

## General Meeting



### 100 S. San Mateo Drive San Mateo

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

**Wednesday, May 25**

6:30pm Reception  
7:00pm Program

### Cordilleras Campus Redesign Project and Laura's Law

**Terry Wilcox-Rittgers, M.S., M.F.T.**  
*BHRS Clinical Services Manager II*

Learn more about the Cordilleras Campus Redesign Project and the implementation of Laura's Law Services in our county, including details about the referral process to Laura's Law Services. The Cordilleras Project will result in a state-of-the-art campus, replacing the former 1950's three-story building with five therapeutic home-like sixteen-bed mental health rehabilitation facilities, residential housing and a campus center. Laura's Law Services (Assisted Outpatient Treatment) will help fill a gap in the spectrum of services currently in San Mateo County.



*NAMI San Mateo County General Meetings are free and open to the public.*

## NAMI Jewelry Available!

See the beautiful assortment of earrings, necklaces, bracelets and pins featuring the signature NAMI "grass roots" symbol at [www.namisanmateo.org/](http://www.namisanmateo.org/)

NAMI Jewelry

Store—purchase a gift today!

Proceeds benefit NAMI-SMC.

Ordering is easy and secure.



## Silicon Valley Gives!

On **Tuesday, May 3, 2016**, Silicon Valley Gives will raise money for local nonprofits through a single online donation platform.

Chances are good that if you live in the Bay Area, you have seen #SVGives2016 trending on-line. The goal of SVGives is to inspire philanthropy, at any level, and create a community of giving for Bay Area causes such as ours.

**Matching Gift Opportunity!** An anonymous generous donor has offered us a \$10,000.00 matching gift if we raise \$10,000.00 through contributions from our members and friends. **Help us help you and the wider community! Thank you!**

Please visit our NAMI SMC/Siliconvalleygives home page: <https://svgives.ra-zoo.com/us/story/Nami-San-Mateo-County>. Make a donation today and share your donation through Facebook, Twitter, email and enlighten your friends, colleagues and family about NAMI SMC; #iamstigmafree!



### Kick-Off Luncheon

**Tuesday, May 10 • 11:30am-1:30pm**

**Hitachi Data Systems, 2825 Lafayette St., Bdg. 34, Santa Clara**

The NAMIWalk Kick-Off Luncheon is the best opportunity to learn about having a team along with tips for making an amazing NAMIWalk! Please RSVP!

You'll hear inspiring stories, learn new ideas and have a chance to pick up all the materials needed for your teams and walkers. Come meet our new Walk Manager, Dyane Hendricks! Our sponsors from around the Bay Area will be there and the Top Ten Teams from 2015 will be honored. Please RSVP at [namiwalks@namisantaclara.org](mailto:namiwalks@namisantaclara.org). This event is free.

Contact and to RSVP: NAMI Santa Clara office 408-453-0400 or email [hbrown@namisantaclara.org](mailto:hbrown@namisantaclara.org).

\*Mark your Calendar! NAMIWalk is on **Saturday, September 17 in San Jose\***

## How to Help a Friend With a Mental Illness

*By Katie Medlock, 3/18/16*

Whether you know it or not, there are people in your life who are struggling with (or have struggled with) mental illness. According to the National Alliance on Mental Illness (NAMI), one in four adults experience it within a given year. The term itself is so often associated with startling imagery and uninformed stereotypes that many of us do not have an accurate understanding of what people actually go through, let alone how to help.

Being able to be a supportive presence in the life of someone dealing with their illness does not require any special skills, but rather tapping into some of the fundamental abilities we all have, but just may not use very well or often. Here is a good start to helping a friend with mental illness.

**1. Listen to what they are saying**—Seems basic, right? Listening skills are some of our best tools in creating strong and healthy relationships with all of the people in our

*(Continued on page 4)*

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## Be The One - Stand Up For Mental Health this May

One in four people have a mental illness yet less than half are getting the help they need—many because they are afraid others will judge them.

You can be the one to help change that.

**May is Mental Health Month.** San Mateo County Behavioral Health and Recovery Services is raising awareness about the important role mental health plays in our lives and encouraging members of the community to learn more about their own mental health and to take action if they are experiencing symptoms of a mental illness.

