

General Meeting

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

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

Wednesday, July 27

6:30pm Reception
7:00pm Program

**Creativity in Mood
Disorders: A Look at the
Research**

Sheri Johnson, Ph.D.,

*Professor of Psychology, Director of
the Cal Mania (CALM) Program,
University of California, Berkeley*

Clinical psychologist Kay Jamison drew on biographies and autobiographies to identify an array of musicians, artists and authors with experiences of mania. Professor Sheri Johnson will review the science on whether creativity levels are higher among people with a history of mania and their family members, and those with depression, and will discuss mechanisms that might help explain the links observed.

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.

**See current activities and
more articles
on our website:**

www.namisanmateo.org

2016 NAMI California Annual Conference

August 26 and 27
San Francisco Airport Marriott Waterfront
1800 Old Bayshore Highway, Burlingame



Register now for the 2016 NAMI California Annual Conference and get early bird savings! This year's conference theme 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! Visit <http://conference.namica.org/>

NAMI WALKS SILICON VALLEY

Saturday, September 17
Guadalupe River Park Arena Green West
San Jose

Visit www.namiwalks.org/siliconvalley to register.

**Join NAMI San Mateo County, NAMI Santa Clara County
and NAMI Alameda County as we walk for Mental Health.**

Distance: 5K or shorter (if needed)

If you walked with us last year, you will remember the theme song of the day, "Walk-A-Mile in My Shoes." Join us this year as we cheer and applaud those that tell their inspiring stories of what it is like to walk in their shoes.

Let's support our brothers and sisters, mothers and fathers, sons and daughters, husbands and wives, and dear friends that walk that walk every day!

Virtual & Actual Teams: To register a virtual or actual Walk team please log into the website and sign up! Encourage friends and family to join you and participate from wherever they may be - from all points around the world!!

While many teams are virtual walkers, other participants came to the park for the in-person experience. Actual walkers have a great time! It's about camaraderie, gathering for a common cause, a beautiful time outdoors, comfort foods – and of course the T-shirt!!

Last year's NAMIWalks teams included: Kaiser Redwood City Walkers, Mighty Neurons, Never Walk Alone, Nurses for a Better Tomorrow, BHRS SMC Help and Hope for ALL, Goshu Financial, Heart & Soul, Kathy's Hope and Traub Tigers. We'd like to register 20+ teams this year! Start a personal team, or one related to your place of work, or worship...ask your professional contacts, or your friends and family members to join your team or start one of their own!

Volunteers: Add to the experience by helping out! Contact the NAMI SMC office at namiwalks@namisanmateo.org or 650-638-0800 for more info.



Edna Daga

Study for Bipolar Youth

The Department of Psychiatry at Stanford University is recruiting 14-21 year old youth who have bipolar disorder to participate in a PAID research study on sleep and mood patterns.

Sleep is commonly disrupted in adults who are diagnosed with bipolar disorder. However, there has been limited investigation of sleep in youth bipolar disorder. Our aim is to better understand sleep in youth diagnosed with bipolar disorder, and to explore the relation of sleep to mood in this population. The goal of this work is to help advance new treatments for youth affected with bipolar disorder.

The study has 3 parts:

- One visit by parent and youth to our lab for interviews and questionnaires.
- Two nights of sleep assessment in your home. Trained members of our team will set up a device that measures sleep in your home, then leave. We pick up the device the following morning.
- Three weeks in which we ask the youth to complete a brief daily diary using his/her cell phone and to wear a special wristwatch.

You will receive up to \$215 for completing the study. If you would like to receive more information, please contact us at (650) 736-2689 or dailyrest@stanford.edu.

Tony Hoffman Community Service Awards

The Tony Hoffman Community Mental Health Services Award recognizes individuals, professionals, businesses, and the media who have made an extraordinary difference in the lives of people with mental illness and the communities in which they live. This year's award winners are: Ramona Gabriel, Probation Officer (law enforcement); Dr. Lovella Caluya-Diaz, service provider; and Alan Cochran a BHRS Volunteer, and our own In Our Own Voice presenter. Congratulations everyone and especially to Alan!



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.



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

Family to Family Teachers: Sylvia Constantz and Ruan Frenette

Newsletter helpers: Karen Snyders, Joan Dower, Esther Ludena, Edna Daga

Office Support: Mike Rodrigues and Diana Casey

General Meeting: Karen Snyders, Diana Casey, Lisa Kenney, Lily Arapeles

Connection Leaders: Calvin Shelton, Dana Foley

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

Soul Stroll for Health: Mica Eades of Rho Delta Omega Chapter of Alpha Kappa Alpha Sorority

All of our Support Group Leaders!

