

General Meeting

100 S. San Mateo Drive
San Mateo
Hendrickson Aud. / Mills Health Center
Free evening parking in front

Wednesday, July 24

6:00 Reception with snacks
7:00 Program starts

Clubhouse - Source of Hope *Can we bring one to San Mateo?*

Clubhouse is a membership-based social/vocational community where people living with persistent mental illness come to rebuild their lives. The Clubhouse model complements and strengthens existing treatment options and programs in our county. Participation is free.

The Clubhouse is a workplace from 9-5 weekdays and a social place evenings and weekends. It provides a safe and accepting place, valuable work to perform within the organization, opportunities to socialize with friends and coworkers and access to employment and education within the wider community. Member talents are recognized and abilities utilized. There are 341 Clubhouses worldwide. Putnam House in Walnut Creek is a thriving example of Clubhouse in action. Come hear how Putnam got started and continues to be successful.

**A small group is working to bring Clubhouse to San Mateo. We need feedback from consumers and their families to better understand and address the needs of our community. We appreciate hearing from you.

Websites: <http://www.iccd.org> and <http://putnamclubhouse.org/>. More info: Juliana at julianafuer@gmail.com or 650-342-5849.

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.



NAMI Walks • Saturday, June 1

Lindley Meadow, Golden Gate Park | Check-in starts at 9:00 am

www.namiwalkSFbay.org / 800-556-2401

Come early and park close,
enjoy the morning at
beautiful Golden Gate Park!
Check out the vendors!

The 5K walk (starts at 11am)
includes 9 Bay Area NAMI affiliates.
It is an **INSPIRING** day that helps raise funds and educate
the public to eradicate the stigma
associated with mental illness.

- Register NOW for the NAMI Walk! Sign yourself up! Sign up your family and friends. Bring kids, the stroller, the dog, the camera, \$ for snacks!
- Build your own team or join one of the teams related to our affiliate:
 - Mighty Neurons: <http://namiwalks.nami.org/MightyNeurons>
 - Never Walk Alone: <http://namiwalks.nami.org/NeverWalkAlone>
 - Nurses for a Better Tomorrow: <http://namiwalks.nami.org/jerry>
 - TsuNAMIs: <http://namiwalks.nami.org/SanMateoTsunamis>
- Free transportation via the Walk bus offered by Heart & Soul and NAMI SMC. RSVP to 650-343-8760 and catch it at one of these 2 spots: (returns at 3- 4pm)
 - departing 8:30am from south entrance of San Mateo Central Park
 - departing about 9am from 375 89th St., Daly City (North County)



Come dressed for fun—colorful hat, crazy sunglasses
Bring walking poles! **Bring your dog!** **Bring a poster of your loved one!**
Watch the doves being released Walk by and wave to the bison! 
See friends. Make new ones. Bring the fancy umbrella for rain or shine

May General Meeting Notes

By Jerry Thompson and Maureen Sinnott, NAMI SMC board members

Our May 22 General Meeting started at 6:00 with refreshments & social time. Steve Kaplan, director of SMC BHRS, attended early for informal conversation and discussion about what is happening with behavioral health in San Mateo County. Steve Robison, NAMI SMC co-president, reminded us to join the Walk at Golden Gate Park on Saturday June 1, and team leaders shouted out the benefits of joining their team!

Maureen Sinnott, NAMI board member and a Franciscan nun, introduced the speakers panel. A brief meditation accompanied by beautiful music played by Clifton Greenwood started the presentation. Bill Kruse and Jairo Wilches, co-directors of the Spirituality Initiative, and Melinda Parker, Community Mental Health Nurse with BHRS, shared that at the request of clients, spirituality has begun to be integrated into the over-all care plan for persons using BHRS services. Three articulate consumers, Michael, Alan and Chase then inspired us by their passionate witness to how spirituality has enhanced their mental health - they were excellent speakers. These three and Clifton were the stars of the night and were awarded the "NEVER, NEVER, NEVER GIVE UP" NAMI plaque for sharing their spiritual journey with us through music and word. Truly this was a night to remember for all of us, a heartwarming meeting that helped all to see how spirituality genuinely enhances mental health! Visit the Spirituality Initiative website at www.smchealth.org/spirituality.

