

General Meeting



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

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

Wednesday, March 23

6:30pm Reception
7:00pm Program

CIT and PERT

Jason Albertson,

LCSW San Mateo County BHRS
and

Jim Coffman,

Detective, San Mateo County Sheriff

The Psychiatric Emergency Response

Team is an innovative, cooperative approach to provide followup and a linkage to care for people who come to attention of law enforcement in unincorporated San Mateo County and areas that contract with the Sheriff for police services. One of the first cop/clinician teams in Northern California, PERT goals include attempting to reduce risk in order to prevent tragic outcomes. Jason and Jim will detail their program and explain how CIT in San Mateo County evolved into PERT.



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.

*Don't forget to mail in
your membership!*

Laura's Law Adopted in San Mateo County

The Board of Supervisors approved the implementation of Laura's Law in June 2015, which provides for an adult living with a serious mental illness to be referred to the court for consideration of a court order for Assisted Outpatient Treatment. Eligibility criteria includes: 1) unable to "survive safely" in the community without "supervision" 2) has a history of "lack of compliance with treatment" as evidenced by at least one of the following: a) been hospitalized/incarcerated two or more times in the last 36 months due to mental illness or b) demonstrated violent behavior towards self or others in the last 48 months, 3) has been offered treatment on a voluntary basis and refused it, and 4) is "deteriorating."

Terry Wilcox-Rittgers, Clinical Services Manager II, has been selected to lead the development and implementation of "Laura's Law" with an expected start date in the spring.

—*Wellness Matters, January 2016*

Election of Officers / Annual Meeting

In accordance with the NAMI San Mateo County bylaws, our annual election of officers will take place at the March 23, 2016 General Meeting. We are looking for additional board members, including a Treasurer and Secretary. If you are interested in a position or wish to suggest someone, please contact the office at nami@namisanmateo.org or 650-638-0800.

Nominations will be accepted at our office and posted on our website at the beginning of March. Installation of officers will take place at the April board meeting, following the election in March.

Support NAMI SMC Through Legacy and Planned Giving

To help ensure that NAMI San Mateo – and all of our programming – remains viable and financially sound for generations to come, we encourage our members and friends of all ages to consider a legacy gift to us.

Legacy gifts come in all shapes and sizes – not just in five or six figures! The most popular gift is a bequest in your will or living trust. You may designate a specific amount or piece of property, stocks/shares in a company, a percentage of your estate or the remainder of your estate. If you already have a will, bequests may be added with a simple amendment or codicil. Please contact your attorney for more information.

The inclusion of a legacy or planned giving gift in your will allows you to further provide for the organization that holds a special place in your heart. If you are considering such a donation, please contact Helene Zimmerman, NAMI SMC Executive Director at execdirector@namisanmateo.org.

Update On New California Law To Improve Mental Healthcare Intervention

Passage of AB 1194: Clarifies that the 5150 statute is not restricted to only imminent danger, and requires that psychiatric history and input of families is to be taken into account.

(Continued on page 7)

How Does Housing Impact Your Health And Recovery?

Wednesday, February 3, 3:00-5:00pm
Health Services Building
225 37th Ave., Room 100, San Mateo

Special Meeting : Share Your Housing Story!

The San Mateo County Mental Health and Substance Abuse Commission (MHSARC) wants to hear from BHRS clients about how housing in San Mateo County can affect mental health and the recovery process. Give your feedback and help address housing issues in San Mateo County! Clients, **family members**, providers and staff welcome to attend. Unable to attend and want to share your story? Send your story to Chantae Rochester: CRochester@smcgov.org or BHRS, 225 37th Ave, San Mateo. Questions? Call 650.573.2544.