Join us at one of the many events hosted throughout San Mateo County as we stand up and work together to help everyone live a long and healthy life.

There are too many programs to list here - plan to attend some events! See the list of events and learn how to make a difference, access: <http://www.smchealth.org/bhrs/mental-healthmonth>

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## In Our Own Voice Comes to the SMMC

Starting **Monday, May 2**, NAMI SMC will be offering In Our Own Voice presentations twice a month on the psychiatric inpatient unit at the San Mateo Medical Center. This is a first for our affiliate and a substantial increase in our offerings to the community.

Presenters are individuals with lived experience who will share their compelling and personal testimonies of living with and overcoming the challenges posed by mental illness. Presenters take a 16-hour training course and participate in a review presentation before the affiliate accepts presentation opportunities in the community.

Congratulations to our presenters, you are great ambassadors for NAMI SMC!

To schedule a presentation and/or if you would like to take part in the next In Our Own Voice training class, contact [nami@namisanmateo.org](mailto:nami@namisanmateo.org) or call 650-638-0800.

### **FAST: Family Assertive Support Team**

**650-368-3178 or 650-371-7416 (pager)**

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

*We Come to You!*



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

**Connection co-leaders:** Dana Foley, Calvin Shelton, Deborah Wright

**Family to Family Teachers:** Pat Way, Angie Velarde, Tad Randall, Jane Marshburn

**Newsletter helpers:** Jean Chen, Karen Snyders, Gina Olinger

**Office helpers:** Diana Casey, Cammy Forchione, Gina Olinger

To volunteer contact Debi at [nami@namisanmateo.org](mailto:nami@namisanmateo.org) or 650-638-0800.

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## Make the Connection

*U.S. Department of Veterans Affairs*

May is Mental Health Awareness Month. Help the Veterans you know *Step Forward* this month and beyond to connect with resources for leading a healthier life. [MakeTheConnection.net](http://www.veteranscrisisline.net) serves as a reminder to Veterans and their loved ones that mental health support is available and treatment works.

If you or a Veteran is in immediate crisis or having thoughts of suicide, trained responders at the Veterans Crisis Line are available 24 hours a day, seven days a week, 365 days a year with confidential support and guidance. Call 1-800-273-8255 and Press 1, chat online at [VeteransCrisisLine.net](http://VeteransCrisisLine.net), or send a text message to 838255.

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## Receiving Social Security Disability Benefits?

Get help reporting wage earnings and learning the SSI & SSDI work support rules. Join the VRS (Vocational Rehabilitation Services) Social Security Wage Reporting & Work Incentives Group.

SSI = Every 1st Thursday of the month; 9am to 9:45am  
SSDI = Every 1st Thursday of the month; 9:45am to 10:30am

Held at: Vocational Rehabilitation Services  
550 Quarry Road, San Carlos - Fall Room  
No reservations required!

More info at <http://www.smc-connect.org/locations/san-mateo-county-human-services-agency/vocational-rehabilitation-services-vrs-workcenter>.

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## Jail Chaplain

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

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## Caminar's 2nd Annual MI Symposium

Wednesday, May 25 • 4:30 – 9:30pm  
FILOLI

Mental Illness – a topic long misunderstood by the public and shrouded in stereotype and stigma – is entering a new era of understanding. Please join us for this valuable educational opportunity. Visit <http://www.caminar.org/symposium> or call (650) 372-4080 for details. No charge. “Last year’s was excellent, high level educational stuff.”

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## 3rd Annual Community Project Poster Event

Tuesday, May 10 • 12:15 – 1:30 pm  
San Mateo Health System

225 W 37th Avenue, Multipurpose Rm 100, San Mateo

The San Mateo County Behavioral Health and Recovery Services Psychiatry Residency Program is pleased to present the Third Annual Community Project Poster Event.

The Psychiatry Residents will be displaying posters describing their projects and will be available to answer questions and discuss possible collaborations. Light refreshments will be served. For more info contact Dina Gibbs at <http://intranet.co.sanmateo.ca.us/healthsystem/medical-education/> or 650-573-5036 (ext 805036).

