

## General Meeting



### 100 S. San Mateo Drive San Mateo

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

### Wednesday, Nov 18

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

### NAMI Thanksgiving



Please join us for our traditional Thanksgiving celebration, focusing on GRATITUDE. Bring your family and friends to enjoy comradery and pies of the season.

Everyone who supports NAMI's mission is welcome and encouraged to attend. And, as always, it's free! RSVP TO 650-638-0800. We want to be sure we have plenty of pie! (Note this meeting is on the 3rd Wednesday of the month because of the holiday).

The "Be the One" campaign to help fight stigma surrounding mental illness Photo Booth will also be at the General Meeting. See the link below for photos and more information <http://smcbhrsblog.org/betheonesmc/>

### *Please Mark your Calendar!*



*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.*

## Mental Health Reform Needs A Push

*Please voice your support for HR 2646*

*—From Carol Lamont, NAMI SMC member*

I hope that you will take the time to voice your support for The Helping Families in Mental Health Crisis Act, HR 2646 that has been stalled in Committee for far too long. As soon as I heard about Representative Murphy's bill I read it, sent in my support and pressed NAMI and others to endorse it too. We need more folks to help push the doors open to help our loved ones get the mental health treatment they so desperately need so they do not put themselves and others at risk. Our current careless mental healthcare system is broken and passage of HR 2646 is needed to improve the healthcare provided to those with severe mental illness. I can testify about the difference proper mental healthcare treatment makes for those with severe mental illness, and for their families.

For more info on The Helping Families in Mental Health Crisis Act check out: <http://www.treatmentadvocacycenter.org/solution/hr-2646>

It takes just a couple of minutes, so visit the link below to add your voice, and then send this on to others in your network to urge their support too.

## Mental Health Reform Needs Your Help

The Helping Families in Mental Health Crisis Act, HR 2646, is sitting in the U.S. House Energy & Commerce Committee. Until the Committee "marks up," or amends the bill, it won't go to the floor of the House for a vote. We've come too close to let mental health reform legislation fail now.

You can help. Your U.S. Representative is a member of the House Energy & Commerce Committee. Let your Representative know that America wants mental health reform and you want them to do their part by marking up HR 2646, co-sponsoring it and getting it to a vote. Email, call and tweet your member of Congress.

Your voice can make the difference.

Visit: [http://cqrcengage.com/nami/app/write-a-letter?2&engagementId=133246&ep=AAAAC2Flc0NpcGhlcjAxUp9whh7CgmslVX22uIi-X3fn2x49hcQmkCX-MSdHuGrxQ8UFh08TDtD2iVp\\_OuVRHpSEIxpJUifYbNOolkjamI71\\_s074Iv\\_jrh0dxbi4sSo&lp=0](http://cqrcengage.com/nami/app/write-a-letter?2&engagementId=133246&ep=AAAAC2Flc0NpcGhlcjAxUp9whh7CgmslVX22uIi-X3fn2x49hcQmkCX-MSdHuGrxQ8UFh08TDtD2iVp_OuVRHpSEIxpJUifYbNOolkjamI71_s074Iv_jrh0dxbi4sSo&lp=0)

***Thank you for your advocacy!***

## Welcome to our new Board Members

It is with much pleasure that we introduce our two new board members:

**Mark D. Hanson** is an Operating Partner of Genstar Capital LLC, a private equity firm that invests in a variety of industries, including healthcare. Mark has held senior positions in a variety of local leading software companies. Mark, a family member, is a graduate of Santa Clara University and received his MBA degree from Golden Gate University.

**Armando Sandoval** is the BART Police Department CIT Coordinator and Community Outreach Liaison. He has over 30 years of experience working in the forensic mental health field, law enforcement and community outreach. He has been affiliated with NAMI for over 25 years. He has over 10 years' experience as a CIT instructor. He has been with the BART Police since 2012; one of his first tasks outside of acclimating to a four-county transit system was to develop a Multi-Disciplinary Forensic Team in Alameda County.

Welcome Mark and Armando!

## NAMI Peer-to-Peer Class Starting

Thursdays, October 8 - December 17

A free 10-week class for people with mental health issues taught by people with mental health issues.