Suicide Bereavement Clinician Training

February 26 & 27
Garden Room - Building 10, Clark Kerr Campus
2601 Warring St., Berkeley

The Greater San Francisco Bay Area Chapter of the American Foundation for Suicide Prevention in partnership with The American Association of Suicidology is presenting a conference entitled Suicide Bereavement Clinician Training Program. The presenter, John R. Jordan, Ph.D., is the co-chair of the Survivors of Suicide Loss Task Force of the National Action Alliance for Suicide Prevention, where he is helping write new national guidelines for suicide prevention in the United States. CEs are available. Registration for both the Friday evening and/or Saturday programs and more event information can be found at: <https://afsp.wufoo.com/forms/suicide-bereavement-clinician-training-program/>

Friday the 26th from 6:30 to 8:30 will be a Workshop: Grief After Suicide: Finding Hope and Healing. Saturday the 27th from 9AM to 4:30 PM will provide a focused overview of the impact of suicide on survivors, and the clinical and support responses that are needed after a suicide occurs.

FAST: Family Assertive Support Team

650-368-3178 or 650-371-7416 (pager)
24-hours, 7 days-a-week

Call FAST when you are concerned about a family member who may be showing signs or symptoms of serious emotional distress - FAST for prompt and caring support!
We Come to You!

See a full article about FAST in our November 2013 web version newsletter at www.namisanmateo.org.



Family to Family teachers from Fall 2015: Ann Baker, Ruan Frenette and Penny Mitchell; Patricia Urbina, Inge Greenwood and Tad Randall

Our end-of-year letter elves: Karen Snyders, Diana Casey, Jean Chen, Ryan Chen & Kazuko Kobayashi Frisk

Our printing gurus: Gary Stang & Jennifer Stang

Board meetings: Hilary Ravis-Randall: For allowing us to feast on Board dinners with our eyes as well as our stomachs!

Newsletter production & layout aficionado: Ruan Frenette

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

If you would like to volunteer, please contact Debi at nami@namisanmateo.org or 650-638-0800.

New! Patient Education Library

NAMI San Mateo is pleased to offer a new Patient Education Library, see <http://namisanmateo.org/health-library>.

The patient education content covers a wide range of topics, including ADHD, Alcoholism, Autism, Anxiety Disorders, Bipolar Disorder, Depression, Personality Disorders, Schizophrenia and more. The content is derived from trusted, non-commercial sources, such as the National Institutes of Mental Health, and include links to NAMI resources.

The Health Library content can be printed by website visitors at home and shared on social media.

This free, advertising-free service is provided by Vivacare, a patient education company. Mark Becker, M.D., the founder of Vivacare is a pediatrician with extensive experience in providing web-based services for the medical field.

Vivacare's proprietary content management system integrates content from a variety of trusted sources into a unified, patient-friendly format for use by selected medical professionals in the delivery of patient care.

The Vivacare management team is experienced developing a wide range of patient education programs on behalf of health care organizations – including : NAPNAP, Tremor Action Network, National Eczema Association, National Rosacea Association as well as many others.

Vivacare is committed to helping medical professionals and health care organization educate and support their patients.

We hope you find this new feature to be helpful!

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

Congrats to Recent Grads of NAMI SMC Programs!

In Our Own Voice Graduates

It is with much pleasure that NAMI SMC has nine new In Our Own Voice presenters that will enable us to expand our outreach capabilities. The new presenters are: Gilbert Cavallini, Alan Cochran, May Chen, Rocio Cornejo, Christina Innes, Dan Hibson, Gina Olinger and Tad Randall. Congratulations graduates!



Peer to Peer Graduates

After 10 weeks of hard work and perseverance, nine individuals graduated from the Winter 2015 NAMI SMC Peer to Peer class. Join me in congratulating the graduates for their resilience, commitment to the class and their fortitude!

5 Discussions from National Council for Behavioral Health

One of the most rewarding parts of my job is the opportunity to engage with the staff of member organizations and the people treated by those organizations. When traveling around the country, I truly look forward to the conversations we have. Another way I try to engage is with written conversations — offering new information and points of view — and sometimes that can mean uncomfortable conversations.

Here's a look back at five discussions that resonated in 2015. <http://www.thenationalcouncil.org/lindas-corner-office/2015/12/the-national-councils-top-5-conversations-of-2015/>

And while it remains to be seen what 2016 will hold, we've put together an Out and In List (<http://www.thenationalcouncil.org/wp-content/uploads/2015/12/InOutList.pdf>) that shares where we think the coming year will take us. Be sure to tell us what you think will be most talked about in 2016.