Don't miss the next general meeting! When you are not here, you are missing a lot!

APA Conference

The American Psychiatric Association recently held their annual conference in San Francisco. Visit their website for meeting highlights and all sorts of other information: <http://www.psych.org/>.

San Mateo County Crisis Center

650-579-0350

800 Suicide (800-784-2433)

Chat Room for Teens

Open Monday-Thursday, 4:30pm to 9:30pm

www.onyourmind.net

Volunteer With NAMI!



Thursday, June 13 & August 8 • 6:30pm

No meeting in July

1650 Borel Place, Ste 130, San Mateo

(use entrance on Borel Ave.)



New Website Research and Writing Join the team creating a new website for NAMI SMC. We need people who can work on developing content. 1-2 people to research and update our community resources lists; 1-2 people to write and edit content describing our services and information. This is a project you can put on your resume.



General Meetings We need people to take care of small duties at our Wednesday night general meetings - a popular community builder and great way to connect with others struggling with mental health issues. Help with contacting speakers, meeting registration, food set up...all needed to create engaging, meaningful meetings, which are held every other month.



Fundraising We will be starting a committee to work on ideas for revenue generation and community building. Are you good at fundraising? Want to give it a try? Come brainstorm with us with a willingness to roll up your sleeves.

Questions? Interested? Get on the 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!**

NAMI Program Trainings

If you've attended one of our programs, please consider training to present it yourself! Training costs you nothing and requires you present at least twice...and is a highly rewarding experience (and the weekend of training is a productive retreat!). Please contact our office if you're interested in being trained for one of these programs - 650-638-0800.

Peer To Peer Training

Campbell - June 22-23

Provider Education Teacher Training

Santa Clara - June 22-23

This is a combined issue - no July newsletter.
See you in August!



NAMI National Convention 2013

June 27–30
Grand Hyatt Hotel in San Antonio, Texas

Early bird registration ends on May 31st—register now! The convention theme, “Together We Can Make a Difference,” highlights this year’s focus on developing effective programs and resources to increase resiliency and advance recovery. For more information about the convention and registration, go to www.nami.org/convention.

2013 NAMI CA Conference

August 16 & 17
San Francisco Marriott
1800 Old Bayshore Highway, Burlingame



Register by June 24th for the Early Bird Discount. Come join us for an inspiring, educational and enlightening conference! See registration info and details at www.namicalifornia.org.

NAMI CA History Project Needs You

Send your stories, photos, and remembrances. NAMI California is rounding up members' recollections as part of a larger project to recognize the courageous and dedicated people who created our organization and the movement that it sparked across the nation. Address your contributions for this effort to:

Steven Kite
Deputy Director
1851 Heritage Lane, Suite 150
Sacramento, CA 95815
steven.kite@namicalifornia.org

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

Medi-Cal Can Limit MH Visits

By Bob Egelko, San Francisco Chronicle, May 5, 2013

California can limit Medi-Cal patients to two visits per month to clinics providing psychological services, a state appeals court has ruled, rejecting a judge's decision that the restrictions violated federal law.

The federal government, which helps fund the health care program for low-income people, requires states to cover all additional costs of outpatient treatment at government-certified psychology clinics. A Sacramento County judge ruled in January 2011 that the state's two-visit-per-month rule conflicted with that federal mandate.

On Thursday, however, the Third District Court of Appeal said a state can still decide how many treatments it will cover under the program. "Full reimbursement ... does not preclude utilization controls," said Justice George Nicholson in the 3-0 ruling, which quoted a federal law requiring states to impose "reasonable standards" for government-funded medical assistance. Requiring a state to pay all costs of each visit to a clinic "does not prevent the states from limiting those visits," Nicholson said.

The ruling came in a lawsuit by the Mendocino Community Health Clinic, which provides medical care including psychological services, in Ukiah and Willits (Mendocino County) and Lakeport (Lake County). The clinic says it serves patients with little or no private insurance.

State restrictions on Medi-Cal patients' access to care are a hotly contested issue, said Anthony Wright, executive director of the consumer advocacy group Health Access.