“Learning to Live Well with What We’ve Got”

Call 650-638-0800 to register (required)

## Stepping Up for Independence

October 10 • 12pm-3pm  
Hillsdale High School  
3115 Del Monte Stree, San Mateo

Center for Independence’s mission is to provide support services, community awareness, and systems change advocacy to promote full and equal community integration and participation for people with disabilities in San Mateo County. For more information, contact [www.cidсанmateo.org](http://www.cidсанmateo.org)

## The NAMI Walk Results Are In

THANK YOU EVERYONE who joined our efforts for the successful and popular NAMI Walk—we hope you enjoyed the day and we sincerely appreciate your participation. The total amount raised by all SF Bay Area affiliates participating in the Walk this year was \$395,461, representing a significant effort by everyone!

NAMI San Mateo County raised a total of \$68,750 (gross). The NAMI Walk is the primary source of funding for our affiliate. We rely on the Walk to run our office and continue NAMI’s invaluable education, support groups and advocacy programs. Your contributions are most meaningful to our health and wellbeing.

Please watch for 2016 NAMI Walk SF Bay Area information in future newsletters and on our website, the date will be set soon!

### 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](http://www.namisanmateo.org).

## CA MH Planning Council Meeting

Wednesday-Friday, October 14-16

Lake Natoma Inn, Folsom

Conference Call (Audio/Listen ONLY): 1-877-951-3290

Participant Code: 8936702



The California Mental Health Planning Council (Council) invites you to attend its quarterly meeting on October 14, 15, and 16, 2015 at the Lake Natoma Inn in Folsom or listen in on the conference line provided above.

The Executive Committee will meet at 9:00 a.m. on Wednesday morning. Also on Wednesday, the Patients’ Rights Committee will meet at 11:00 a.m. The Council General Session will begin at 1:30 p.m. on Wednesday afternoon. Members of the public are welcome to attend and observe these meetings. Teleconference capabilities are not available for the committee meetings.

On Thursday morning, the Continuous System Improvement, Advocacy, and Health Care Integration Committees will meet at 8:30 a.m. The Council General Session will continue on Thursday afternoon at 1:30 p.m., and will conclude on Friday afternoon at 12 noon.

The Council has scheduled time on the agenda for public comment and to voice concerns about mental health issues of importance to them on Wednesday at 3:00 p.m. and 4:50 p.m.; on Thursday at 3:10 p.m. and 4:15 p.m.; and on Friday at 9:50 a.m and 11:40 a.m.

Access to this agenda and the meeting documents is available on the CMHPC Quarterly Council Meeting October 2015 page on our website. If you have any questions or would like to request reasonable accommodations for the meeting, please call Jane Adcock, Executive Officer, at (916) 319-9343. We hope you join us.

## Volunteer Help Needed for our Facebook Presence

The Facebook logo is displayed in white text on a blue rectangular background, tilted slightly to the right.

Are you a Social Media whiz? Would you enjoy helping us develop a Facebook presence? If you answered “yes” to both questions, then you have to contact NAMI-SMC! We would love to speak with you.

As we grow our programs and outreach into the community, we want to interact more, with you, our members and friends. Please help us help the community.

Contact [nami@namisanmateo.org](mailto:nami@namisanmateo.org) or 650-638-0800 to learn more about this Facebook opportunity and join our team of talented and much appreciated volunteers. We can’t do it without you! Please contact us now!

Visit [www.namicalifornia.org/](http://www.namicalifornia.org/) to get the latest on legislative activity.



## Happy Birthday Terry!

On October 10th, our longtime friend and past NAMI- SMC Board President, Terry Walker, will celebrate her 90th birthday! Warmest congratulations on this auspicious day.

We take this opportunity to publically thank Terry for her part in expanding

the initial Parents of Adult Schizophrenics into the organization that NAMI is today - helping family members and individuals with mental health conditions. There are NAMI affiliates in all 50 states as well as other countries.

Over the years, Terry worked tirelessly in a variety of capacities in the mental health arena. Amongst her many activities, Terry served on the San Mateo County Mental Health Board and the Board of Directors of Mateo Lodge, Inc.; she was a long-time NAMI Support Group Facilitator at the South County Mental Health Clinic; and an active volunteer for the Mental Health Association's Friendship Centers. Terry received the Heroes in The Fight Award and the Tony Hoffman Award for her advocacy in the field of Mental Health.