Happy New Year from all of us at the National Council.

—Linda Rosenberg,
President and CEO, National Council for Behavioral Health

Melanfolly by L Babbitt



NAMIWalks - Saturday, September 17

NAMI SMC members, friends and the general community -MARK YOUR CALENDAR! This year's NAMIWalk will be held in conjunction with NAMI Santa Clara at the San Jose Guadalupe Park's Arena Green West (the field adjacent to the SAP Arena and across the street from Diridon Station for easy access by VTA, bus, light rail and CalTrain).

Please watch the newsletter and website for more information as plans evolve.

Frequently Asked Questions

Who can prescribe & manage psychiatric medications?

- **Psychiatrists.** Psychiatrists are medical doctors who specialize in the assessment and treatment of mental health disorders.
- **Nurse-Practitioners.** Nurse practitioners are registered nurses with advanced training in the assessment and treatment of medical and/or mental health disorders.
- **General Practitioners.** General practitioners (e.g., primary care providers) are medically trained professionals who are able to prescribe any form of medication (including psychiatric medication) but do not specialize in mental health treatment.

(NAMI San Mateo County recommends initial diagnosis and prescriptions from a psychiatrist.)

Where can I find reliable information about specific psychiatric medications?

- Food & Drug Administration
- National Institute of Mental Health
- National Alliance on Mental Illness (NAMI)

Are there treatments available for mental health disorders that do not involve medication?

- *Psychotherapy* is used successfully to treat many mental health conditions. Depending upon the specific mental health disorder and the individual, psychotherapy can be just as effective as medications, and in some cases, more effective.
- Often, however, the most effective approach is to use a *combination* of psychotherapy and medication. For some mental health disorders such as schizophrenia and bipolar disorder, medication is almost always a necessary part of the treatment.
- We recommend seeing a mental health professional to help you determine which treatment is most appropriate for you.

—University of Michigan - Supporting Student Mental Health

Getting Reasonable Accommodations at Work Before Stage 4

At Mental Health America (MHA), we work to make sure people can get help Before Stage 4. When we think of cancer or heart disease, we don't wait years to treat people. We start before Stage 4—we begin with prevention, identify symptoms, and develop a plan to treat and support the person. We need to do the same with mental health.

When you think of acting Before Stage 4, you might think of going to see a therapist as soon as you notice problems with your mental health. This is an important part of acting Before Stage 4. But acting early to change your day-to-day experiences at work can be another important part. For example, if you are distracted because of anxiety or depression, a quiet workspace might help you be more productive and happy, and ultimately support your recovery. Or, if your therapist only has appointments on weekday mornings, a shift in your schedule might help.

But isn't it up to your boss whether you have a quiet workspace or a later schedule?

Not always. Sometimes, your employer is legally required to make changes that you need because of a mental health condition. The Americans with Disabilities Act, or ADA, says that many people with common mental health conditions like major depression, PTSD, and OCD have the right to get "reasonable accommodations" at work. A reasonable accommodation can be almost anything – getting detailed (continued on page 7)

Shopping Supports NAMI SMC


Please sign up!

Together, shopping through any of these mediums makes a real difference. Last year, NAMI SCC received over \$3,000 in merchant rebates! For more information, contact the office at 650-638-0800 or nami@namisanmateo.org.

The **S.H.A.R.E.S. card** will donate 3% of your grocery purchases to NAMI SMC at all SAVEMART, LUCKY, SMART FOODS & FOODMAXX stores! To request a S.H.A.R.E.S card please call our office at (650) 638-0800 or email us at education@namisanmateo.org. Tell a friend!



Remember, 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!

escrip is is easy, quick & secure! Let's  get started! Go to www.escrip.com, click on "sign up," follow the instructions to register your grocery cards and your existing credit/debit cards and start earning for NAMI SAN MATEO COUNTY! Tell a friend!



