMI and BHRS is a major successful county collaboration that provides public servants with training on how to better respond to calls involving a person with mental illness. If you call for help, ask for a CIT Trained officer.

NAMI Jewelry: A Lovely Gift Idea

NAMI San Mateo has beautiful earrings, bracelets and necklaces for sale. Their designs have been inspired by the NAMI "grassroots" logo. The jewelry, in gold or silver tones, makes a wonderful gift for friends and family...or you!

If you are interested in purchasing some jewelry this holiday season please give our office a call at 650-638-0800. Thank you.

Family Program Training News

If you're interested in leading one of our family-related programs, check out these dates for local trainings and give us a call!

2013

- Jan. 18-20, Spanish Familia a Familia, in Los Altos
- May 31-June 2, Family to Family Teacher Training in Citrus Heights (Sacramento).

If you are a current NAMI support group leader, please consider applying to become a support group trainer. Contact Lynn Cathy at: Lynn.Cathy@namicalifornia.org.

If you would like to become involved as a Family to Family teacher or support group leader, please contact us at 650-638-0800. Thank you!

Visit <http://www.namicalifornia.org/> to get the latest on legislative activity.

We appreciate your interest in advocacy!

Choices In Recovery Presentation

By Patricia Urbina, MD, member

On the evening of 11/15/12, Dr. James Parker, Medical Director of JBS Mental Health Authority, Birmingham, Alabama, addressed an audience of parents and mental health workers at the Seaport Conference Center in Redwood City in a presentation titled Choices in Recovery, sponsored by Telecare. The presentation covered many familiar topics of mental health recovery.

Dr. Parker described the Alabama state-wide program: The Authority is a regional, public, nonprofit corporation established in 1967 by the Alabama Legislature. Three mental health centers were established. It is the responsibility of the Authority to plan, coordinate and develop a system of mental health services for the entire region, providing consultation regarding program development and funding; coordination of regional programs; delivery of region-wide services; and a consolidated budgeting process to simplify the funding of programs at the local and state level. The Authority is a Program for Assertive Community Treatment (PACT).

Dr. Parker discussed recovery plans and recovery teams, medication as the foundation of mental health recovery and facts about severe mental illness including schizophrenia and bipolar disorder (for more information about this program go to the website choices in recovery.com).

His comments about the partnerships the Authority has forged with members of the community- at-large indicates support for services such as injectable medications that can be given to mentally ill people at locations other than a clinic were compelling. The discussion about injectable antipsychotics was particularly interesting.

Finding the right antipsychotic and taking it consistently are keys to treating mental illness successfully. Dr. Parker remarked that some consumers who are unwilling to take "pills" regularly will acquiesce to taking an injection every few weeks and that often leads to higher and more sustained rates of treatment success. He noted that the use of injected antipsychotics in Europe is 50% compared with a much smaller number in the US. When asked what some of the problems were, he indicated that some entities see the treatment as invasive. However, when considering cost, the price of injected medications with a successful outcome could definitely be less than that of a cycle consisting of oral medications paid for then not taken, and subsequent hospitalization.

BHRS contacts: Claudia Saggese, Family Liaison (habla Español)
573-2189 & Suzanne Aubry, Dir. Family Service and Support, 573-2673



Donate To NAMI San Mateo

For many of us, NAMI is our favorite non-profit... nearest and dearest to our hearts ... whether it's our classes, support groups, general meetings ... or our growing community. Please include us in your year-end donations. Go to our website at www.namisanmateo.org and click on **DonateNow!**

Remind your friends to do the same. And if a friend asks what gift you'd like for the holidays, ask them to make a gift to NAMI.

IOOV In San Mateo County

In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. IOOV is an opportunity for those who have struggled with mental illness to erase their own self-stigma by sharing their individual experiences of recovery and transformation with family members, consumers, community groups, colleges and professionals. Please join us at one of the following scheduled presentations in San Mateo County.

- January 14, 2013 - 6 to 7:30pm
Coastside Mental Health, 225 S. Cabrillo Highway, #200A in Half Moon Bay. Contact Heath@smcgov.org
- January 30, 2013 - 6 to 7:30pm
Notre Dame de Namur University, 1500 Ralston Ave. in Belmont. Contact fatima7384@yahoo.com

PLAN of California

Planned Lifetime Assistance Network offers two Master **Special Needs trust** plans for California families with funds to bequeath (minimums \$150,000 and \$300,000). These trusts provide for contract with PLAN for oversight (both fiduciary and personal support services) without endangering public entitlements.