We congratulate Terry on her special day, and thank her for all she's done for our community with NAMI-SMC - increasing awareness, supporting families, and improving services. Happy Birthday!



## 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 from, your involvement will allow us to further help those affected by mental illness and their families. For more information, go to [www.namisanmateo.org](http://www.namisanmateo.org) and click on "Become a Volunteer," or call 650-638-0800. We can't do it without you!

Melanfolly by L Babbitt



## Housing Leadership Day 2015

Friday, October 23  
College of San Mateo

Join us for this important conference! Housing Leadership Day, San Mateo County's premier conference on housing policy, presents this year's theme: "Towards Shared Prosperity: Affordable Homes as the Key to Reducing Poverty, Inequality and Displacement in our County."

With this event Housing Leadership Council brings together a range of topics and speakers that will help inform the work that you do and connect you with the community of stakeholders that will help identify solutions. We hope you can make it!

Visit <http://www.hlcsmc.org/home/200> for more information and registration.

### Our Condolences

In loving memory of Joshua Stang.

### Donations Received

Doris A Mitchell in loving memory of Helen Way.

### In Honor

### Terry Walker's 90th Birthday

~ Tom & Joyce Quinn of San Carlos

~ Ron and Sharon Roth

~ Pat and Steve Way

NAMI San Mateo County appreciates those who send donations that honor loved ones.

Our heartfelt gratitude!

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



**Newsletter Delivery Team** – Karen Snyder, Gina Olinger, Jean Chen, Zena Tarasena, Esther Paula, and an honorable mention to Edna & Ryan Daga who couldn't be with us this time.

**Warm Line Dream Team** – Cammie Forchione, Diane Warner, Diana Casey, Gina Olinger, Hilary R. Randall

**Health Fair Helper** – Lee Nash

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

If you would like to volunteer, please contact Debi at [nami@namisanmateo.org](mailto:nami@namisanmateo.org), or 650-638-0800.

## Psychiatric Grand Rounds Programs

*Open to the Public*

### Mills-Peninsula Health Services

Hendrickson Auditorium, Ground Floor  
100 South San Mateo Drive, San Mateo / 650-696-5813  
12:15 – 1:45pm **BRING LUNCH**

Oct 6 Neurobiology Of Depression

Oct 20 Violence In The Community: Can We Predict? How Do We Respond?

### County Of San Mateo – Multipurpose Room 100

225 West 37Th Ave, San Mateo  
12:15 – 1:30pm **BRING LUNCH**

Oct 13 The Leading Cause Of Death In Psychiatry:  
Tobacco, Permitted Or Ignored

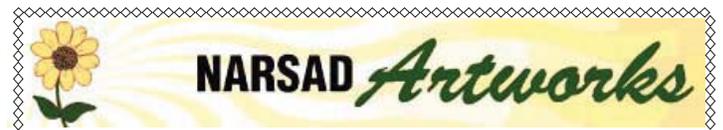
## Rebuilding Together Peninsula Extends Home Repair Support to NAMI SMC Families



Rebuilding Together Peninsula – a safe and healthy housing organization that believes that community starts at home - has generously extended their mandate to provide critical repairs, accessibility modifications and energy efficient upgrades to qualifying low-income home owners at no cost to members of NAMI SMC.

Rebuilding Together Peninsula has worked on the Peninsula for 26 years. During this time, they have successfully restored over 2,000 homes and community facilities for our neighbors in need with the help of over 60,000 volunteers.

To learn more about Rebuilding Together Peninsula, and to see if you qualify, visit [www.rebuildingtogetherpeninsula.org](http://www.rebuildingtogetherpeninsula.org) or call 650-366-6597.



Our office now carries a supply of cards - stop by and pick up a pack - and another for a friend!

Visit NARSAD Artworks for their beautiful holiday cards, notecards, calendars and gifts online at [www.narsadartworks.org](http://www.narsadartworks.org), or call 800-607-2599 or 714-529-5571.