He said California legislation to limit Medi-Cal patients to seven visits to any type of doctor in a year has been under review by the Obama administration for more than a year. In those restrictions, he said, the state accepted the federal government's insistence on allowing more frequent visits in emergencies, so that patients needing - for instance - kidney dialysis or chemotherapy were not denied life-saving care.

Treatment at a psychology clinic may not always carry the same level of urgency, but "if somebody is in the middle of a depressive bout or suicidal, it would be very detrimental to have a cap" on visits, said Wright, who is not involved in the Mendocino case.

Another unintended consequence of limiting access to ordinary medical care is that "it just drives people to the emergency room, because that has to be covered," Wright said. And emergency rooms are more expensive than typical doctor visits, he said.

—Bob Egelko is a San Francisco Chronicle staff writer.
E-mail: begeko@sfchronicle.com

Putting People in the Bipolar Driver's Seat

By Bob Carolla, NAMI Director of Media Relations, nami.org

Bipolar disorder affects more than 10 million Americans. More than one-half of all cases begin between the ages 15 to 25. The condition includes high and low mood swings between mania and depression. Energy levels and the ability to think clearly become unstable. Symptoms can lead to high-risk behavior or damage personal, school, work or financial relationships.

Bipolar disorder can be successfully treated, but because there is no cure, treatment must be continuous. People living with the illness are responsible for management of their condition, but success depends on a partnership with a psychiatrist or other providers.

Charles Bowden, M.D., clinical professor of psychiatry and pharmacology at the University of Texas (UT) Health Science Center at San Antonio, is one of the nation's leading medical experts on bipolar. In 2006, he received NAMI's prestigious Scientific Research Award. Bowden will present a session on bipolar disorder at the upcoming NAMI National Convention in San Antonio this June with other UT participants, including professors Jodi Gonzalez Arnold, Ph.D. and Vivek Singh, M.D.

Bowden's research has helped define the symptoms and biology of bipolar disorder, and he has contributed major new understandings about the effectiveness of mood-stabilizing drugs.

The understanding and science of bipolar disorder continues to evolve and understanding the latest treatments, from a research perspective and a practical intervention perspective, is important. "If we remain limited to the knowledge we had 20 years ago, or even 10 years ago, we will be simply inadequately addressing the needs of [individuals] with this common, severe disease," said Bowden in an interview with the American Psychiatric Association at a recent APA Conference.

The results of Bowden's research has helped inform the current understanding of combining treatments as potentially preferable to "monotherapy" medication treatments in the treatment plans of some with bipolar disorder. For example, there is renewed insight into understanding the significant role of depression, not just mania, in both bipolar I and II disorders. A renewed understanding that bipolar disorder can be stabilized from either the manic symptom side or the depressive symptom side has been an additional revelation from Bowden's work.

Bowden's research has long sought to put people living with bipolar disorder in the driver's seat, along with family members, in managing the condition. His approach emphasizes living well and anticipating both positive and negative developments that affect mood stability. Besides medication, self-awareness and educational counseling is part of the treatment strategy—involving a focus on lifestyle factors such as sleep time, exercise, keeping stress manageable, and avoiding or coping with major destabilizing life experiences.

At the NAMI National Convention, June 27 to 30, partnership will be the focus of Bowden's session, "Co-Managing Recovery and Bipolar: Establishing Solid Relationships with Your Provider." The session will be held Sat., June 29 at 9:15 a.m.

The night before, a special session, "I'm Not Sick; I Don't Need Help: Understanding Anagnosia," led by Dr. Xavier Amador, will be held about how a mental illness such as bipolar disorder can lead to lack of insight—such that a person to fail to recognize that they are sick. The topic has implications for Bowden's partnership approach, which depends on self-awareness for either self- or co-management. Together, the two sessions raise important perspectives for an individual's journey to recovery.

David Lewis Award

The San Mateo County Mental Health & Substance Abuse Recovery Commission is seeking nominees for its annual David Lewis Award - Recognizing Outstanding Contributions towards Recovery. This honor is given to the individual or organization that has made an extraordinary difference in the lives of people with substance abuse disorders and the San Mateo County community.

