

## General Meeting

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

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

**Wednesday, September 28**

6:30pm Reception  
7:00pm Program

### **Psychopharmacologic Treatment of Serious Mental Illness: An Update**

**Dr. Cam Quanbeck and  
Dr. Karin Hastik**

Join us for the latest on the new long-acting injectable anti-psychotics and their role in preventing relapse (saving overall cost), the new Clozapine REMS monitoring guidelines, genetic discoveries underlying serious mental illness - including pharmacodynamic/pharmacokinetic testing which recently became available, and the role of neuroinflammation in serious mental illness. Also to be discussed is the role of vitamin and dietary supplementation as they can effectively augment psychotropic medications and further reduce depressive symptoms.

*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.*

Like us on Facebook



<https://www.facebook.com/namismc/>

and



follow us on Twitter

<https://twitter.com/NAMISmc>



## **NAMI WALKS - SILICON VALLEY - New Location!**

**Saturday, September 17**

**Guadalupe River Park - Arena Green West, San Jose**

Check-in: 9:00am      Walk Start: 11:00am      Distance: 5K or shorter

The first NAMIWalks Silicon Valley is just a couple of weeks away. You can register to walk by visiting [www.namiwalks.org/siliconvalley](http://www.namiwalks.org/siliconvalley). Questions? Contact Dyane Hendricks, Walk Manager at 408-453-0400 x3125 or email [namiwalks@santaclara.org](mailto:namiwalks@santaclara.org)

This year's Walk location is new; however, the booths and activities will be familiar. Food trucks will be selling delectable munchies for snacks and lunch. The full walk is 5K, or about 3 miles. There will be water stations along the way and a one-mile turnaround point.

Street parking is very limited, so please plan to use public transportation. The San Jose Diridon Station is within walking distance at 65 Cahill Street. Visit our website or call our office for updated info about parking.

NAMIWalks is an outreach to the community to bring awareness, educate and reduce stigma around mental illness—and you make it happen by sponsoring, walking and volunteering!

Join or donate to the NAMI SMC team: [www.namiwalks.org/team/neverwalkalone](http://www.namiwalks.org/team/neverwalkalone). Other San Mateo County teams include: BHRS SMC Help & Hope for All, Kaiser Redwood City Walkers, Nurses for a Better Tomorrow, Kathy's Hope, Stop the Stigma Trekkers, Strong Souls, The Marvels and Walking for Max.

A few fun fundraising ideas:

- Sponsor yourself: \$25
- Ask 4 family members to sponsor you for \$25 each = \$100
- Ask 5 coworkers to contribute \$15 each = \$75
- Ask 5 friends to contribute \$20 each = \$100
- Ask 5 neighbors to sponsor you for \$15 each = \$75
- Ask your boss for a company contribution of \$50
- Ask 3 businesses you frequent for a donation of \$25 each = \$75

Be sure to tell everyone that all proceeds fund NAMI SMC's programs and outreach. We thank all of our wonderful sponsors, team captains and volunteers.

### **Prizes for the Walk!**

- \$25,000 Teams: Event at Bay Area Attraction
- Weekly Prizes: Gala Tickets, Gift & Cards, Electronics
- Team with Most Walkers: Pizza Party
- Top 3 Individual Walkers: \$250, \$100, \$50 Gift Cards or electronics
- Team Raising Most Money: Pizza Party & Movie Tickets
- Youth Teams can earn prizes, too. Let's talk!

## NAMI California Conference Review

*Back to the Future: Building on the Past for a Better Tomorrow*

The NAMI California Conference held in Burlingame on August 26-27 was a big success! Over 500 attendees gathered to learn from distinguished panelists and presenters, and from one another.

There was something for everyone. Arranged in “tracks,” participants could select among presentations around Transitional Aged Youth, Consumer & Family Engagement, Criminal Justice, Strengthening NAMI and Advocacy.

The keynote speakers were memorable. Rev. Gregory J. Boyle, S.J., the founder and executive director of Homeboy Industries, Los Angeles, brought tears to people’s eyes with the stories of some of his participants. Homeboy Industries provides hope, training, and support to formerly gang-involved and previously incarcerated men and women – many with mental illness – allowing them to redirect their lives and become contributing members of our community.

Professor Cyndi Weickert, School of Psychiatry, University of New South Wales, talked about her research on Curing Schizophrenia one biotype at a time. Professor Weickert’s research is so promising that the audience wanted to find a way to bring her back to the U.S., where she could continue her research here – along with her trials!

Thanks to the solid foundation built by past leaders, NAMI continues to create a stronger, more effective NAMI California – always keeping our family members and loved ones foremost in our minds.

Each year, the conference alternates between Northern and Southern California. Hold the date: 2017 NAMI California Annual Conference, August 25 & 26, Newport Beach.