We are grateful for donations...

...in memory of:

Annie Shikuma from Juneko Yoshida

Matt Elder from Micki Ceragioli

Joshua Stang

from Gary & Nancy Stang; Mike Madero; Kevin Soloman of Southland Envelope Company; Debra, Helene & Lee

Chris from Ingrid Gueloep-Miller

Robert A. McKerroll from Gregg McKerroll

...honoring:

Helene Zimmerman

from Ted Goldstein & Jessica Bernhardt

Terry Walker, Christmas donations from Stephen Walker, John C. Walker, and William & Mikiko Walker

NAMI SMC's **Peer to Peer Education Course** from Jane Cummings

Philip Aiken from James & Linda Aiken

Sarah Intrieri from her grandmother, Patricia Fishel

Calvin Shelton from Patricia A. Merida

Nancy Kelly Cameron from Mary Willoughby

Pat & Steve Way from Margaret Taylor

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

MHSARC Meetings - open to the public

Wednesday, Feb 3 • 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

AGED-FOCUSED COMMITTEES:

Call for location: 650-573-2544

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

Adult Services Committee (combined with former CRC)

• 10:30pm - 11:30, 3rd Wednesdays

Children and Youth Services Committee • 4pm - 5:00

Board of Supervisors Meeting

Tuesday, Feb 2 • 9:00 a.m.

Board Chambers

400 County Center, First Floor, Redwood City

Board of Supervisors agendas are found at <http://www.co.sanmateo.ca.us/portal/site/bos>

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

- | | |
|--|-----------|
| <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. • Dual Diagnosis Group for Consumers, Mondays, 2:30pm. 210 Industrial Rd. Bldg. 210, Room 160, info: 650-393-8604. | MONDAY |
| <ul style="list-style-type: none"> • NAMI Spanish-Speaking Support Group for family members. 2ND Tuesdays, 6-7:30pm. South County BHRS, 802 Brewster Ave, Redwood City. Contact Claudia Saggese at 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. • NAMI Connection for persons with mental illness. 2ND Mondays, 7-8:30pm. 1650 Borel Place #130, San Mateo. Call NAMI SMC 650-638-0800 for information. • 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. • HOPE (Hope, Offering, Prayer and Education), for those with mental illness and/or in supporting roles. 1ST and 3RD Tuesdays, 6:30pm, First Presbyterian Church, 1500 Easton Dr., Burlingame. Call 355-5352 or 347-9268 for info. • 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 - sliding scale fees apply for this meeting. Contact Deborah at 650-363-0249, x111. | 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, Room A2-200, 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 • Telecare for family and friends of residents. 2nd Wednesdays, 5:30-7pm. 855 Veterans Blvd, Redwood City. 650-817-9070 | 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</i>: emlycaruthersmft@gmail.com. More info: 408-356-1212 or e-mail: info@edrcsv.org. • 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"> • Japanese Education & Support Group, call (415) 474-7310 for information. • 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. • Consumer Support Groups, Heart and Soul, Call 650-343-8760 for address. | SATURDAY |

Cluttering & Hoarding Support Groups, Workshops, and Private Consultations - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, efarber@avenidas.org.

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.
- **Peer to Peer**—Better living skills for people with mental health issues taught by people with mental health issues.
Next class begins Thursday, January 28
- **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.

BHRS Family Contacts

Suzanne Aubry, Dir. Family Service & Support: 650-573-2673
Claudia Saggese, Family Liaison (habla Español): 573-2189

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.

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.

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

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. Available 24x7.

For additional non-emergency numbers relating to Mental Health issues, access www.namisanmateo.org.