NARSAD Artworks showcases museum-quality art products by and on behalf of mentally ill persons. All proceeds support the Brain & Behavior Research Foundation.

Place your order now for this holiday season!

## 911 Script Available on the BHRS Website

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](http://www.smchealth.org/MH911). Or visit the blog: <http://smcbhrrsblog.org/2015/03/30/mental-health-emergency-materials-aka-family-script/>.

## Shopping Supports NAMI SMC

Together, shopping through any of these mediums makes a real difference. Last year, NAMI SMC received over \$3,000 in merchant rebates!

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



Remember, 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 please choose NAMI San Mateo County as your charitable organization; from there your shopping purchases will be linked directly to us!



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



## BHRS Family Contacts

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

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

<ul style="list-style-type: none"> <li>• <b>NAMI Cordilleras MHR Center Family Group</b>, 1ST Mondays (2ND Monday if 1st is a holiday), 6:30-8pm, 200 Edmonds Road, Redwood City, 650-367-1890. Penney Mitchell &amp; Julie Curry, NAMI SMC co-facilitators</li> <li>• <b>NAMI Parents of Youth &amp; Young Adults</b> (ages 6–26), OCT-DEC 2ND Mondays, 7-8:30pm. 222 W. 39th Ave. &amp; Edison, Board Room (main entrance elevator to 2nd floor, left to the end of hall). San Mateo, 638-0800. Kristy Manuel and Ginny Traub, facilitators.</li> <li>• <b>Dual Diagnosis Group for Consumers</b>, Mondays, 2:30pm. 210 Industrial Rd. Bldg. 210, Room 160, info: 650-393-8604.</li> </ul>	MONDAY
<ul style="list-style-type: none"> <li>• <b>NAMI Spanish-Speaking Support Group</b> for family members. 2ND Tuesdays, 6-7:30pm. South County BHRS, 802 Brewster Ave, Redwood City. Contact Claudia Sagese at 573-2189.</li> <li>• <b>NAMI Coastside Support Meeting</b> 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</li> <li>• <b>NAMI Jewish Family &amp; Children's Services</b>, family and friends are welcome. 4TH Tuesdays, 7:00pm. 200 Channing Ave., Palo Alto, 650-688-3097. Sharon &amp; Ron Roth, NAMI SMC facilitators; John Bisenivs, LCSW.</li> <li>• <b>NAMI San Mateo Medical Center</b> for family members. 1st and 3rd Tuesdays, 6:30-8pm. 222 W. 39th Ave. &amp; Edison, San Mateo. Board Room (main entrance elevator to 2nd floor, left to the end of the hall). Terry &amp; Polly Flinn, Carol Metzler &amp; Judy Singer, NAMI facilitators.</li> <li>• <b>NAMI South County Support Meeting</b> 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. <b>Park behind building and knock loudly on door.</b></li> <li>• <b>DBSA Mood Disorder Support Group</b> 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 <a href="mailto:DBSASanMateo@um.att.com">DBSASanMateo@um.att.com</a> or 650-299-8880; leave a message.</li> <li>• <b>HOPE</b> (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.</li> <li>• <b>Korean Support Group</b>, 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.</li> <li>• <b>Women Living With Their Own Mental Illness</b>, Tuesdays, 1-2:30pm. Redwood City - sliding scale fees apply for this meeting. Contact Deborah at 650-363-0249, x111.</li> </ul>	TUESDAY
<ul style="list-style-type: none"> <li>• <b>NAMI Stanford</b> for family &amp; friends. 2nd Wednesdays, 7:00 -8:30pm. 401 Quarry Road #1206, Stanford. Dept. of Psychiatry &amp; Behavioral Sciences (parking is between Vineyard &amp; Quarry). Info: 650-862-2886 or <a href="mailto:pamelapolos@comcast.net">pamelapolos@comcast.net</a></li> <li>• <b>DBSA Mood Disorder Support Group</b> Wednesdays, promptly 6:30-8:30 pm. Contact: <a href="mailto:DBSAPaloAlto@gmail.com">DBSAPaloAlto@gmail.com</a>. Supporters may attend with their consumer. VA Hospital, 3801 Miranda Ave, Hosp Bldg 101, Room A2-200, Palo Alto.</li> <li>• <b>Jewish Support Group</b> (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</li> <li>• <b>Telecare</b> for family and friends of residents. 2nd Wednesdays, 5:30-7pm. 855 Veterans Blvd, Redwood City. 650-817-9070</li> </ul>	WEDNESDAY
<ul style="list-style-type: none"> <li>• <b>Asian-Language Family Support Groups</b> Last Thursday, 6-7:30 pm, Cantonese/Mandarin. 1950 Alameda de las Pulgas, San Mateo. BHRS main entrance. Info: 650-573-3571.</li> <li>• <b>Coastside Dual Diagnosis Group</b>, development for clients in all stages of recovery. Thursdays at 4-5pm. 225 S. Cabrillo Hwy #200A, Half Moon Bay. 726-6369 for information.</li> <li>• <b>Body Image &amp; Eating Disorders</b>, Thursdays, 6:30-8pm, 1225 Crane St, Ste 205, Menlo Park. Open to family and friends. <i>RSVP required:</i> <a href="mailto:emlycaruthersmft@gmail.com">emlycaruthersmft@gmail.com</a>. More info: 408-356-1212 or e-mail: <a href="mailto:info@edrcsv.org">info@edrcsv.org</a>.</li> <li>• <b>H.E.L.P. for those coping with a mental illness and/or those in a supporting role</b>, 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</li> <li>• <b>North County Support Group</b> 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.</li> </ul>	THURSDAY
<ul style="list-style-type: none"> <li>• <b>NAMI Connection - Consumer Recovery Support Group</b>: August: No meeting; September: call NAMI SMC 650-638-0800</li> <li>• <b>Japanese Education &amp; Support Group</b>, call (415) 474-7310 for information.</li> <li>• <b>Obsessive-Compulsive Foundation of SF Bay Area</b>, 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; <a href="http://www.ocd-bayarea.com">www.ocd-bayarea.com</a>.</li> <li>• <b>Consumer Support Groups</b>, Heart and Soul, Call 650-343-8760 for address.</li> </ul>	SATURDAY

