



San Mateo County

General Meeting



100 S. San Mateo Drive San Mateo

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

Wednesday, May 27

6:30pm Reception
7:00-8:30 Program

Rachel Loewy, PhD

Prevention and Early Intervention in Psychosis

Dr. Loewy, Associate Professor of Psychiatry, UCSF; Director, Prodrome Assessment, Research & Treatment (PART) Program; Executive Clinical & Research Director, PREP, will present the latest scientific knowledge about identifying and treating psychosis in its earliest stages, including her own work on computerized cognitive training. She will also describe early psychosis resources available in San Mateo County and the Bay Area.



NAMI San Mateo County General Meetings are free and open to the public. We welcome all who support our mission to improve the quality of life for people with mental illnesses and their families.

Don't miss the NAMI National Convention in San Francisco this year!

Info on page 7

See more articles in the **WEB** version
of our newsletter at
www.namisanmateo.org



Sign up for the 11th Annual Bay Area NAMIWalk!

Saturday, May 30 • Lindley Meadow, Golden Gate Park, San Francisco
>> www.namiwalksfbay.org <<

Check-in: 8:30 am Start Time: 10:00 am Distance: 5K

*We expect to see over 3000 participants on May 30
and we hope that you will be one of them!*

Kickoff Luncheon: Wednesday, April 8

Join us from 11:30am - 1:30pm at the beautiful Crow Canyon Country Club, 711 Silver Lake Dr. in Danville, CA. See the website to download an invitation or to RSVP, or email rsvp@namiwalksfbay.org.

Sponsorships: Sponsors get the business community involved! Do you work for a company that supports philanthropic events? Do you have a company that would like to participate? See the website for a brochure.

Sign Up: Further details at www.namiwalksfbay.org, then Register to Walk, Donate to your favorite Walker, or Support Our Walk. (Hint: Walkers from last year, Log In before you Register.)

Questions? To become a member of a Walk Team, start a team of your own, or answer other questions, call the NAMI San Mateo County office (650-638-0800) or email nami@namisanmateo.org, and we'll find a team and answers for you.

March General Meeting Notes

By Helene Zimmerman

The March 25th General Meeting began with NAMI-SMC's election of officers and board members for 2015. Elected were: President: Jerry Thompson, RN; Vice President: Sharon Roth, RN; Treasurer: Carol Goshko; Secretary: Maureen Sinnott, PhD, and Board Members: Ann Baker; Christopher Jump; Bill Kerns.

Other announcements included the 11th NAMIWalk and getting friends and family involved; the opportunity to still donate to the 40th Anniversary; the May 21st start date for the next Peer to Peer program; a call for volunteers; the new Mental Health Ministry started by the UU Church of San Mateo, and the promotion of Helene Zimmerman as the Interim Executive Director.

The meeting's topic, "The Strange but True Story of the Evolution of Psychiatric Diagnosis" was presented by Dr. Cam Quanbeck & Dr. Karin Hastik of Cordilleras. We learned how psychiatric diagnosis has evolved over the past 150 years. Also reviewed was the criticism and controversy surrounding the new DSM-5.

It was a powerful presentation, showing how far we have come, but how far psychiatric diagnosis still has to go.

Help Us Protect Mental Health Medications In Medicare Part D!

Senators Charles Grassley, R-Iowa, and Sherrod Brown, D-Ohio, introduced the bipartisan Medicare Formulary Improvement Act (S. 648) last week to protect mental health medications in Medicare Part D. These medications are crucial in the treatment of illnesses like schizophrenia, depression, and bipolar disorder.

Currently these medications are in a “protected class” ensuring that when a doctor prescribes them they will not be subject to a denial based on things like cost. So why do we need this bill?

You may remember last year that there was an attack on the “protected class” designation by the Federal Centers for Medicare and Medicaid Services (CMS). In order to make sure that these life-saving medications remain in a “protected class” free from repeal you must raise your voice in support of this bill.

Contact your Senators TODAY asking them to co-sponsor this critical legislation - see <http://www.nami.org/About-NAMI/Publications-Reports/Digital-Newsletters-for-more-information>.