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## Brain & Behavior Research Foundation: Meet the Scientist Webinar Series

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!

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## AKA and NAMI SMC Team Up!



In 2015, Alpha Kappa Alpha Sorority, Inc. (AKA) and NAMI, began working together to increase mental health awareness in the African American community. Visit the

website: [http://www.nami.org/About-](http://www.nami.org/About-NAMI/Partners/AKA-and-NAMI)

[NAMI/Partners/AKA-and-NAMI](http://www.nami.org/About-NAMI/Partners/AKA-and-NAMI).

Thank you Rho Delta Omega Chapter of Alpha Kappa Alpha Sorority, Inc., Palo Alto for coming to the NAMI SMC office and sharing your goals with us; and thank you for purchasing some of our lovely NAMI Jewelry. Stay tuned!

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## Supporting Your Mentally Ill Sibling

By Kim Nobles

Yes, I know. You don't want to support that difficult brother or sister, you just want them to change their behavior. They disrupt family life, and it seems they get an inordinate amount of attention. Reality is that you must also do some changing – it may take years for your sibling to progress to a point when 'normal' social interaction is possible, but if you're willing, you can play a role in making that happen.

When illness is new and severe, you both need support! You need to learn all you can about the illness. You need to talk with others facing the same challenge. Therapy can be a big help if it is affordable. NAMI San Mateo County (NAMISMC) Family-to-Family classes are free and offer education and support. NAMISMC also offers support groups, listed on page five of this newsletter. I went to the NAMISMC office to pick up some material, and quickly discovered that by volunteering there, I could learn, share and lend a compassionate ear to callers. All of the above have served me and my mentally ill brother well.

I encourage you to take advantage of the resources available to you. Eventually, resentment and anger are harmful. They're best used as catalysts, as energy moving you to action and understanding and healing.

NAMI SMC: 650-638-0800



*We are grateful for donations honoring:*

**Matt Hachey** from Linda Hachey  
**Jack Odell** from Bill & Clarisa Odell

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



**Mark Your Calendar!**

**Saturday, September 17**  
**San Jose at Arena Green West**

Working together, this year's Walk will be even more financially successful and, most importantly, further our efforts to build awareness and reduce stigma.

**Volunteers:** Please tell us if you or someone you know would like to help with the Walk. Go to [www.namiwalks.org/siliconvalley](http://www.namiwalks.org/siliconvalley) to check in.

**Virtual Teams:** Register a virtual team! Encourage friends to join you and participate from wherever they are.

**Contact:** NAMI Santa Clara office 408-453-0400 or email [hbrown@namisantaclara.org](mailto:hbrown@namisantaclara.org).



(How to Help a Friend from page 1)

lives. We all have a need to be heard, yet sometimes it can be difficult to offer this opportunity for others. If a friend comes to you to talk about what they are going through, make sure you eliminate all distractions and really try to focus on understanding what they are expressing. Forget about planning what to say next and ignore the fear of saying something “wrong”—these all get in the way of truly hearing what is being said to us.

**2. Validate what they are feeling**—So, how do you respond when someone is sharing their difficult experiences? It is likely that what they are sharing with you is difficult because society has stigmatized their experiences as bizarre or even not real. If a friend tells you they have been isolating themselves, they find it hard to leave their home or they have suspicions about people that sound odd—search for the emotion they are describing and validate it. They might be feeling sad, frightened, confused, worried or even numb. The fact that someone can understand what we are feeling and tell us “it’s okay” can do more than one might think.

**3. Ask what they need**—Many people living with mental illness have had their experiences minimized or ignored. More still have had others tell them what needs to be done to “get better”—everything from family suggestions to involuntary hospitalization can feel like the person’s ability to identify what they need is being taken away. Even if your friend says they do not know what they need, the question still must be asked so they are very much a part of their recovery.