**To all our volunteers,  
THANK YOU.**

**We couldn’t do it without you!**

**Newsletter:** Karen Snyder

**Office Support:** Mike Rodrigues and Diana Casey

**Connection Leaders:** Calvin Shelton, Dana Foley, Deborah Wright

All of our Support Group Leaders!

AND A VERY SPECIAL THANK YOU TO EVELINE COFFMAN for balancing the books!

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

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

## Adolescent Behavioral Health Project Wins Partnership Award

Each year Sutter Health physicians and staff system wide vote to recognize exceptional collaboration and partnership with a \$100,000 award. This year, the Adolescent Behavioral Health (ABH) Project was the winner.

This five-year pilot program to bring behavioral health screening to a primary care setting and provide case management support, has been funded entirely through donations. Nearly 200 individuals and charitable foundations have chosen to support the \$3.3 million project, and now the program has been honored by the Mills-Peninsula Hospital Foundation employees to help spread the fundamentals of the ABH project throughout the Sutter Health Network. “Being part of the Sutter Health family, we are in the business of hope. We take care of generations of families, and our patients are our family. So when you provide hope in a family’s time of greatest need, people respond,” says Mara Hook, vice president of philanthropy at Sutter Health.

Watch a powerful video about the impact of the project.:  
[http://players.brightcove.net/817826402001/default\\_\\_default/index.html?videoId=4916137369001](http://players.brightcove.net/817826402001/default__default/index.html?videoId=4916137369001).



*We are grateful for donations in honor of*

**San Bruno Police Officer Andrew R. Harper  
and K9 Officer Amanda Realyvasquez**

Officers Harper and Realyvasquez provided helpful and intelligent assistance in response to a family member’s 911 call. The respect and courtesy extended to the family was very much appreciated.

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

## Public Benefits for People with Disabilities

An updated 28-page guide to public benefits for people with disabilities is available from Disability Rights California by clicking the link below. The information is current, useful and applies equally to physical and mental disabilities.

[www.disabilityrightsca.org/pubs/501401.pdf](http://www.disabilityrightsca.org/pubs/501401.pdf)

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

*We appreciate your participation in advocacy!*

## Sharon Roth Honored

Sharon Roth, R.N., NAMI SMC Executive Board Member, Criminal Justice Chair and California Crisis Intervention Training Association President was awarded the Don and Peggy Richardson Memorial Award at the recent NAMI California Conference. The award is given for distinguished service to persons afflicted with serious mental illness.

Sharon's career in mental health spans 30+ years. She is an exemplar for working within the mental health arena and bringing about change. Amongst the many volunteer positions she has held, Sharon has served on the NAMI California Board of Directors, as well as the NAMI Santa Clara Board of Directors, and the San Mateo County Mental Health & Substance Abuse Recovery Commission (formerly the SMC Mental Health Board). Sharon continues in her position as a Clinical Instructor at Samuel Merritt University for Nursing students during their psychiatric rotation.

In her acceptance speech, Sharon talked about the many people who have worked equally hard to bring about change in the mental health field within the county and state. She mentioned that with further public education and advocacy, one day, it might not be necessary to have a NAMI conference, nor a Mental Health Criminal Justice Conference. In addition to thanking everyone, Sam Cochran was given a special thank you. Sharon closed by saying that slowly and surely change within the system is happening.

## Engagement Report Released by NAMI

NAMI is pleased to release a new report titled "Engagement: A New Standard for Mental Health Care." The information in this report is based on a fascinating expert listening session that took place in Fall, 2015, along with interviews of key informants, many of whom are quoted in the report.

Many people who seek mental health care drop out, and 70% of those dropping out do so after a first or second visit. As the report shares, there are many reasons this happens, but the focus of this report is on relationships between people with mental illness and service providers, their families, and the community as a whole.

Although diverse views were expressed at the listening session, one common theme emerged. As a society, we can do far better engaging people with mental illness, particularly at times when help, support and compassion are most needed. We heard many stories about lost opportunities for engagement, sometimes with horrific consequences. And, we heard that if we want to improve the lives of people with mental illness and their families, we must shift to a culture that embraces engagement as a new standard of care.

All is not bleak by any means. In the course of our research for this report, we heard some shining examples of successful efforts to engage people, even those who may be difficult to engage due to severity of symptoms or lack of insight.