Phantom Ball 40th Anniversary Celebration



Thanks to all of you who have supported this once-in-a-decade fundraiser. As promised it has been a “most unusual event”.....an event where all the funds raised go to directly support your NAMI-SMC affiliate. (The only cost has been for U.S. postage!)

As the invitation indicated:

The need is real--The event is virtual.

The online auction ended on March 31st, but you can still support the 40th Anniversary Celebration the old fashioned way, by sending a donation.

Special thanks to volunteers Sasa Puchbauer for the invitation design; NAMI member Gary Stang for all the printing; Curtis Stimson for the electronic invitation/distribution and auction site administration.

Thanks also to Maureen Sinnott, Ruan Frenette, Bill Kerns, Jerry Thompson, Carol Gosho, Margaret Taylor, and Steve and Pat Way who assisted with mailing by personalizing many invitations.

BHRS Family Contacts

Suzanne Aubry, Dir. Family Service & Support: 650-573-2673
Claudia Saggese, Family Liaison (habla Español): 573-2189
Jade Moy, Dir. Chinese Initiative: 573-2952

Wonderful Work Opportunity!

NAMI-SMC is searching for an Education Coordinator, preferably with some NAMI program experience. This part-time position (10-20 hours/week) will report to the Board Education Chair and the Executive Director to keep them updated on the needs and activities of NAMI’s Education Programs. These programs include: Family to Family, Peer to Peer, Provider Education, Basics, In Our Own Voice, Parents and Teachers as Allies and Ending the Silence.

For more information and a full job description, please contact the NAMI office at nami@namisanmateo.org or 650-638-0800.

Art Showcased in SMC in May



Stigma-Free San Mateo County is looking for individuals with experience in living with mental illness and/or substance use challenges and family members of individuals with these challenges to participate in an art exhibit for Mental Health Awareness Month in May 2015. Your artwork will be displayed in San Mateo, Redwood City, South San Francisco, and/or Half Moon Bay.

If you are interested in sharing artwork, or would like additional information, please contact Marisol Solis, Mental Health Intern at San Mateo’s County Office of Equity and Diversity at msolis@smcgov.org.

911 Script Available on the BHRS Website

Help prepare yourself for a mental health emergency (calling 911) with this comprehensive brochure packed with current local information. Download “Mental Health Emergency” at www.smchealth.org/MH911. Or visit the blog: <http://smcb-hrsblog.org/2015/03/30/mental-health-emergency-materials-aka-family-script/>.

FAST: Family Assertive Support Team

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

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

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

Save the Date! - 2015



- **May 30** The NAMI SF Bay Area Walk in Golden Gate Park
- **July 6-9** NAMI National Conference at the Hilton San Francisco Union Square. http://www.nami.org/Template.cfm?Section=register_online&template=/security/login.cfm
- **August 21-22** NAMI California State Conference in Newport Beach. <http://www.namica.org/annual-conference.php?page=confhome&lang=eng>

California Clubhouse Update

By Diane Warner

California Clubhouse recently hosted a welcome visit from Joel Corcoran, Executive Director of Clubhouse International based in NYC, and Jack Yatsko, Chief Operating Officer of Clubhouse International based in Hawaii. Forty guests attended the afternoon event at 2205 Palm Ave. in San Mateo.

“The mission of Clubhouse International,” said Joel Corcoran, “is to change the country forever in overcoming discrimination, giving opportunity and fostering skills that return persons with mental illnesses to work as well as give social support.” His hope is that each individual will rebuild his/her life by belonging someplace where they want to come and working side by side with specifically trained mentoring staff to reach their goals.

Already 340 clubhouses around the world are meeting the needs of their members; 42% return to work, others finish school and find lasting relationships. “Clubhouse members are needed, wanted and valued,” according to Jack Yatsko. Clubhouse has standards for accreditation and most clubs reach this goal within four years of opening. Standards are updated every two years and members are involved in the process.

Letter from Doris Fuller

Executive Director, Treatment Advocacy Center

I lost my darling daughter Natalie to terminal mental illness last weekend. She killed herself one month short of her 29th birthday by stepping in front of a train in Baltimore.