**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.*

- **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.  
>>Class offered Thursdays, Oct 8 - Dec 17
- **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

## Trainers/Facilitators Needed

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.

*We are also looking for individuals with lived experience who are interested in telling their story, as part of our In Our Own Voice presentations.*

## MHSARC Meetings - open to the public

**Wednesday, Oct. 7 • 3:00 - 5:00pm**

*(first Wednesday of every month)*

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

or [www.smchealth.org/MHSARC](http://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, Oct. 6 • 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.

## Jail Chaplain

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

## 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](http://www.namisanmateo.org).

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## 13 Things Men With Anxiety And Depression Want You To Know

By Lindsay Holmes Healthy Living Editor, The Huffington Post Posted: 09/16/2015

It's not a weakness.

Openly discussing mental illness can be a tough battle for anyone -- but for men, the cultural baggage of traditional masculinity may make it particularly challenging.

There's an obvious stigma when it comes to men and mental health. Research suggests many men find it difficult to disclose mental illness symptoms and a recent analysis found that men are more likely not to speak up if they're having thoughts of suicide. In a society where "being a man" is conflated with being tough, it's hard for men to come forward and reveal they have a mental health condition.

However, confidential conversation is better than no conversation when it comes to mental health. Recently, Ask Men anonymously surveyed male readers on what they wanted everyone to know about dealing with mental health issues. Check out some of their responses below, then share what you want people to understand about anxiety and depression in the comments.

1. It's a health issue.  
"It's a medical problem."

2. It's important to open up about anxiety.  
"It's OK to have those feelings and wanting to talk about it is natural and healthy."

3. Men with anxiety are seen as "weak" -- and that's a problem.  
"We, men, don't share any problems that we face because we think it makes us vulnerable and weak. Some have been taught to show that we are tough since childhood."

4. Lifestyle changes can help.  
"Get out of it as soon as possible. Change your habits ... go on a vacation, movies, blind dates. Make new friends. Be positive."