San Francisco contact: Baron Miller 415-522-0500
Los Angeles contact: Carla Jacobs 888-574-1258

Jail Chaplain

Spiritual counseling for incarcerated persons - Marty at St. Vincent de Paul Society - 650-366-9847.

Eating Disorders Support Group

1st and 3rd Saturdays • 9:30 am - 11:00 am
Mills-Peninsula Hosp., Rm 4104, 100 S. San Mateo Drive
Free parking!

Eating Disorders Resource Center is starting an all new free support group! For family and friends of loved ones who suffer with disordered eating and body image.

Groups are led by our new San Mateo support group facilitator, Debra Schlesinger. Debra is a five year volunteer with EDRC and also leads the Family and Friends Support Group in Mountain View. She brings her experience in educational outreach and mentoring in addition to the struggles of her own daughter's 10 year battle with anorexia. More information about the EDRC and the support groups are available online at www.edrcsv.org, or by contacting Kira Olson at 408-356-1212.

Get Support Coastside!



Every 2nd Monday of the month • 7 - 8:30pm
(call 650-726-6369 for adjusted days)

Coastside MH Center
225 S. Cabrillo Hwy, #200A, Half Moon Bay

Meet and discuss with other family members current issues at the Coastside Support Meeting.

Psychiatric Grand Rounds Programs

Open to the Public

SMC BHRS Division
Health Services Building, Room 100
225 W. 37th Ave., San Mateo / 650-573-2530
12:15 - 1:30 pm **BRING LUNCH**

Dec 11 **Substance Abuse In The VA Population**
Venessa de la Cruz, M.D., *presenter*
Psychiatrist and Director of Addiction Treatment Services, VA Palo Alto Health Care System

•••••

Mills-Peninsula Health Services
Burlingame and San Mateo / 650-696-5813
12:15 - 1:45 pm **BRING LUNCH**

Dec 4 Peninsula Medical Ctr, Clinic Bldg. Auditorium 2S
1501 Trousdale Drive, Burlingame
Psychological Aspects Of Chronic Illness
Alan Skolnikoff, M.D., *presenter*
Training and Supervising Analyst, San Francisco Psychoanalytic Institute; Private Practice of Psychoanalysis and Psychiatry, San Francisco

NAMI-SMC Support Group Meetings (call 650-638-0800 for more information)

Connections for persons living with mental illness. The Source (Heart and Soul), 500 E. 2nd Ave., San Mateo
1ST & 3RD WEDNESDAYS, 1:00-2:30pm. Contact the NAMI office for information - 638-0800.

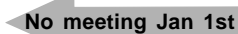
Cordilleras MHR Center Family Support Meeting, 200 Edmonds Road, Redwood City, 367-1890

1ST MONDAYS, 6:30-8pm (2ND Monday if 1st Monday of the month is a holiday).

Penney Mitchell, NAMI SMC facilitator; Crystal Hutchinson, MSW; Leah Ladouceur, BSW.

Parents of Youth Support Meeting, NAMI SMC, 1650 Borel Pl, Ste 130, San Mateo, 638-0800.

2ND MONDAYS, 7-8:30pm. Kristy Manuel and Ginny Traub, facilitators.

San Mateo Medical Center for family members. 

1ST & 3RD TUESDAYS, 6:30-8pm. 222 W. 39th Ave. & Edison, Board Room (main entrance elevator to 2nd floor, left to the end of the hall). Terry & Polly Flinn, Juliana Fuerbringer and Rosemary Field, NAMI SMC facilitators; L. Frattaroli, Ed.D.

South County Support Meeting for family members, Mental Health Clinic, 802 Brewster St., Redwood City, 363-4111.

2ND TUESDAYS, 6-7:30pm. Pat Way, NAMI SMC facilitator; Liz Downard RN, MSN.

Coastside Support Meeting for family members, Coastside MH Cntr, 225 S. Cabrillo Hwy, #200A, Half Moon Bay, 726-6369.

Call for holiday date changes 7-8:30pm. Marie Koerper, NAMI SMC facilitator; Mary Em Wallace, RN, NP, MFT, Ph.D.