Natalie and I wrote a book together when she was 16: *Promise You Won't Freak Out: A Teenager Tells Her Mother the Truth About: Boys, Booze, Body Piercing, and Other Touchy Topics (and Mom Responds)*. The idea of a teenager telling the truth about her secrets was such a startling concept that we were feature-page headliners in about two dozen newspapers nationwide, went on TV coast to coast including one of the morning shows, got paid to give speeches. The Oprah Show called.

In the book, we used a device to signal whenever a wild turn was about to take place in the teen/parenting life: *And then....* In the introduction, I defined an *And then* moment as “one of those critical junctures when my cheerful sense that all was right in the world collided with inescapable proof that it wasn't.”

The book was published the week before Natalie finished high school to great reviews. Amazon named it the best parenting book of 2004. It was nominated for a national prize. It was translated into Lithuanian and Chinese.

And then....

At 22, starting the second half of her senior year of college, Natalie had a psychotic break nobody saw coming. She went in the span of weeks from being a dazzling young adult with the world at her feet to a psych ward patient with an arrest record.

She rebounded quickly from that first episode and moved back home for the summer. She taught me how to like grilled tofu and make egg scrambles. She made the best salads of my life. She filled my house with her original art, her friends, her irrepressible spirit. Mental illness was not a theme. She returned to college in the fall. I saw her off with an emptier stomach but oh so much optimism.

(continued on page 4)

Melanfolly

by L Babbitt



(Letter from Doris Fuller from page 3)

And then....

Her second break was worse, the psychosis and hospitalization longer, the recovery harder to achieve, the medications more complicated, the resulting future not as bright. She rebounded again, even if more slowly, and eventually finished her bachelor of fine arts degree. Her state hospital psychiatrist and several hospitals drove 75 miles to come to her senior art show. It was a triumph for us all.

But, like far too many individuals and families and professionals who live with or around untreated severe mental illness, the *And then's* continued. Although Natalie always responded to meds, she went off them repeatedly, each time falling into a longer free fall, hitting the ground harder, recovering slower.

Eventually, she came to believe she was treatment-resistant. Last November, she announced that if she was going to have psychotic symptoms whether she took meds or not, why take them? She stopped, and her mind began its final, fatal unwinding.

Natalie believed in treatment and recovery. She talks about it in our latest video [<https://vimeo.com/117430363>] – debuting at a New York City film festival March 19, where she was traveling to answer audience questions – which we produced to educate judges. She dreamed of being a peer counselor. She wanted to help others as she had been helped – until she became convinced she was beyond help.

In the days since Natalie's death, I have been overwhelmed by the compassion and comfort of friends and strangers alike. Emails from the police officer in San Marcos, California, the former wife of a TV celebrity, public officials I've never met, parents I talk to regularly and parents whose names I've never seen, people from every corner of the mental health world, including the ones where the Treatment Advocacy Center is not popular. Their words make me so keenly aware that the pain I am feeling is but a drop in the ocean of pain that severe mental illness can produce.

Natalie was the bravest person I ever knew, and her suicide doesn't change that. The work to save other lives goes on. She wouldn't have wanted it to be any other way.

—Doris Fuller, Exec. Dir., Treatment Advocacy Center
703 294 6001/6002 | www.treatmentadvocacycenter.org

"There Are Good Days and Bad Days" - Personally Speaking

(March 20, 2015) Eric Smith is the young man who describes his own experience with mental illness in [the] "Stopping the Revolving Door" video. He has given [TAC] permission to reprint his condolence message to Executive Director Doris A. Fuller, who lost her daughter to suicide. She thought it might encourage all the family members who struggle so mightily to support and save their loved ones.

I am terribly sorry for the loss of your daughter Natalie. There is nothing that can be said, written, or done to make

(continued on page 7)

Volunteers Needed!



As we look to expand our outreach into the community we need your help. If you would you like to make a difference, we invite you to sign up to become a volunteer.

With numerous opportunities to choose amongst, your involvement will allow us to further help those affected by mental illness and their families. For more information, go to www.namisanmateo.org and click on "Become a Volunteer," or call 650-638-0800. We can't do it without you!