5. Insensitive comments can sometimes stand in the way of support.  
"Pretending to sympathize and saying things like 'toughen up,' 'it'll get better,' 'grow up, you are acting so immature,' 'grow a pair' are all not as helpful as [people] like to think it is. Perhaps they should consider observing people a little more before commenting like that."

6. If you want to know more about what they're dealing with, ask thoughtful questions.  
"[A]sk questions that are not judgmental in nature. Rather than asking 'how did you screw this up?' consider how could

this have gone better ... no need to repeatedly bring up past failures."

7. Mental health issues can be all-consuming.  
"It always hurts 24/7 when you are experiencing anxiety and depression."

8. Anxiety and depression don't discriminate.  
"It's very real. It can happen to anyone, any age and any gender. There is no switch to turn it off. There is help you can give and receive."

9. The conditions can cause poor thoughts.  
"It's a vicious cycle. When you're suffering from it, one bad thought, event or interaction can be enough to send you into destructive thinking patterns."

10. Treatment can make anxiety and depression manageable.  
"These are natural human conditions, but it's better looking for professional help in case you can't control them."

11. Mental illness is not just "all in your head."  
"[I]t's not something for weak people, you can't just 'cheer up!' and it's okay and normal to talk about."

12. It's important to identify -- and speak out -- about the symptoms.  
"How you deal with it is what matters. Usually the ones who undergo stress but don't show it in public suffer the most. One should definitely see a [doctor if they] have trouble with sleep, lack in focus, increased/decreased appetite as these are the initial signs."

13. Anxiety and depression should never make you feel ashamed.  
"Depression and anxiety put you in a position where you have no control and feel very open, helpless and vulnerable. As [men], we are constantly being told we have to be strong and in control when we can barely get out of bed in the morning and every decision takes all the focus and energy we have. It can add to the downward spiral. Learn to ask for help and have someone to lean on, it will make your journey out of that black place a little easier."

*The survey was conducted on AskMen.com from August 20-29, 2015 and there were 73 total respondents. Each response was confidential.*

*This post is part of ShameOver: It's Time To Talk About Men's Mental Health, a HuffPost Healthy Living editorial initiative that aims reclaim what it means to "be strong" by addressing the stigma men face in disclosing and seeking support for mental health issues. Each week we'll share features and personal stories about men and their caregivers as it relates to suicide, mental illness and emotional well-being. If you have a story you'd like to share, email us at [strongertogether@huffingtonpost.com](mailto:strongertogether@huffingtonpost.com).*

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## Peer-to-Peer Class

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## Suicide Concerns In Tech Industry

By Greta Kaul, SF Chronicle, September 6, 2015

When Austen Heinz was a boy, his teachers called him “the professor.” He was intensely fascinated with books and science, and once he started a project, he focused on it in a way that set him apart from his classmates. Sometimes he had trouble fitting in.

He grew up to found a company that laser-printed DNA. His goal was to democratize creation, to someday let customers create their own, wholly new creatures. Heinz believed that one day, human beings would be designed on computers.

If that day comes, Heinz will not see it. On May 24, he took his own life. He was 31.

Heinz is one of the latest in a string of startup founder suicides. In 2011, there was Ilya Zhitomirskiy, a 22-year-old social network founder. In 2013, Aaron Swartz, a 26-year-old Internet activist and Reddit co-founder. Later that year and into the next came three suicides among founders connected to a Las Vegas startup project. This year, Heinz and Faigy Mayer, 30, a founder and app developer.

In the startup world, mental health is not discussed as often as funding rounds or hiring, though it too affects the life and livelihood of founders, their employees and their investors.

The scope of the problem is unclear — news coverage of high-profile suicides may distort the issue, making them seem more prevalent than they are. Or coverage may downplay the issue — because media ethics discourage reporting on most suicides, it may go unreported when founders of little-known companies succumb to such despair.

But psychologists who work with entrepreneurs say that many struggle with mental health problems. A recent study by Bay Area researchers backs up their convictions, finding that entrepreneurs reported higher rates of depression, substance abuse, bipolar disorder and ADHD than the general population. Whether conditions are brought on by the stress of the job, or are endemic to entrepreneurial personalities is less clear.