**4. Educate yourself about their experiences**—The most important way to do this is to interact directly with your friend (see step number one!) to understand their individual experiences. Yet, if someone is struggling with depression, for example, gather more information about the diagnosis itself to get a grasp on the facts and to challenge any lingering misinformation or stereotypes picked up from others. NAMI, the National Institute of Mental Health and the American Psychiatric Association offer a database of information about various disorders and how friends and family can help. Choices in Recovery and Mental Health Channel offer additional resources, newsletters, fact sheets and even video series highlighting people living with mental illness.

**5. Keep being a friend**—Something important to remember is that your friend is still the same person you know and love, even if you learn they are struggling with an illness. Many people find themselves worried about how to act or what to do differently, yet this hyper-awareness can sometimes be detrimental to the core of your connection with the person. Just as if you were to learn a friend is dealing with a physical illness, the kind of friend you are does not change. Follow-up with your friend. Respect their space if they need it. Spend more time together if that is what they prefer. Keep doing the things that keep your friendship strong.

With anyone in recovery for mental illness, some risks face them which may not face others. If you suspect your friend is feeling suicidal or is having difficulty caring for themselves due to their symptoms, seek guidance from trusted professionals. Calling the National Suicide Prevention Lifeline is one way to connect with professionals who can assist you in figuring out what steps to take next to keep your friend safe.

Read more: <http://www.care2.com/greenliving/how-to-help-a-friend-with-a-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.

**Healing Feelings** by Leslie Baker M.A., M.F.T.

Healing Feelings is a warm, rhythmic story that brings hope for healing to children living with a grownup who is dealing with a mental illness. The story explores the process of healing feelings and opens up the opportunity to dialog with children about this challenging topic.

**Can I Catch It Like A Cold?** presented by the Center for Addiction and Mental Health

Why is my parent acting this way? Will my parent get better? Is it my fault? Can I catch depression like a cold?

These are among the many questions asked by Children when a parent has depression. Can I Catch It Like a Cold? spurs dialogue, offers reassurance, and allays fears for those who cope with this adult-sized problem.

## 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](mailto: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](http://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](http://escrip.com/shares) to register.



Always start at [smile.amazon.com](http://smile.amazon.com) and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases. When you log onto [smile.amazon.com](http://smile.amazon.com) please choose NAMI San Mateo County as your charitable organization; from there your shopping purchases will be linked directly to us!

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

## 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. 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](mailto: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. 2<sup>nd</sup> & 4<sup>th</sup> 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](mailto:pamelapolos@comcast.net)
- **DBSA Mood Disorder Support Group** Wednesdays, promptly 6:30-8:30 pm. Contact: [DBSAPaloAlto@gmail.com](mailto: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](mailto:emlycaruthersmft@gmail.com)*. More info: 408-356-1212 or e-mail: [info@edrcsv.org](mailto: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](http://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](http://www.heartandsoulinc.org).
- **Cluttering & Hoarding** Support Groups, Workshops, and Private Consultations - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, [efarber@avenidas.org](mailto: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](http://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](http://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](mailto: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/](http://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](http://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](http://www.namisanmateo.org).



## Edward Hoffman

September 24, 1953 – April 18, 2016

“He Inspired a Movement”

Edward Hoffman passed away peacefully on April 18, 2016 in the family home in San Mateo. His passing was due to lung failure – he enjoyed smoking and managed to do so until the end. He is preceded in death by his parents, Tony Hoffman, a machinist and union activist, and Frances Hoffman, formerly a professional executive assistant.

Born on September 24, 1953 in San Francisco, Edward was an exceptionally bright child. At age 15, he was diagnosed with chronic schizophrenia, left school and was institutionalized for much of his adult life. He was fortunate to have been schooled at Napa State Hospital, allowing him to achieve a high school diploma then attend classes at Napa Community College. He was employed in vocational rehabilitation programs at Napa State Hospital and, later, at San Mateo County’s Workcenter.

Edward’s struggle with chronic mental illness inspired his parents to join a small group of parents in San Mateo County who mobilized other parents to advocate for the chronic and seriously mental ill. The parents’ efforts led to a nationwide grassroots movement. The family’s story was featured in a 2009 documentary, entitled *When Medicine Got it Wrong*, that showed how the nationwide grassroots advocacy movement challenged psychiatry’s view of serious mental illness and overturned assumptions about brain disorders.