In Loving Memory of:

David Haning
Marguerite Fadhl

In Honor of:

Michael Cuan

Carol Gosh, Board Member

Bill Kerns & All NAMI Families

Pat Way, Past Pres. & Past Education Coordinator

Steve Way, Past Pres. & Advisory Board Member

NAMI San Mateo County appreciates those who send donations in *honor of* or *memory of individuals who have passed*. Our heartfelt gratitude, and our condolences to the families who've lost a loved one.

CASRA Conference

May 7 and 8 • Concord Hilton

Register now for the California Association of Social Rehabilitation Agencies (CASRA) Spring Conference.

Keynote Speaker: Will Hall

Working with Voices.

Visions and Different Realities in New Ways.

****35 informative and inspiring workshops****

Visit www.casra.org to register and for more information.

Directing Change Student Film Contest

[*These are great films - look them up!*] Students throughout California have submitted 60-second films in two categories: "Suicide Prevention" and "Ending the Silence about Mental Illness". Visit the campaign website for contest rules and information: www.directingchange.org.



JUDGES Needed!

We are now seeking judges to help us select the winning films. Contact us about becoming a judge today! Please contact Lauren Hee if you have questions at lauren@namica.org or 916-567-0163.

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. NAMI SMC, 1650 Borel Pl, Ste 130, San Mateo, 638-0800. Kristy Manuel and Ginny Traub, facilitators.
- **Dual Diagnosis Group for Consumers**, Mondays, 2:30pm. The Source, 500 A Second Ave., San Mateo. Info: 650-343-8760

MONDAY

- **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, 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.
- **HOPE** (Hope, Offering, Prayer and Education), for those with mental illness and/or in supporting roles. 1st and 3rd Tuesdays, 6:30pm, First Presbyterian Church, 1500 Easton Dr., Burlingame. Call 355-5352 or 347-9268 for info.
- **Korean Support Group**, a family/consumer group. 4th Tuesdays, 6:30-8:30pm. Full Gospel Mission Church, 20920 McClellan Rd. (opp. De Anza College), Cupertino. Info: Kyo, 408-253-9733.
- **Women Living With Their Own Mental Illness**, Tuesdays, 1-2:30pm. Redwood City - sliding scale fees apply for this meeting. Contact Deborah at 650-363-0249, x111.
- **Spanish-Speaking Support Group** for family members. 2nd Tuesdays, 6-7:30pm. South County BHRS, 802 Brewster Ave, Redwood City. Contact Claudia Saggese at 573-2189.

TUESDAY

- **DBSA Mood Disorder Support Group** Wednesdays, promptly 6:30-8:30 pm. Contact: DBSAPaloAlto@gmail.com. Supporters may attend with their consumer. VA Hospital, 3801 Miranda Ave, Hosp Bldg 101, Room A2-200, Palo Alto.
- **Jewish Support Group** (open to all denominations), for those with mental illness and families and friends. 2nd Wednesdays, 6:15-8:30pm. For info, call Carol Irwin 408-858-1372. Beit Kehillah, 26790 Arastradero Rd., Los Altos
- **Telecare** for family and friends of residents. 2nd Wednesdays, 5:30-7pm. 855 Veterans Blvd, Redwood City. 650-817-9070

WEDNESDAY

- **Asian-Language Family Support Groups** Last Thursday, 6-7:30 pm, Cantonese/Mandarin. 1950 Alameda de las Pulgas, BHRS main entrance. Info: 650-573-3571.
- **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.
- **H.E.L.P. for those coping with a mental illness and/or those in a supporting role**, Thursdays, 6:00pm optional dinner; 6:30-7:30 program, 7:30-8:30 prayer. Menlo Park Pres., 950 Santa Cruz Ave. Garden Court. Contact Jane at 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: Stu Berger, RN, CNS, & Adam Harrison ASW More info: 650-301-8650.