(Passage of AB1194 from page 1)

The Governor signed AB 1194 (Eggman), which clarifies that danger in the 5150 statute is not restricted to only imminent danger, and that psychiatric history and the input of families MUST be taken into account. This became law in California on January 1, 2016. AB 1194 really amounts to a change in a few words on paper when all is said and done . . . and yet it's a small but important step forward. NAMI California supported AB 1194, to provide "that for purposes of determining whether a person, as a result of a mental health disorder, is a danger to others, or to himself or herself, danger constitutes a present risk or harm that requires consideration of the historical course of a person's mental health disorder and shall not be limited to imminent or immediate risk of harm to others or to himself or herself." AB 1194 has created an opportunity to refine and clarify more broadly who gets care in an emergency setting. It's also important to note that it will contribute to earlier interventions, and those earlier interventions can lead to better outcomes. In our efforts to make treatment laws more rational, and consistent across counties, hospitals and law enforcement agencies, we have won a victory. http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201520160AB1194
<http://www.sandiegopsychiatricsociety.org/uncategorized/ab-1194-signed-into-law>

(from Before Stage 4 on page 4)

instructions on assignments, a white noise machine/headphones, or even permission to work from home in some cases – as long as it doesn't involve significant difficulty or expense, or paying for work that isn't done. Not everyone with a mental health condition has the right to get reasonable accommodations, but if the condition is affecting your work, there's a good chance you qualify.

Too often we think of asking for a reasonable accommodation as a last resort, because it could be risky to tell the boss about a mental health condition. But there is also a risk in not telling, if a reasonable accommodation would help you to avoid mistakes that get you in trouble or even fired. And, in addition to requiring reasonable accommodations, the ADA also makes it illegal to discriminate on the basis of disability.

MHA hopes to bring our Before Stage 4 philosophy to the workplace. For additional resources, visit MHA's workplace wellness site, use our Work Health Survey, and take our mental health screens. Each is designed to help you think about how you can act Before Stage 4.

For additional information on reasonable accommodations, you can also check out these publications by the Job Accommodation Network. To learn more about the law of reasonable accommodation, and what to do if you think your employer isn't following the law, you can visit the Equal Employment Opportunity Commission ("EEOC") website. The EEOC also has a Fact Sheet that you can give to your psychologist, psychiatrist, or other mental health provider that explains how they can help you get reasonable accommodations.

Note: This is intended to be an informal discussion, and should not be interpreted as an official position of the Equal Employment Opportunity Commission.

By: Nathaniel Z. Counts, J.D., Director of Policy, Mental Health America, and Aaron Konopasky, J.D., Ph.D., Senior Attorney-Advisor, Equal Employment Opportunity Commission January 11, 2016
<http://www.mentalhealthamerica.net/blog/getting-reasonable-accommodations-work-stage-4>

When Change is Hard

Making a change is not easy. In fact, 60% of people who achieve their New Year's resolutions flop once-or more-before succeeding. But you can pump up your healthy habits. And the more you stick with a new behavior, the easier it gets. That's because repetition actually can build pathways in your brain. If you're having trouble, consider these tools for sticking with change.

Boost Your Motivation

Everyone has times when their motivation sags. Here are some tips to boost yours:

- **Remember your why.** What made you try this wellness tool? Was it because you wanted to be more focused at work? Less grouchy to your spouse? Less winded at the gym? Or maybe it was just because you deserve to feel good. Whatever your reasons, keep a list to inspire you.
- **Make a change.** If you've tried your chosen tool for a while and aren't feeling better, try another. Remember, not all of the 10 Tools are right for everyone. Also consider shifting the way you use a tool to avoid boredom. For example, if you've chosen to help others, instead of checking on your neighbor this week, try donating to charity.
- **Get support.** If appropriate, join a group or work with a friend. You also can ask those around you to support your change. If you're trying to stay positive, you might ask your kids to tell you something great about their day.
- **Congratulate yourself.** Success breeds success, so acknowledge yourself for any steps forward. Little rewards sometimes also work well.

Resisting Temptation

At times, you may find yourself on the verge of returning to unhealthy behaviors. Tips for those times include:

- **Be prepared.** Some temptations can be avoided altogether with a little planning. You can pack healthy snacks to resist junk food. You can record your late-night TV show to avoid losing sleep.
- **Wait it out.** If you're feeling an unhealthy urge, remind yourself that it will pass. Most urges fade pretty quickly. If yours is stubborn, try distracting yourself with something fun.
- **Ask yourself about yourself.** What will make you feel better about yourself later, sticking with your wellness change or dropping it?