Despite his difficult and tumultuous life, Edward maintained a dry wit and unique sense of humor that many found engaging. He would often announce the “Word of the Day” to whoever was in the room. Some of his favorite “Words of the Day” were, “Jimmy Page,” “The Who and the Yea” and “Hit Hard Disease,” all of which had some meaning to him, yet left others to wonder.

Edward was always ready to go somewhere, anywhere. Some of his favorites activities were going to restaurants, watching old western television shows, listening to 60s rock music, fishing at the trout farm, soaking in waves at the beach, watching comic book superhero movies, shaking hands and fist bumps and, most of all, any outing with his father.

“It takes a village...,” and Edward was very fortunate to have outstanding individuals in his village. Special gratitude goes to Dr. Werner Ju, Dr. Gordon Mak, Dr. John Herbert, the Green Team, Ian Adamson, the Mateo Lodge team, Mission Hospice and our angel, Raquel Lang. They all contributed toward improving Ed’s health and quality of life.

Edward is survived by his sister, Julie Hoffman, and niece, Anna Fessler-Hoffman. In his own way, Edward enriched the lives of those around him. For better or worse, his journey is now over.

Donations may be made in his memory to: Mateo Lodge, 420 Cassia Street, Redwood City, CA 94063 and Mission Hospice, 1670 S. Amphlett Blvd., Suite 300, San Mateo, CA 94402.

## 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

.....  
: 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

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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!*

## Mental Health Month— Be The One

All During May - see page 2

## Silicon Valley Gives

May 3 - see page 1

## NAMIWalk Kick-Off Luncheon

May 10 - see page 1

## 3rd Annual Community Project Poster Event

May 10 - see page 3

## Caminar's 2nd Annual Mental Illness Symposium

May 25 - see page 3

## General Meeting

May 25 - see page 1

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## The Role of Asylum in Treatment

### What does "asylum" mean in the context of mental illness treatment?

In popular usage, "asylum" has long been linked to state psychiatric hospitals, once known as "insane asylums."

What asylum should mean, two authors maintain in a recent publication, is "sanctuary" - a place that provides "protection, safety, security and social support."

In "Rediscovering the concept of asylum for persons with serious mental illness," H. Richard Lamb, MD,\* and Linda E. Weinberger, PhD, call for a recognition that many individuals with severe mental illness still need the functions state hospitals once performed in order to live optimally.

### The Functions of Asylum

They identify five such functions:

- Lowering stress
- Providing protection and social support
- Matching demands for performance to capabilities
- Providing adequate treatment services
- Supplying structure

"Asylum can be provided in the home by the patient's family or in a community facility, such as a board-and-care home," the authors write in the *Journal of the American Academy of Psychiatry and the Law*. "In many cases, the structure of a psychiatric hospital is needed. Serious problems will most likely arise whenever a community lacks adequate equivalents for the full range of functions traditionally served by state mental hospitals. This includes the provision of asylum to those patients who need it. Indeed, it is apparent that many of the problems plaguing deinstitutionalization today derive, first, from our failure to recognize that some psychiatric patients with serious mental illness still have a need for asylum and, second, from our failure to offer that asylum even when we recognize the necessity."

### Practical Realities

The authors describe four situations in which the concept of asylum has practical impacts:

- **Rehabilitation.** Effective rehabilitation can reduce the need for asylum but, for individuals in need of shelter or structure, "the elements of asylum often need to be supplied concurrently if rehabilitation programs are to achieve maximum results."
- **Expectations.** There is "a narrow line" between two dangers in treatment - too much and too little stimulation - and it needs to be walked with a recognition that "fruitless efforts to push people to adjust to a lifestyle beyond their capabilities" causes the patients anguish and runs the risk of contributing to their relapse.
- **Institutionalism.** This syndrome of withdrawal, disinterest and excessive reliance on other institutions was once thought to be entirely the result of living in institutions providing asylum. Increasingly, institutionalism is viewed

at least in part as a reflection of the schizophrenic disease process. "A place of asylum should include treatment interventions that increase the individual's ability to tolerate stress. Testing these interventions in a safe and supportive environment can assist in assuring successful transition to less structured settings in the community."