In that study, nearly half of the 242 entrepreneurs surveyed reported having one or more of those mental health conditions, compared with 32 percent of the control group. Some entrepreneurs who didn’t report any mental health conditions said family members had them, suggesting that the types of people who become entrepreneurs may be genetically predisposed.

### Better entrepreneurs

Sometimes, traits that tend to go hand-in-hand with mental health conditions make for better entrepreneurs, said Dr. Michael Freeman, a clinical professor of psychiatry at UCSF, executive coach and an author of the study. As adults, they may be driven to start companies because of a particular spark of creativity or ingenuity, or because they don’t do well in traditional workplaces.

“They have personality traits that are useful in entrepreneurship but not all that common in the population,” Freeman said. “They tend to be more persistent, more creative, more open-minded, more able to take risks ... they think more quickly, they recognize opportunities.”

There were signs that Heinz was different from other kids when he was growing up in North Carolina. In fifth grade, he

demanded he be home-schooled for a year. He had laser-like focus on things that interested him. Just 16 months older than her brother, Adrienne Heinz, who is a clinical psychologist, noticed that her brother was more irritable and isolated during his high school years, when his depression worsened.

Heinz sought help from mental health professionals intermittently as an adult. Despite his struggles, he was extraordinarily driven, his sister says. Even when he was busy, he found the time to mentor other startup founders. He stayed up all night and took long baths to ruminate on science projects. In his early 20s, he took a break from his studies at Duke University to take a motorcycle trip across North America, meeting with academics to promote the sharing of intellectual property among scientists.

As brilliant as Heinz was, he could also be polarizing; intense in his convictions, Adrienne said — if he hadn’t left the guests of a dinner party speechless, he hadn’t done his job.

### Great depth

In 2008, he moved to South Korea, where he began a doctoral program and built the laser printer he used to make DNA. Believing his ideas could go further in the business world, he left three years later, moving to the Bay Area to found Cambrian Genomics. Late last year, he raised \$10 million in venture capital to fund his efforts.

The idea of printing DNA troubled some bioethicists, who did not share his vision of creation with little regulation.

But Heinz saw it as a way to pursue a better human understanding of science and furthermore, as a way to do good: Editing DNA, after all, can lead to better crops and more advanced medical treatments. Heinz had already landed major drug companies as customers, including Roche, GlaxoSmithKline and Thermo Fisher Scientific.

Beneath the intensity that most people saw, Adrienne saw Heinz as a loving person with great depth. That was something that came across, especially in the times the two of them connected without words: playing with Adrienne’s young son, hiking under the redwoods in Marin County or cracking open Dungeness crabs.

Research has also found high rates of depression in stockbrokers — people who are similarly in high-stress, high-stakes jobs. A study by Dr. Alden Cass, a psychologist and the author of “Bullish Thinking: The Advisor’s Guide to Surviving and Thriving on Wall Street,” found that nearly a quarter of retail stockbrokers met the criteria for major clinical depression.

Some big stock brokerage firms have acknowledged the issue, adding mental health services — elective screenings, counselors and coaches, Cass said.

“Startups don’t have that,” he said. Many founders have quit their corporate jobs and are without the support of a conventional workplace or an employer’s health and wellness programs. While the Affordable Care Act requires Americans to have insurance or pay a fee, the societal stigma attached to mental health means many with symptoms go untreated. And even for those who have insurance, therapy often carries out-of-pocket costs.

### Single-minded focus

The startup culture in particular glorifies single-minded focus (Continued on page 10)

and a round-the-clock work ethic — seemingly designed for entrepreneurs with mental health conditions, said Jerry Colonna, former venture capitalist. Colonna, who became a professional coach after dealing with depression himself, has a popular podcast and is planning a boot camp next year to encourage investors to discuss mental health issues that founders of companies in their portfolios may face.

“What Silicon Valley expects of founders in their promise to investors is really similar to what a hypomanic would say,” said Jakub Kosteci, a 39-year-old Colorado startup founder who has been diagnosed with bipolar disorder II, an often-milder form of the condition involving depression and hypomania. “If you’re a 25-year-old sitting in a two-bedroom with four other friends, saying that you’re going to do \$500 million in revenue in two years, that’s the craziness that hypomanics say.”