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

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

Karen Krahn, BHRS' new Deputy Director of Adult/Older Adult Services

It is our pleasure to introduce the NAMI family to Karen Krahn. For the past 9+ years Karen has worked for the state of Hawaii Department of Health's Behavioral Health Division. Among her responsibilities were directing clinical operations, strategic planning, compliance, performance improvement, forensic and multicultural service programs, implementation and oversight of supported housing, case management, co-occurring programs, supported employment, expansion of career ladder for peer specialists, crisis services, and contracting.

Karen also worked for Magellan Health Services as Vice President of Quality Improvement and was responsible for public sector policy, program development and oversight of quality improvement with 14 Medicaid managed care contracts in 12 states.

With Karen's background she will be a great help to BHRS as they navigate the many challenges and opportunities that are here and ahead of us. Welcome Karen.

Jail Chaplain

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

#aBedInstead



It's getting harder and harder to find a psychiatric

hospital bed for people in a crisis – our nation's psychiatric bed shortage has left the most severely ill with nowhere to go.

What does that mean for someone who needs care? Our failed mental health treatment system now substitutes appropriate inpatient psychiatric care with a revolving door jails, prisons, emergency rooms, homeless shelters and a long list of other consequences.

People with severe mental illness and their families deserve better than this; they need #aBedInstead.

A BED INSTEAD OF JAIL. There are now 10x more people with severe mental illness behind bars than receiving treatment in a hospital.

A BED INSTEAD OF BEING HOMELESS. People with untreated psychiatric illnesses comprise at least one-third, of the estimated 600,000 homeless population.

A BED INSTEAD OF DYING BY SUICIDE. Suicide is the number one cause of premature death among people with schizophrenia, with an estimated 5 percent ending their own lives. Similarly, women with bipolar disorder are 10 times more likely to die by suicide than the general population and men were 9 times more likely.

A BED INSTEAD OF BEING VICTIMIZED. People with untreated severe mental illness are especially vulnerable. They are at increased risk of being assaulted, raped or even victims of homicide.

A BED INSTEAD OF BEING KILLED BY LAW ENFORCEMENT. People with severe mental illness are 16 times more likely to be killed during a police encounter than other civilians approached or stopped by law enforcement.

The Treatment Advocacy Center is campaigning to end this injustice.

TOGETHER, WE WILL:

BRING ATTENTION to the causes and devastating consequences of our national psychiatric bed shortage;

REFORM POLICIES at the state and federal levels that created and perpetuate this crisis;

INCREASE THE AVAILABLE NUMBER of psychiatric beds for people with severe mental illness; and

ENSURE ACCESS for people to have #aBedInstead.

WHAT YOU CAN DO:

LEARN about the psychiatric bed crisis and what policy changes can be made to help.

EDUCATE your policymakers on the issue, and tell them we need to increase access to inpatient psychiatric care.

VOICE the need for more beds with your followers and federal, state and local policymakers on social media. Use the hashtag #aBedInstead.

—info@treatmentadvocacycenter.org

Brain & Behavior Research Foundation: Meet the Scientist Webinar Series

June 14: Social Learning in Borderline Personality Disorder

July 12: Life Elevated: Examining Altitude-Related Effects on Mental illness

March Replay: Adolescents With Bipolar Disorder: Tips on Coping for Families

Please join by phone or on the web on the second Tuesday of each month for BBR (Brain & Behavior Research) Foundation's Meet the Scientist Webinar Series, hosted by BBR Foundation President and CEO, Jeffrey Borenstein, M.D. 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!*

Silicon Valley Gives – Results



NAMI SMC participated in our first ever Silicon Valley Gives Day on May 3. This online fundraiser, sponsored by Community Foundation Silicon Valley, raised money for nonprofits throughout the Bay Area. We are most grateful to our 20 donors who gave a total of \$3,180.00. Your generous support allows us to offer the programs that we provide to the community. Thank you.