THURSDAY

- **NAMI Connection - Consumer Recovery Support Group**: 1st & 3rd Saturdays, 3:30-5pm. 500 E. 2nd Ave, San Mateo, Heart and Soul. Questions, call NAMI SMC at (650) 638 - 0800.
- **Japanese Education & Support Group**, call (415) 474-7310 for information.
- **Obsessive-Compulsive Foundation of SF Bay Area**, 3rd Saturdays, 1:30-3:30pm, Seton Medical Center, 1900 Sullivan Ave., 2nd Fl. Conf room near cafeteria, Daly City. For more information: 415-273-7273; www.ocd-bayarea.com.
- **Consumer Support Groups**, Heart and Soul, 500 E. 2nd Ave., San Mateo. Call 650-343-8760.

SATURDAY

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



Behold the turtle. He only makes progress when he sticks his neck out. —James Bryant Conant



MHSARC Meetings - open to the public

Wednesday, April 1 • 3:00 - 5:00pm

(first Wednesday of every month)

Time/locations vary, please check with 650-573-2544

or www.smchealth.org/MHSARC

Health Services Building Room 100

225 W. 37th Ave., San Mateo

AGED-FOCUSED COMMITTEES:

225 W. 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)

Board of Supervisors Meeting

Tuesday, April 8 • 9:00 a.m.

Board Chambers

400 County Center, First Floor, Redwood City

Board of Supervisors agendas are found at

<http://www.co.sanmateo.ca.us/portal/site/bos>.

Peninsula Veterans Affairs Center

Are you a vet or know one who needs help, is experiencing PTSD and/or other symptoms? Call 650-299-0672 or visit Peninsula VA Center, 2946 Broadway, Redwood City.

Social Security Issues?

Call Joe Hennen at Vocation Rehab Services: 650-802-6578

NAMI Education Programs

Call 650-638-0800 to register

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. Registration is required.

➤ **Family to Family**—For adult relatives with a 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.

*** Class starts Thursday, May 21—Join us! ***

➤ **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.

➤ **Basics**—Focuses on the fundamentals of caring for you, your family and your child with mental illness.

If you're interested in becoming a **facilitator** for NAMI Support Groups or any of our education programs, please contact the NAMI office: 650-638-0800. Training classes are scheduled throughout the year.

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.

24 Hour Crisis Line & Support Help: 650-579-0350 / 800-784-2433

Calling the local number will get you someone in San Mateo County. Calling the 800 number will get you the first person available. This person may not be in San Mateo County.

Psych Emergency: San Mateo Medical Center: 650-573-2662
Mills Peninsula Hospital: 650-696-5915

Kaiser South San Francisco: 650-742-2511
Kaiser Permanente SMC: 650-991-6455

FAST: 650-368-3178 | 650-371-7416 (pager)

Family Assertive Support Team - When your loved one is in emotional distress. Available 24x7.

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



Make plans now to join us for the 2015 NAMI National Convention

You won't want to miss the outstanding program offerings:

- Top-notch researchers and clinicians providing information and tools to advance and sustain recovery from mental illness
- People living with a mental illness and their families providing their own important perspectives on recovery
- The country's keenest minds and savviest policymakers offering strategies and tactics to effectively advocate for changing the mental health system in our nation
- Abundant networking opportunities so we can learn from each other about how we can improve the lives of all people living with mental illness and their families
- Inspiration, innovation and an exhilarating four days in this wonderful city

For more information about this year's offerings, view the preliminary convention program.

The fastest and easiest way is to register online.
<http://www.nami.org/Get-Involved/The-2015-NAMI-National-Convention/Registration-Information>

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**

Apr 14 Neuropsychiatry Updates on Seizure Disorders (Epileptic and Non-Epileptic)

Apr 28 Exercise and Mental Health



Mills-Peninsula Health Services

Saidy Conf. Rm., Ground Floor
 100 South San Mateo Drive, San Mateo / 650-696-5813
 12:15 - 1:45pm **BRING LUNCH**

Apr 21 How to Rationally Select an Antidepressant: Maximizing Efficacy and Minimizing Side Effects

(Good Days & Bad Days from page 4)

Natalie's passing easy to cope with, though perhaps you will be able to find some level of solace in knowing that you did everything you could to help Natalie.

There is no blame or guilt to be felt, because you did absolutely everything right that could have been done right. If at any point you feel the urge to place blame upon yourself, please take a moment to remind yourself that you put forth a flawlessly superhuman effort to be there for Natalie in every way possible, making her extremely lucky to have someone like you in her life.