Kosteci’s symptoms tended more toward hypomania — sometimes characterized by elation, energy and confidence. They started in his late teens and followed him through the founding of his companies. But lately, he’s been able to manage it: With a combination of therapy and lifestyle changes, including exercise and a vegan diet, he said, he hasn’t had a hypomanic episode in years.

### Sign of weakness

He feels lucky. In the startup community, there is little support, and a lot of fear that showing any sign of weakness will hurt morale or scare off investors.

“If you look at the great painters and the great writers and the great people of this world, a lot of them dealt with these issues. There is greatness in the madness,” he said.

In their study, Freeman and his colleagues suggest that business schools and programs for startups — such as accelerators and incubators — are well-positioned to offer mental health education and resources to early-stage founders. Freeman said he’d like to see more education about the strengths and vulnerabilities associated with mental health conditions, confidential self-assessments and referrals provided in such settings.

One Silicon Valley firm that does breach the topic is 500 Startups, a Bay Area accelerator that mentors early-stage startups. The accelerator hosts a fireside chat called “Founder Real Talk,” where partner Sean Percival says he shares details about dealing with his own depression. Sam Altman, president of tech accelerator Y Combinator, has also blogged about how founders should not feel alone or ashamed if they’re depressed. Still, most of the discussions about mental health in the startup community are led by people such as Percival and venture capitalist Brad Feld, who have dealt with it firsthand.

“I always felt that founders assume everyone is watching them, waiting for them to succeed or fail,” Percival said in an e-mail. “For first time founders so much of the process is new and there are no good resources for dealing with the dark times.”

### Reducing stigma

Expanding the discussion could have broader benefits, Freeman said. Because entrepreneurs are well-respected for their contributions to society, it could go a long way to reduce stigma in broader society if some of the big names in tech who have

mental health struggles went public with them.

Entrepreneurs are often brilliant, gifted people, Freeman said. But since many of them struggle with mental health, “You just need to put in a safety net here and there, you just need to prevent the dark side from overtaking the good things.”

In the months leading up to his death, Heinz could turn on the charm, but anxiety and depression crippled him. Adrienne believes that the system failed Heinz

— that with better resources and support, her brother’s death might have been prevented.

“He had a personality structure that made it difficult for him to connect with people on a deeper level and garner the social support he needed to survive the storm of creating a startup,” she said.

In November, Heinz had to deal with some negative press. At a tech conference, he and another male scientist mis-characterized Sweet Peach, a probiotic product for women in which Heinz had invested. They incorrectly suggested it could make vaginas smell like peaches, which was not its purpose. Media pounced, calling it a manifestation of the sexist tech culture. Heinz worried it would affect his ability to raise more money.

### Fear of failure

Heinz’s family and a few close friends knew he was not well. They showered him with love. His sisters wrote him letters of encouragement: “Life is waiting for you. You might be stuck here for a while but the world isn’t going anywhere. Hang on in there if you can. Life is always worth it.”

But Heinz continued to struggle.

“He was paralyzed by his anxiety and fear of failure. He was obsessed with the competition and felt rejection so intensely... All he could see was, ‘I’ve got to raise more money ... I’ve got to hire the right person,’” Adrienne said.

He stopped sleeping and wouldn’t eat. When he was hospitalized in April, his roommate had severe hallucinations and rammed his head against the wall.

“The experience was just not therapeutic,” she said. “Austen was probably the healthiest person in the facility.”

The day before Heinz died, he checked into San Francisco General Hospital for weakness in one of his legs — possibly related to work stress. Doctors who questioned him said he had no signs of depression and indicated no intention of hurting himself. Adrienne believes he was too shaken by his experience the previous month to let on.

Though Heinz was eccentric, she thinks he was more like other founders than different. She hopes to see the startup community take action, raising awareness and building more resources for founders.

“Even when folks have incredible struggles to overcome, they’re capable of incredible things,” said Adrienne, who will walk in an upcoming Out of the Darkness Walk in San Francisco, held by the American Foundation for Suicide Prevention, in Heinz’s memory. “I would just encourage people to think about what we can do to foster a culture that allows us to thrive rather than suffer like Austen did.”

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