Jewish Family & Children's Services, family and friends are welcome. 200 Channing Ave., Palo Alto, 688-3097.

4TH TUESDAYS, 7:00 pm. Sharon & Ron Roth, NAMI SMC facilitators; Laurel Woodard, LMFT. 

Spanish-Speaking Support Group for family members. South County BHRS, 802 Brewster Ave, Redwood City.

2ND TUESDAYS, 6-7:30 PM. Contact Claudia Saggese at 573-2189.

Other Meetings

Asian-Language Family Support Groups

THURSDAYS, 6-7:30 pm, Cantonese/Mandarin. 1950 Alameda de las Pulgas (650) 261-3701 or (650) 573-3686.

Coastside Dual Diagnosis Group, development for clients in all stages of recovery.

THURSDAYS, 4-5pm. 225 S. Cabrillo Hwy #200A, Half Moon Bay. 726-6369 for information.

Consumer Support Groups, Heart and Soul, San Mateo. Call 650-343-8760.

DBSA Mood Disorder Support Group for persons with uni- and bi-polar, depression, or anxiety.

• 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, Room A2-200, Palo Alto.

• TUESDAYS, 7-9pm College Heights Church, San Mateo 1150 W. Hillsdale Blvd. Families welcome. Fred Wright, 299-8880.

Dual Diagnosis Group for Consumers, no charge.

MONDAYS, 2:30 pm. The Source, 500 A Second Ave., San Mateo. Call 650-343-8760 for more information.

Eating Disorders Support Group for parents and loved ones. Contact: 408-559-5593 or info@edrcsv.org

2ND and 4TH SATURDAYS, 9:30-11am. El Camino Hospital, 2500 Grant Rd, Mountain View, New building, Conf. Rm A

Eating Disorders Support Group for family & friends of loved ones. Visit www.edrcsv.org or call Kira Olson at 408-356-1212.

1ST and 3RD SATURDAYS, 9:30-11am Mills-Peninsula Hosp., Rm 4104, 100 S. San Mateo Drive

Hoarding Education Group for significant distress with clutter. Contact hoarderdoctor@gmail.com or 650-799-3172

1ST and 3RD THURSDAYS, 5:30 - 6:15pm. Mills Health Center, Room 4104, 100 S. San Mateo Dr. \$5 donation requested.

Hoarders' Support Group for persons with a history of extreme hoarding and chronic disorganization.

2 THURSDAYS a month. To register or to get more information call (650) 343-4380.

H.E.L.P. for those coping with a mental illness and/or those in a supporting role, Menlo Park Pres., 950 Santa Cruz Ave.

THURSDAYS, 6:00pm optional dinner; 6:30-7:30 program, 7:30-8:30 prayer. Garden Court. Contact Jane at 650-464-9033.

HOPE (Hope, Offering, Prayer and Education), for those with mental illness and/or in supporting roles.

1ST and 3RD TUESDAYS, 6:30pm, First Pres Church, 1500 Easton Dr., Burlingame. Call 355-5352 or 347-9268 for info.

Japanese Education & Support Group, call (415) 474-7310 for information.

Jewish Support Group, for those with mental illness and families and friends, Beit Kehillah, 26790 Arastradero Rd., Los Altos

2ND WEDNESDAYS, 6:15-8:30pm. For info, contact Carol Irwin (408)858-1372.

Korean Support Group, a family/consumer group. Info: Kyo, 408-253-9733

4TH TUESDAYS, 6:30-8:30pm. Full Gospel Mission Church, 20920 McClellan Rd. (opp. De Anza College), Cupertino

North County Support Group for clients, family and friends.

2ND and 4TH THURSDAYS, 5:45-7pm, 375 89th Street, Community Room, Daly City. More info: 650-301-8650.

Obsessive-Compulsive Foundation of SF Bay Area, information: 415-273-7273; www.ocd-bayarea.com.

3RD SATURDAY, 1:30-3:30pm, Seton Medical Center, 1900 Sullivan Ave., 2nd Fl. Conf room near cafeteria, Daly City.

Telecare, for family and friends of residents. 855 Veterans Blvd, Redwood City, 817-9070.

2ND WEDNESDAYS, 5:30-7pm.

Women Living With Their Own Mental Illness, Redwood City - *sliding scale fees apply for this meeting.*

MONDAYS, 6:30-8 pm. Contact Deborah at 363-0249, x111.