Dealing with Setbacks

Failing is not such a big problem. How you deal with failure is often what really matters.

- **Don't give up.** When you break your plan, try not to assume all is lost. It would be a shame to give up entirely just because you slipped for a few days-or even a few weeks.
- **Don't overly criticize yourself.** Scolding makes you feel bad about yourself, and bad does not promote success. Instead, imagine what you'd say to a friend if she had failed.
- **Think about what went wrong.** Then start looking for solutions. Were you too tired at the end of the day? Try moving your activity to the morning instead. Did you feel like you didn't have time? You might switch to one of the wellness tools that take almost no time, like staying positive. Did you put other people's needs before yours too often? Remember that if you don't take care of yourself, you may wind up too burnt out to help anyone else.

—<http://www.mentalhealthamerica.net/when-change-hard>

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 half of page with old address)

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

Name _____

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Attend this! **How Does Housing Impact Your Health And Recovery?**

February 3 - see page 2

Suicide Bereavement Clinician Training

February 26-27 - see page 2

General Meeting

March 23 - see page 1

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NAMI Applauds Agreement on the 2016 Budget Bill

NAMI [National] Executive Director Mary Giliberti on January 5 praised the House and Senate for their work in reaching agreement on the federal budget bill for 2016.

“This bill clearly demonstrates recognition by the Committee that wise investments in mental health services and research benefit people with mental illness, families, and the nation as a whole,” Giliberti stated. “We are particularly grateful for the agreement’s increased funding for early intervention in the treatment of psychosis, funding for research at the National Institute for Mental Health, and investments in vital services and supports that can prevent negative consequences such as homelessness and incarceration. NAMI is grateful for the efforts of key bipartisan leaders in Congress in bringing about these important investments including Senators Roy Blunt (R-MO) and Patty Murray (D-WA) and Representatives Tom Cole (R-OK) and Rosa DeLauro (D-CT).”

The budget bill includes a number of important provisions including:

- An increase of \$50 million for the State Mental Health Block Grant program administered by the Substance Abuse and Mental Health Services Administration (SAMHSA), with 10% of these funds designated as a “set aside” for funding early intervention programs for people with serious mental illness, an increase from the current 5% set-aside. NAMI, in partnership with the National Institute of Mental Health (NIMH), held a Congressional briefing in October to focus attention on the promise of First Episode Psychosis (FEP) programs such as those established through the NIMH Recovery After an Initial Schizophrenia Episode (RAISE) initiative and to ask Congress for this increase in funding. These programs in research sites across the country showed positive outcomes in reducing disability and fostering recovery.
- An increase of \$85.4 million in funding for biomedical and services research at NIMH. Total funding for NIMH in FY 2016 will be increased to \$1,548,390,000, a vital investment in research to advance understanding of the causes of mental illness and to identify new treatments for these conditions.
- An increase of \$1.5 million for Criminal Justice/Mental Health Collaboration grants funded through the Mentally Ill Offender Treatment and Crime Reduction Act (MIOTCRA) program administered by the U.S. Department of Justice. This program, whose total funding will be \$10 million in fiscal year 2016, provides vital grants to states and communities to support jail diversion, mental health courts, law enforcement training, and community reentry programs for people with mental illness and co-occurring substance use disorders involved with criminal justice systems.

The bill also provides \$15 million for a new Assisted Outpatient Treatment (AOT) pilot program through SAMHSA. NAMI will be encouraging SAMHSA to focus on funding projects modeled after San Francisco's new AOT program that include a significant outreach and engagement component prior to AOT or if an AOT order is necessary, to assist and empower people under AOT orders to realize their personal goals and achieve better outcomes.