We are grateful for donations...

in memory of

Edward Hoffman from Pat and Steve Way

in honor of

her **2 children** and **2 nephews** from Yvonne Kilbourne

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

NAMI Connection



Individuals with mental health conditions are WELCOME to this recovery support group. Connection provides a place that offers respect, understanding, encouragement and hope. The group is led by trained individuals who are personally experienced at living well with mental illness. No registration required, just drop by to 1650 Borel Place #130, San Mateo. We look forward to seeing you. Questions: 650-638-0800. **Connection meets on the 2nd Monday of each month from 7:00 – 8:30pm.**

Handling Anosognosia – Neurological Inability to Recognize Your Mental Illness

By Natasha Tracy

<http://www.healthyplace.com/blogs/breakingbipolar/2012/10/handling-anosognosia-neurological-inability-recognize-mental-illness/>

I've written before about denying you have bipolar disorder and about how others also tend to deny that a person has a mental illness. These positions are understandable as no one wants to admit to having an illness let alone a mental illness.

But there is a type of denial of mental illness that goes beyond mere psychological denial – this is called anosognosia and it is the clinical term for the lack of insight required to understand you have a mental illness. Anosognosia is a neurological disorder thought to be caused by abnormalities in the frontal lobes.

Anosognosia – What, Who and Why

Put another way, anosognosia is the lack of awareness of the deficits, signs and symptoms of an illness. It is not merely a denial; it is an actual neurological deficit. Anosognosia is seen commonly in psychotic disorders like schizophrenia but it's also seen in those who have right brain hemisphere lesions due to stroke, dementia and traumatic brain injury. Some studies show that people with schizophrenia also have brain hemispheric asymmetry in the anteroinferior temporal lobe and this asymmetry correlates to a lack of illness awareness.

Is it Denial or Anosognosia?

The important thing to remember is the anosognosia is neurological and beyond a patient's control. According Puihan Chao, MA and Michelle Kawasaki, MA of the Adult Mental Health Division at the Department of Health in the State of Hawaii, anosognosia is characterised by:

- A severe and persistent lack of insight
- The erroneous beliefs (such as "I am not sick") are fixed and do not change even after the person is confronted with overwhelming contrary evidence
- Illogical explanations and confabulations that attempt to explain away the evidence

What to Do about Anosognosia

Understandably, anosognosia is one of the more troubling symptoms of severe mental illness as it prevents a person from getting the help they need. The "easy" way to handle this is to rely on a "doctor knows best" approach and simply medicate without consent. And, indeed, sometimes that is the only approach that works and is the most appropriate.

Chao and Kawasaki though, recommend another approach that relies on:

- Listening to the patient
- Empathizing with the patient
- Agreeing with the patient
- Partnering with the patient

This approach, signified as LEAP, is laid out nicely in their PowerPoint presentation.

You Can't Talk Someone Out of a Delusion

I think the critical thing they stress though, is that you can't talk someone out of a delusion. That's the definition of delusion. It is a belief in the face of contrary evidence. And anosognosia is a delusion. If you believe that your cat is sending you signals from god, I will not simply talk you out of that belief because the belief isn't rational in the first place. If rationale were all it took, then no one would ever be delusional.

And the other thing they seem to stress is listening to the person with anosognosia. Use the patient's own framework to reach them. If the person doesn't feel that they are sick, find out what problems they do believe they have and address those. For example, if a person feels their problem is that they are too paranoid to sleep, focus on addressing that issue with treatment rather than trying to convince them of an illness.

The crux of this treatment then, is to get the person to see the need for treatment in their own way rather than forcing medication on them. This is a type of Motivational Enhancement Therapy (common in addiction therapy) and motivational interventions were found to be more useful than simple psychoeducation approaches by Zygmunt et al in 2002 in terms of medication adherence in schizophrenia.

Long story short, this might be the more humane way of approaching those with anosognosia for doctors and those around the person with the mental illness.

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.

Coming Out Proud to Erase the Stigma of Mental Illness: Stories and Essays of Solidarity by Patrick W. Corrigan

One of the most effective ways to erase stigma is by people with lived experience telling their stories of recovery. Being in the closet with mental health experiences often leads to shame. COMING OUT replaces shame with a sense of authority and empowerment and promotes the fact that people with even the most serious of mental illnesses recover and do so by actively choosing their goals. This is a book about people COMING OUT, standing up and proudly hailing their life journey.

Out Came the Sun: Overcoming the Legacy of Mental Illness, Addiction, and Suicide in My Family by Mariel Hemingway and Ben Greenman

She opens her eyes. The room is dark. She hears yelling, smashed plates, and wishes it was all a terrible dream. But it isn't. This is what it was like growing up as a Hemingway. In this deeply moving, searingly honest memoir, actress and mental health icon Mariel Hemingway shares in candid detail the story of her troubled childhood in a famous family haunted by depression, alcoholism, illness, and suicide.