Update On The Development Of The Community Service Area Model

From Stephen Kaplan, BHRS Director

To all the BHRS community of clients, families, and partners:

Earlier this year, I held meetings throughout the County to share with you an idea about how to bring our services closer to the people who need them ("Community Service Areas" -for more on this please go to www.smchealth.org/BHRSGoodModern).

The input received in those conversations with over 1,000 persons was consistent: not one of you said that this idea was not worth pursuing. On the contrary: you asked me to go back to the drawing board, and continue exploring this idea further, taking your input into account in order to achieve more clarity on how a CSA would work.

I took that input, worked on it with BHRS' management team, and we came up with a process. The most recent expression of that process (by no means, the last), was a weeklong workshop -a retreat of sorts- held between Nov. 5 and 9. Thirty-five dedicated participants came with lots of questions, yet with open hearts and minds. What happened during that week was transformative beyond our wildest dreams: not only did this group further the CSA idea in a thoughtful, creative, and provocative manner, but it also coalesced around the project, developing new relationships, deepening existing ones, committing their energy and their time to make this a reality for our clients, families, and communities.

I was moved, amazed, and grateful, especially grateful this Thanksgiving season, to witness such "magic" unfold -as one of the participants put it. This group of 35 individuals was representative of the diverse community of stakeholders and of the geographic breadth of our county, and it included staff, partners, clients, family members, and advocacy organizations (see list of participants below). Their charge was: 1) To identify novel ways to meet each community's behavioral health needs utilizing all staff, contracted resources and untapped community resources; 2) To identify a set of core services that each CSA should have; 3) To most effectively use our wide range of specialty expertise and resources.

The week was dedicated to investigating at a deep level how our current processes work, thinking of new ways to examine and conceive a "future state" system of care; the week also allowed us to begin to identify what it would take to realize this vision, and to outline what our next steps should be.

Now we will move into the next stage, where we will be working in specific communities around the county (starting

with the Redwood City/Fair Oaks area), with additional stakeholders, in order to understand what supplemental services are deemed needed in those communities in addition to the core services identified through this part of the process.

I am looking forward to joining with other key stakeholders as we move closer to implementing these changes on behalf of our current and future clients, their families, and the communities in which they live.

Wishing you a fulfilling Thanksgiving season, Steve

P.S.: A Communications Plan is being developed, which will provide much more detail. We are committed to keeping you informed, so please stay tuned for future updates. "Your wellness, your way, your community"

Q: What is "3P"?

A: The acronym 3P (Production Preparation Process) is a systematic, cross-functional application of Lean Principles for development of a Product or Service. Adapted from other industries, this technique brings together stakeholders, content experts, and the observations of clients/families in a workshop format to:

- Deeply explore and understand how current processes (services) are performing.
- Assess innovations found elsewhere but applicable, to unfreeze perceptions and "leap forward" in design thinking
- Create and model a new "forward looking" concept of service
- Determine the attributes needed to operationalize
- Develop a first draft of the plan to implement the concept

Q: Why is 3P the method used to develop our future?

A: Encouraging feedback had been received on the Community Service Area (CSA) Proposal that BHRS Leadership decided to move forward with planning to operationalize it. Having observed how the San Mateo Medical Center successfully used the 3P approach in the preparation of their new South County Primary Care Clinic, BHRS opted to use a similar process, bringing together stakeholders, and informed by clients and family members to develop and verify the concept. This is just the beginning of phase 2, which will offer plenty of opportunity for involvement and engagement of additional stakeholders. It is worth noting that the initial phase (which we called "Listening Sessions") offered the "10,000-foot view" of the CSA model. The 3P workshop (phase 2), developed the "2,000-foot view" (a deeper description of how a CSA would operate). We are now moving into phase 3, which will further develop the "ground level" detail.

The Uneasy Guardian – Personally Speaking

I am one of the lucky ones.

I am my daughter's legal guardian. I leapt the hoops and wrote the checks and endured the wrath entailed in being appointed by a court to make the choices my daughter made for herself when she was 18 years old but had lost the capacity to make by 24 because of untreated severe mental illness.

She's one of the lucky ones, too.

She lives in a state with enlightened involuntary treatment laws enacted with the support of the Treatment Advocacy Center. She's been treated in a state hospital that is humane, progressive and – best yet – patient about her recovery. She responds to medication. When she's stable, she recognizes that my guardianship is a safety net that has broken her falls.