Confidentiality of private information is very important. If you are nominating someone who is in recovery, please be sure that they are comfortable revealing their status.

Awards will be presented to honorees at the SMC MHSARC meeting on September 4. Deadline for award nominations is July 5. Contact Chantae Rochester for application forms and more information at 650-573-2544.

NAMI Education Classes

- **Family to Family**
- **Peer to Peer**
- **Provider Course**

Begin in the Fall — Call 650-638-0800 to register

Now's the time to sign up for the appropriate class for you. Our popular classes are free and comprehensive. Enrich your life by learning more about mental illness: gain compassion, understanding and progress by learning how to live better with mental illness.

What Could NAMI Be Doing To Help You Locally?

This question was asked of our recent education program attendees, and it applies as well to all of our members. Please let us know if there's something we could help you work on - email our office with details (namismc@sbcglobal.net).

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

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, MFT; 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.

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.

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, 7:00pm. 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, 6-7:30pm. 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.

Burlingame Support Group for family members and people living with a mental illness. Info: Maureen 415-420-5097

THURSDAYS through May 9, 7-9pm, Peninsula Temple Shalom, 1655 Sebastian Drive, Room 11, Burlingame

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.

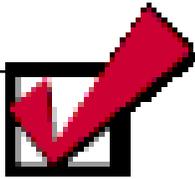
Telecare, for family and friends of residents. 855 Veterans Blvd, Redwood City, 817-9070.

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.

Save The Date



- **June 27-30**

NAMI National Convention in San Antonio, TX
convention@nami.org

- **August 16-17**

NAMI California Annual Conference at the Airport
Marriott Waterfront, 1800 Old Bayshore Highway,
Burlingame. <http://www.namicalifornia.org/>

MHSARC Meetings

Wednesday, June 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 - 12:00

Adult Services Committee • 1:30pm - 3:00

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

(2000 Alameda De Las Pulgas., Room 209)

To sign up for Board of Supervisors agendas:

Go to <http://www.co.sanmateo.ca.us/portal/site/bos>. Then click on "Board Agendas" from the column on the left hand side of the page. At the upper right hand side of the "Board Agenda" page will be a line with a red box that says, "Sign up to receive email updates for this page." Click on that box/line and follow the prompts to add your email address to the list.

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

Greater SF Bay Area Regional NAMI Affiliates Update

The 5th Semi-annual Greater SF Bay Area Regional NAMI Affiliates Meeting was hosted by NAMI Alameda County South on April 27, 2013 at John George Psychiatric Hospital in San Leandro.

Two themes were discussed:

1. Based on the results of the MoD (Mentor on Discharge) 18-month CalMHSA funded grant observed by John George Psychiatric Hospital, would other local NAMI affiliates be interested and able to replicate the program in their respective local areas? (Results of this program showed a 72.3% reduction in re-hospitalizations.)
2. An "Encouraged Recovery Path" pre- and post-psychiatric hospitalization was presented and discussed.

Five NAMI affiliates attended along with representatives from Alameda County Behavioral Health Care Services and Santa Cruz Health Care Services

Jessica Cruz, Executive Director and Steve Kite, Deputy Director, NAMI California briefed us on what is happening at the state level, followed by a Q& A period.

More details of the meeting and themes discussed can be obtained by clicking: SF Bay Regional-April 2013. Inquiries can be made by emailing: info@NAMIacs.org.

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**

Jun 11 **Affordable Care Act (ACA) Health Reform**

Bob Kocher, M.D., *presenter*
Partner, Venrock - Palo Alto

Jun 25 **Neurobiology-environment Interplay Across Early Development: Implications For Mental And Physical Health Outcomes**

Nicole Bush, M.D., *presenter*
Assistant Professor of Psychiatry, UCSF

••••••••

Mills-Peninsula Health Services

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

There will be no Grand Rounds in July or August. Grand Rounds lectures will resume in again in September.

Happily Ever After, Almost – Personally Speaking

By Barbara Williams, May 17, 2013, from Treatment Advocacy Center, <http://www.treatmentadvocacycenter.org>

I have two boys, both are adults and both suffer from severe mental illness. But one has accepted treatment and turned his life around while my other son has refused treatment and continues to live on the streets.