- **Incarceration.** Mentally ill offenders have additional needs for the functions of asylum when they are released from jails and prisons. Offenders without access to such functions are at higher risk for reoffending and relapse.

"Treating persons with serious mental illness requires more than just making the correct diagnosis, prescribing the right medications and providing the appropriate psychotherapeutic approach," Lamb and Weinberger conclude. "There should be an in-depth understanding of patients' needs for structure and their ability to cope with stress, as well as an assurance that they are in suitable living situations. Above all, the importance of asylum and sanctuary cannot be underestimated."

\* H. Richard Lamb is a member of the Treatment Advocacy Center Board of Directors

—Doris A. Fuller  
Chief of Research and Public Affairs  
TreatmentAdvocacyCenter.org

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### SF Chronicle Opinion

## Treat Mentally Ill Offenders, Don't Just Jail Them

By Darrell Steinberg, 4/17/2016

A failure to treat severe mental illness is not just a mark against our state's humanity; it is an issue of pressing importance to the very functionality of our criminal justice system.

In the past year alone, 45 percent of California's state prison inmates have been treated for severe mental illness. That's right: Nearly half of all inmates suffer from mental health trauma.

That's why a bipartisan group of criminal justice leaders has joined with Assemblymen Marc Levine of San Rafael, Tony Thurmond of Richmond and Evan Low of San Jose, all Democrats, to propose legislation that will tackle the crisis head-on. This legislation — the Mental Health Justice Act (AB2262) — will enable our judiciary to assign nonviolent mentally ill offenders to desperately needed treatment while allowing our prison and jail personnel to focus on serious, violent criminals.

The Mental Health Justice Act works by allowing an individual with a previously diagnosed mental illness to petition the court to require mental health treatment as part of his or her sentence.

It's common-sense humanity: Treatment of an illness should be a basic necessity for anyone who passes through the criminal justice system.

*(continued on page 10)*

*(from Treat MI Offenders on page 9)*

For defendants convicted of a nonserious, nonviolent crime, a judge would have the ability to sentence the defendant to a residential mental health treatment facility instead of a traditional jail or prison where they would face significant risk of further deterioration. (Of course, this would not be an option if the defendant could pose a risk of danger to public safety.)

If a defendant is convicted of a more serious crime, the sentencing judge would instead be empowered to require the defendant to be placed in a prison or jail mental health program and require that the prison or jail prepare a post-release mental health treatment plan before that individual is released.

During the past 15 years, the number of people requiring mental health treatment in prison has almost doubled, so that our jails and prisons have become California's de facto mental hospitals.

The discretion granted to judges by the Mental Health Justice Act is a practical approach that will help ensure individuals who live with a mental illness receive the treatment they need, rather than simply being warehoused in a way that exacerbates their mental illness.

It's more effective not only to those suffering; it's more effective at deterring crime as well: Studies have found that individuals who participate in mental health courts and receive the treatment they need reoffend at one-third of the rate of those who do not.

From a budget perspective, mental health courts in other states have been demonstrated to save as much as \$7 in costs for every \$1 spent. That means more resources to focus on serious, violent criminals.

Although there are certainly not enough community-based mental health treatment services in California, and I hope this legislation helps draw additional attention and resources to the shortfall, some programs do exist and can be enlisted to help solve this problem.

The status quo is a disgrace — one that is unjust to the millions of individuals and family members who are suffering, as well as to the correctional officers who are forced to manage a crisis diverting resources away from serious criminals.

A failure to treat severe mental illness is not just a mark against our state's humanity; it is an issue of pressing importance to the very functionality of our criminal justice system.

By passing the Mental Health Justice Act, we can begin setting a new course — one that takes a more just, more effective approach to the intersection between mental illness and criminal justice.

*—Darrell Steinberg is the former state Senate president pro tem and founder of the Steinberg Institute.*

*<http://www.sfchronicle.com/opinion/openforum/article/Treat-mentally-ill-offenders-don-t-just-jail-7253438.php?t=e2d033641f&cmpid=email-premium>*