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

- **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 Mondays, 7-8:30pm. 1650 Borel Place #130, San Mateo. Call NAMI SMC 650-638-0800 for information.

MONDAY

- **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

- **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

- **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. *RSVP required: emlycaruthersmft@gmail.com*. More info: 408-356-1212 or e-mail: info@edrcsv.org.
- **Dual Diagnosis Group for Consumers**, Thurs, 12 noon. 210 Industrial Rd. Bldg. 210, Room 205, San Carlos. 650-232-7426.
- **H.E.L.P. for those with a mental illness and/or in a supporting role**, Thursdays, 6:00pm optional dinner; 6:30-7:30 program, 7:30-8:30 prayer. Menlo Church, Garden Court, 950 Santa Cruz Ave., Menlo Park Contact Jane Clark 650-464-9033
- **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

- **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.

- **Japanese Education & Support Group**, call (415) 474-7310 for information.
- **Consumer Support Groups**, Heart and Soul, call 650-232-7426 for days & addresses, or visit www.heartandsoulinc.org.
- **Cluttering & Hoarding** Support Groups, Workshops, and Private Consultations - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, efarber@avenidas.org.

NAMI Education Programs

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.
- **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.

Save the Date! - 2016



- **July 6-9 NAMI National Conference 2016** at the Sheraton Denver Downtown in Denver, CO. Contact Hanem Ali at 703-524-7600 or go to www.nami.org/convention.
- **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 in conjunction with NAMI Santa Clara at the San Jose Guadalupe Park's Arena Green West. Contact: 408-453-0400 or email hbrown@namisantaclara.org.

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.

Visit www.namicalifornia.org/ to get the latest on legislative activity.
We appreciate your participation in advocacy!

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://smcbhrrsblog.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.

NAMI National Convention 2016

July 6 - 9
Denver, Colorado
www.nami.org/convention



The NAMI National Convention will gather nearly 2,000 mental health activists and advocates from across the United States and other countries. The convention educates, encourages and empowers a diverse community that is passionate about building better lives for people affected by mental illness. This year's theme is "Act. Advocate. Achieve."

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!

Call for Participants - GRAVELY DISABLED

The feature documentary GRAVELY DISABLED takes an in-depth look at two families and their loved ones living with mental health disorders. One is the story of Teresa Sheehan, who was shot seven times by police and lived. The participants' deeply personal stories will shed light on the uncertainty and anguish associated with severe mental illness and the daunting efforts by families to seek assistance in a broken public health system.

The stories of family members and loved ones with severe mental illness will illuminate the need for significant changes, shatter myths and assert dignity for all.

I am seeking family members of individuals with serious mental illness to tell your story as you struggle to meet challenges in your daily life for use in the documentary. It would also be good if your loved one could appear in the film.

I will not ask you to say or do anything you don't feel comfortable with. To protect your identity, I will not use last names. Sharing your story will illustrate how the lack of resources adds to the crisis and that significant changes need to be made, both in California and nationwide. Tragedies can and do happen for the want of a hospital psychiatric bed. Film is a powerful way to make a difference and that is my goal.

About the filmmaker:

My younger sister has schizophrenia, which is what brings me to make the film. My sister's situation and the impact it has had on my family makes me very sensitive to the issues, and determined to show the depth of the impact on families and their on-going struggle to help their loved one with SMI.

I am a member of NAMI and took the Family 2 Family class. It was great. My experience in support groups makes me very aware of how having a loved one with mental illness impacts the whole family. I also understand that it takes courage to go public with your story.

You can watch the 5-minute trailer and get more info at: <http://www.gravellydisabled.com>. Please contact sheila.ganz@gmail.com if you would like to discuss this further.

—Thank you, Sheila Ganz

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

Social Security Benefits or Vocational Rehab Questions?

Call Wendy Jordan at 650-802-6482

BHRS Family Contacts

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

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 _____

Address _____

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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!*

National Convention 2016

July 6-9 - see page 7

General Meeting

July 27 - see page 1

NAMI CA Conference

August 26- 27 - see page 1

NAMIWalk

San Jose

September 17 - see page 1



Let's Walk for NAMI!

September 17

Sign up now!

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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