My youngest son is in his forties and finally accepts treatment. He is now on highly effective medication, receives therapy and is no longer homeless. I worked for 10 years to get him the help he needed.

Those ten years were the most difficult of my life. I wasn't able to sleep through the night and each time I woke all I could think of was my son and what I needed to do to get him the treatment he needed. He was in his own world. He was incoherent, paranoid and unable to sleep through the night and walked aimlessly through his childhood neighborhood. He lived on the streets.

Finally, after years of phone calls and attempts to get my son into treatment, he was taken to the psychiatric hospital where he was diagnosed and given medication. At this time my son was in denial about his illness and didn't want treatment nor did he want anything to do with me. I was the enemy who wanted him locked up, as far as he was concerned. He spent three years in a facility, following which we worked with social services to find him a place to live.

He has been living there over three years now and we have rebuilt our relationship, thanks to the medication and treatment he is receiving. He regularly visits me and we speak by phone frequently - he is no longer suffering. He is happy again and I have my son back. Thanks to treatment, he's a helpful and compassionate human being with a positive outlook on life.

But we are not a complete family yet. My oldest son is nearly fifty years old and also suffers from severe mental illness. Like his younger brother, he also does not believe he is sick. But unlike his younger brother, he has never been treated or diagnosed and is now homeless after living on the fringes of society for most of his adult life.

While I've contacted crisis and mental health agencies in the town he is in, they cannot provide me with information. It's so difficult, when you feel your hands are tied due laws preventing family members from obtaining information about adult children. I pray for him and hope he will someday get treatment and we will once again be a complete family.

My children have suffered immensely because of the way our system abandons people with severe mental illness. I want to live in a country that treats everyone with dignity and laws that don't prevent people from getting the help they need.

We all suffer, when just one person is suffering.

—Barbara Williams is the mother of two men with severe mental illness.

Research Studies

For questions regarding your rights as a research subject, call 650-723-5244.

- On **depression in older adults** age 65+, earn \$140, please contact 415-476-7046.
- On **bipolar offspring** - children 9-17 years old with depression or ADHD and mood problems, who also have a parent with BD. Call 725-6760.
- On **families with bipolar disorder**, psychoeducational therapeutic techniques. Call 725-6760.
- On **adults with bipolar to assess the effectiveness of lithium vs. seroquel as part of optimized treatment plan**, call 498-4801 or email shill@stanford.edu.
- On **depressive schizoaffective**, both treatment and non-treatment studies, earn \$100-\$200, 724-0070.
- Lamotrigine (Lamictal) as an add-on treatment for **Bipolar I in children and adolescents**. Call Stanford at 725-6760.
- **Emotions and Thinking in Bipolar** at UC Berkeley for people who have experienced problems as a result of mania. Up to 4 sessions on campus to complete tasks, lasting 1-3 hours. Earn \$15/hour for sessions. Eligibility: history of bipolar disorder, between ages of 18 and 60, fluent in English. Contact at calmprogram@gmail.com or (510) 542-8969 for more information.

Have you been diagnosed with schizophrenia?

If so, you may qualify to participate in the e-CAeSAR research study. The purpose of this research study is to see if computer activities improve thinking skills in patients diagnosed with schizophrenia.

Participation in this study will last approximately six months and will require frequent visits to the VA Palo Alto Health Care System to complete the computer activities. Qualifying participants will receive compensation for their time (up to \$400) and transportation expenses (up to \$780).

For more information about this study, please call: Lauren Drag, PhD or David Grimm, BA/BS, Computer activities in schizophrenia (650)493-5000 x65656

For general information about participant rights, contact 1-866-680-2906.

Visit <http://www.namicalifornia.org/> to get the latest on legislative activity.
We appreciate your interest in advocacy!

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.

**NAMI Walk
Golden Gate Park
June 1 - see page 1**

**Volunteer Meeting
June 13 - see page 2**

**General Meeting
July 24 - see page 3**

**National Convention
June 27-30 - see page 3**

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.)

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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 mental health news?
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