While I never personally met Natalie, I feel a connection to how she may have perceived life as a result of our similar diagnoses. That said, and as you know, there are good days and bad days for those who live with mental illness, and sometimes the bad days are unavoidable, no matter what efforts have been taken to avoid the bad days.

The Natalie you know and love so much is all days, both the good and bad ... and I believe that Natalie's spirit still speaks loud and clear that she would want you to continue fighting the good fight, even though she was ultimately unable to do so, herself.

I know this because of how you and she spent your time on the good days, inclusive of writing a meaningful book together and spreading messages of dealing with one another, and healing with one another.

My sincerest condolences and prayers are with you and your family.

—Eric Smith

<http://www.treatmentadvocacycenter.org/about-us/our-blog/69-no-state/2796-there-are-good-days-and-bad-days-personally-speaking>

Bringing Communities Together
 NAMI California Annual Conference

Friday and Saturday, August 21 - 22
Newport Beach



Early Bird Savings! Go to <http://www.namica.org/annual-conference.php?page=register&lang=eng>. If you sign-up for the Super Early Bird discount now, you will save a lot of money on your tickets for the conference! Or contact Eugenia Cervantes at eugenia@namica.org or (916) 567-0167.

Research Studies

Youth with Bipolar Disorder needed for a sleep study. Eligible youth will be compensated up to \$215 for participating. For more information, please contact dailyrest@stanford.edu or 650-736-2689. Let us know the best days/times to reach you. Please share this information with anyone who may be interested in participating. For information about participant rights contact (866) 680-2906.

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 _____

Pay by: Check Visa MC Credit cards charged to billing address.

Credit Card# _____ Expires _____

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.

Thank you for your support!

NAMIWalk Kickoff Luncheon

April 8 - see page 1

Sign up for the NAMIWalk!

Saturday, May 30 - see page 1

CASRA Conference

May 7 & 8 - see page 2

General Meeting

May 27 - see page 1

Art Showcased in May

see page 2

NAMI National Convention in San Francisco!

July 6-9 - see page 7

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

Board of Directors

Jerry Thompson, RN - President

Sharon Roth - Co-Vice President

Maureen Sinnott - Secretary

Carol Gosho - Treasurer

Christopher Jump

Ann Baker

Bill Kerns

Advisory Board: Margaret Taylor, Pat Way,
Steve Way

Support Group Coord: Penney Mitchell

News Staff:

Editor - Ruan Frenette

Editorial Assistants - Kim Nobles, Pat Way

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

RETURN SERVICE REQUESTED

Time Value

Got news?

email nami@namisanmateo.org

Interview with Dr. Rahil Briggs, PsyD

No Health without Mental Health (NHMH) recently interviewed Dr. Rahil Briggs, PsyD, the Director of Pediatric Behavioral Health Services at the Montefiore Medical Group in the Bronx, New York. Montefiore is unique in providing both integrated adult and pediatric behavioral health services. While the adult services at Montefiore follow the collaborative care model, pioneered by the AIMS (Advancing Integrated Mental Health Solutions) Center, at the University of Washington, www.aims.uw.edu, Montefiore's pediatric model is designed to make its own significant contribution to the evidence base in this area.

Dr. Briggs is an expert in early childhood development, infant mental health, and the parent-child relationship. Ten years ago, she began her practice in Montefiore and has since been instrumental in setting up their preventive pediatric mental health care clinical program.

Her career interest had always been in psychology and early childhood, birth-5 years, development. Dr. Briggs had noticed that children who came to mental health care after those ages, had often already been suffering quite a while with behavioral health conditions. Also characteristic was that things usually had to get pretty bad before parents would even bring in their small children who were having behavioral health problems. And finally, often appointments were made and then cancelled.

So her focus moved to the pediatric primary care setting, the one place where all children must come for care at some point. Peds PC is a non-stigmatizing place; moreover, when it comes to pediatrics, primary care often has a very favorable connotation for families. These factors galvanized her interest in routinely integrating mental health care into the pediatric primary care clinics at Montefiore.