Yet the luck comes with a price.

We're both grateful for the saving grace of effective antipsychotic medication, but whenever I read an article about their adverse health effects – like the study that's the subject of [this] blog – I feel uneasy. I make tradeoffs for my daughter, and some are profound. Whether it's where she lives or whether she can drive a car or what medication she takes, I make the choices whose down side she alone experiences. I make them with the best intentions in the world and with the best information I can lay my hands on, but they are still tradeoffs in which I make the trade, and she pays the price.

My daughter wouldn't trade the sanity she has regained through treatment for insanity, and I wouldn't trade having a voice in her care for the voicelessness so many families experience. That makes a lot of things less hard for us. It doesn't change the fact that nothing about living with severe mental illness is ever easy.

—Doris A. Fuller, Communications director, Treatment Advocacy Center
Source: <http://treatmentadvocacycenter.org/about-us/our-blog/69-no-state/2048-the-uncomfortable-guardian-personally-speaking>



Book Review

In The Water They Can't See You Cry, by Amanda Beard

From NAMI.org. Touchstone (2012)

Olympic swimmer Amanda Beard's memoir, In the Water They Can't See You Cry provides an engaging look into Beard's struggle with depression, cutting and eating disorders while swimming competitively. On the surface, Amanda Beard had it all: An Olympic champion from the age of 14, Beard was a sports icon and always in the spotlight. In her memoir, Beard opens up on a wide range of topics in a candid and brutally honest way, revealing a side of her that many viewers and fans have never seen.

This honest account documents Beard's struggle with crippling depression and low self-esteem with a changing body. It also portrays her descent into drug use while trying to save a romantic relationship. The world viewed Beard as a winner and a beautiful woman; however, she didn't see herself that way, which led to self-destruction. This memoir pulls no punches about overcoming and battling those demons head-on and finding some middle ground. Not until Beard met her husband, photographer Sacha Brown, was she guided into seeking professional help to recognize and manage her depression and begin to truly enjoy her swimming and her relationships, and to succeed in both realms. After seeking help, she began to realize her own self-worth and came back stronger than ever to compete in the Olympics a record four times in a row, which is unheard of in competitive swimming.

Now living with her husband and son in Arizona, Beard no longer has destructive tendencies and has a positive self-image. Amanda's memoir highlights the good and bad about living in the spotlight with the incredible pressure of being a national icon while hating her own body. It reminds readers that even those who seemingly have it all can struggle in life, but that it's how they deal with those struggles in the end that really matter.

—Stephanie Corkett, NAMI Communications Intern

MHSARC Meetings

Wednesday, December 5 • 3:00 - 5:00pm

(first Wednesday of every month)

Time/locations vary, please check with

650-573-2544 or www.smchealth.org/MHSARC

Health Services Building Room 100

225 W. 37th Ave., San Mateo

All meetings are open to the public

AGED-FOCUSED COMMITTEES:

225 37th Ave., Diamond Room, San Mateo

Older Adult Services Committee • 10:30am to 12:00

Adult Services Committee • 1:30pm - 3

Children and Youth Services Committee • 4pm - 5
(2000 Alameda De Las Pulgas., Room 209)

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 Consumer (\$10)
- Renewal or New Membership Amount Enclosed: \$ _____

Change Address (print new address below, include bottom half of 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 _____

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. Thank you for your support.

**** NEW LOCATION ****

General Meeting

January 23 - see page 1

100 S. San Mateo Drive, San Mateo Mills Health Center / Hendrickson Aud.

MHSARC Meetings

Dec 5 - see page 7

Volunteer Meeting

Jan 10 and March 14 - see page 2

Meet NAMI CA Directors

Jan 11 - see page 2

IOOV Presentations

Jan 14 and 30 - see page 4

NAMI San Mateo County

1650 Borel Place, Suite 130
San Mateo, CA 94402
650-638-0800
FAX: 650-638-1475
namismc@sbcglobal.net
www.namisanmateo.org
Office open: 9am-1pm, M-F (or by appt.)

Board of Directors

Mike Stimson - Co-President/Treasurer
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Jerry Thompson, Pat Way

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

RETURN SERVICE REQUESTED

Time Value

Got some community MH news? Please email information to namismc@sbcglobal.net