In Memoriam: Ted Stanley

The Treatment Advocacy Center marks the passing of Ted Stanley, an unequaled philanthropist, friend and champion for eliminating barriers to the treatment of severe mental illness. Inspired by the triumph of his son, Jonathan Stanley, over severe mental illness, Mr. Stanley for decades committed his considerable vision, energy and wealth to reshaping the landscapes of mental illness research and advocacy in America.

Without the support and vision of Ted Stanley and his late wife, Vada, there would be no Treatment Advocacy Center. Dr. E. Fuller Torrey, founder of the Treatment Advocacy Center, tells the story, “In 1998, Vada called me after reading my book *Out of the Shadows* and asked, ‘Isn’t there something we can do NOW to help people who need treatment for serious mental illness?’ After discussing the problem at length, we agreed that advocacy to improve access to treatment for individuals with serious mental illness – especially those who were not aware of their illness – had the greatest potential. Vada and Ted then committed funds to get the Treatment Advocacy Center started.”

The generous and unwavering commitment of the Stanley’s made possible the Treatment Advocacy Center’s emergence as a prominent national voice for mental illness policy reform. Since our founding in 1998, more than half the U.S. states have made important changes to their civil commitment standards and treatment laws as a result of this work. In late 2015, President Obama signed a bill into law that, for the first time, provides federal funding for assisted outpatient treatment programs, a signature success that harkens back to Vada’s initial plea for programs to help those who need treatment NOW.

In addition to supporting the Treatment Advocacy Center’s achievements, Mr. Stanley emerged as a philanthropist without rival in the support of mental illness research. Through the Stanley Family Foundation, he donated almost \$600 million to the Stanley Medical Research Institute to support groundbreaking research on the causes and treatment of schizophrenia and bipolar disorder. He funded psychiatric research at the Cold Spring Harbor Laboratory in New York and at the Broad Institute in Cambridge, Massachusetts. And, in 2014, he donated \$650 million to the Broad Institute to support genomic research of schizophrenia and bipolar disorder, bringing his total donations for mental illness research to more than 1.2 billion dollars.

The Treatment Advocacy Center celebrates the life and generosity of Ted Stanley. No one has done as much to advance the cause of mental illness treatment. We all stand in awe of his contributions that promise to benefit humanity for generations.

—On behalf of the board and staff of the Treatment Advocacy Center.

Congressional Agenda

Laying out his agenda for Congress this election year, Speaker Paul Ryan highlighted both mental health and criminal justice reform as areas where he expected to see legislation passed.

Reforms currently being discussed in both areas would have a profound impact on the way the country treats people with severe mental illness.

Ryan highlighted two bills that focus on reforming our broken system to better serve people with severe mental illness, noting that both already enjoy strong bipartisan agreement:

- The Helping Families in Mental Health Crisis Act, introduced by Representatives Tim Murphy (R-PA) and Eddie Bernice Johnson (D-TX), focuses on mental health reform for those with severe mental illness and their families who are struggling to get necessary care for their loved ones. The legislation advanced out of the House Energy and Commerce health subcommittee markup in November with all provisions intact to help people with severe psychiatric illnesses.
- The Comprehensive Justice and Mental Health Act of 2015, introduced by Representatives Doug Collins (R-GA) and Bobby Scott (D-VA) would increase CIT and other training for law enforcement on how to appropriately respond to incidents involving people with mental illness, provide support for mental health courts and expand data collection on the criminalization of mental illness. The legislation passed this week out of the House Judiciary Committee. The Senate companion bill of the same name passed out of the Senate by voice vote in December.

The combination of effective mental health and criminal justice reform holds the potential of finally addressing our nation's longstanding mental health failures. For too long, our nation's mental health system has failed those in need, leaving law enforcement to pick up the pieces. As a consequence, our jails have become de facto psychiatric facilities. It is inhumane, ineffective and too often ends in tragedy.

CONTACT YOUR LEGISLATORS. Tell them that you support comprehensive mental health reform and urge them to support the Helping Families in Mental Health Crisis Act (HR 2646) and the Comprehensive Justice and Mental Health Act of 2015 (HR 1854).

— *Treatment Advocacy Center* <info@treatmentadvocacycenter.org>