Starting in 2006, Montefiore launched a program for parents of infants and toddlers called Healthy Steps, www.healthysteps.org. The patient population is youngsters from birth to 5 years. In addition to their pediatrician, these little ones are seen by Healthy Steps Specialists, psychologists and social workers, specially trained in child development and behavioral health to screen for, monitor and treat behavioral problems.

Healthy Steps continually monitors the child's behavioral and developmental well-being at every well-baby check-up. Parents are offered a dedicated hotline to answer questions regarding care, educational materials, optional home visits, parent discussion groups and referrals to children's specialists when needed. Interestingly, parents are also themselves offered on-site treatment for their own depression, anxiety and other mental health concerns, in an environment of privacy.

The program has met with success in treating Montefiore Medical Group's covered 100,000 children, 35,000 of whom are ages birth-5 years. To date, Montefiore is providing Healthy Steps in their 4 largest practices, with a patient population of 15-17,000 kids, birth to 5. By the end of 2015, it should be available in all their pediatric sites. Due to the plasticity of the developing brain, the Healthy Steps program at Montefiore has shown that it is significantly easier to provide early intervention, and ensure appropriate development and behavior, versus fixing problems long after they've emerged. Also, they were able to document a significant correlation between parents with difficult childhoods and the well-being of their own children. Offering integrated care had a powerful impact on that dynamic, with parents able to access mental healthcare for themselves, when needed, in the pediatric setting and thereby interrupt the otherwise powerful intergenerational transmission of risk and trauma.

In 2014, Montefiore expanded its pediatric integrated behavioral health to cover the pediatric lifespan, from birth through age 18. All patients receive universal screening for behavioral issues as a part of every well child visit. The pediatrician follows up, exploring the issues in more depth, and if appropriate, a warm handoff is made to a behavioral specialist in the pediatric clinic. Montefiore has developed short-term treatment modules aimed at school-age and adolescent children for care of anxiety, depression, trauma, attention deficit, etc. At the start is a brief assessment, using motivational interviewing techniques, followed by 4-6 sessions to treat the presenting problem. Child psychiatrists and psychologists are also available to do consultations with the pediatric primary care doctors.

Lessons Learned: Dr. Briggs shared Montefiore's main takeaways from its 10 years experience providing integrated medical-behavioral care in pediatric primary care.

1. Providers considering implementation of the collaborative care should find a champion within their existing clinical program, able to function as a liaison between change agents and other incumbent clinicians in the practice.
2. To the extent behavioral screening can be presented as universal, there for everyone, it helps to reduce the social stigma parents often experience when seeking behavioral health care.
3. Workforce development is a crucial central issue. Success depends on hiring the right people to work in an integrated care culture - people who are flexible and can work within an unpredictable setting, who practice CBT (cognitive behavioral therapy) and other evidence-based techniques, who can do brief assessments and who have what Dr. Briggs terms an "integrated care backbone," or the ability to take on only those cases that are appropriate for this unique integrated care model, and ensure that inappropriate cases are referred and managed elsewhere (either by the pediatrician or another provider in the community).

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4. Training of healthcare professionals in an integrated practice is essential; the medical and behavioral fields need to develop sufficient training programs, such as fellowships, post-doctoral opportunities, and post-graduation training to teach these new skills.
5. Physical location counts. Behavioral specialists in pediatric primary care need to be close enough to the pediatric exam rooms that the warm handoff will be successful.
6. Behavioral health providers in the pediatric setting also struggle with issues of patient privacy and confidentiality, e.g. when the setting is not a mental health clinic per se, how do you honor the privacy of the patient while still providing integrated care; to what extent do you document or chart a parent's mental health concerns in a child's chart.
7. Value-based provider payment methods will incentivize wider implementation of this integrated care model. Paying for this care under traditional fee-for-service is challenging.
8. Parity of medical and behavioral care is difficult to achieve in a carve-out world, where medical and behavioral healthcare delivery and provider networks are separate and independent. Also, children are typically not high users of healthcare services in general, so the financial incentives are lower for some insurers. Still, value purchasing should incentivize this model of care.

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