The report sets forth principals for advancing a culture of engagement in mental health care, including:

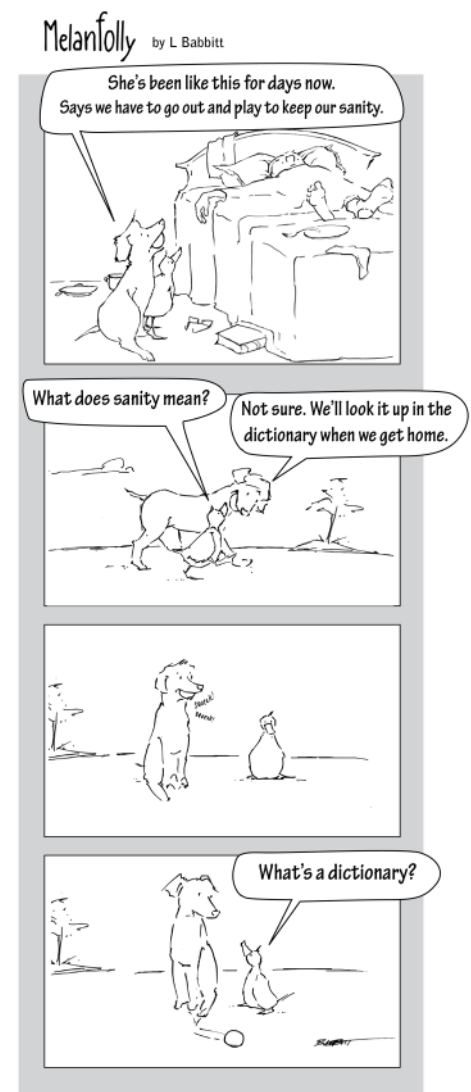
- Communicating hope rather than hopelessness;
- Supporting individuals, whenever possible, to be active participants in their own care;
- Focusing on the strengths of individuals rather than their deficits;
- Including family and other close supporters as essential partners in care and recovery; and
- Recognizing the role of community, culture, faith, sexual orientation and gender identity, age, language and economic status in recovery.

The report is based on the premise that these principals of engagement should be ingrained in all services and supports provided to individuals and families. The report includes examples of promising engagement practices and programs.

Engagement is a piece of a complicated puzzle, whether individuals are seeking services and supports for the first time or have experienced mental illness for many years and have cycled in and out of homelessness, emergency rooms and correctional settings. However, it is a very important piece of the puzzle, one that if implemented can help change the culture of mental health care in America.

A copy of the report can be found and downloaded at [www.nami.org/engagement](http://www.nami.org/engagement).

This report is a first step in NAMI's ongoing work on engagement. We welcome your feedback on the report and on engagement in general. Please send feedback to [policy@nami.org](mailto:policy@nami.org).



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## National Day of Prayer

**Tuesday, October 4, 2016**  
**Resource Tables: 11:30 am – 1:30 pm**  
**Program: 12:00 - 1:00 pm**  
**400 County Center, Courtyard**  
**Redwood City**

One in four people have a mental health condition but less than half get the help they need; we are ALL touched by mental illness. With the guidance, prayers and actions from our faith and behavioral health networks working together, our communities can reach better mental health and well-being.

At the Day of Prayer, faith and secular leaders will join hundreds of events around the country to publicly recommit ourselves to replace misinformation, blame, fear and prejudice with truth, inclusion and love in order to offer hope and support to those most in need. Community members, consumers, family members, faith community and behavioral health providers all welcome!

Questions? Contact William Kruse: 510-506-3815, [bkruse@churchfortoday.net](mailto:bkruse@churchfortoday.net) or Melinda Ricossa: 650-372-8573, [mricossa@smcgov.org](mailto:mricossa@smcgov.org). Also visit [www.smchealth.org/Spirituality](http://www.smchealth.org/Spirituality). Sponsored by San Mateo County Behavioral Health and Recovery Service and NAMI SMC.

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## Paying it Forward - Replacement Car Needed

Alan Cochran, an honorably discharged Veteran, NAMI member, In Our Own Voice presenter, and soon to be Peer to Peer co-teacher, needs help. In 2015, Alan's car was stolen and totaled by the car thief. While the car had liability insurance - due to the cost of full coverage - it was not insured against theft, hence Alan was unable to purchase a replacement vehicle.

If you are about to trade in an older vehicle or have a little-used car - in good running order - taking up space in your driveway, please consider donating it to Alan. He would like to continue pursuing his goal of educating the public that it is possible to live successfully and productively with a mental illness diagnosis.

If you would like to meet with Alan before making a decision, he would be happy to do so, contact him at [ak\\_cochran@yahoo.com](mailto:ak_cochran@yahoo.com). Thank you.

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## 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.

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## NAMI Connection



**2nd & 4th Mondays of each month • 7:00-8:30pm**  
**NAMI office, 1650 Borel Place, #130, San Mateo**

People with mental health conditions are WELCOME to this recovery support group. Connections provides a place that offers respect, understanding, encouragement and hope. The group is led by trained individuals who are experienced at living well with mental illness. **No registration is required.** Just drop by; we look forward to meeting you. Call 650-638-0800 with any questions.

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## Out of the Darkness Walk - Oakland

**Saturday, October 15**  
**Lakeside Park, Lake Merritt - The Collonades**  
**Check-in/Registration Time: 10/15/2016 at 6:00 am**  
**Opening Ceremony: 6:30 am**  
**Walk Ends: 9:00 am**

<http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=3821>

For more information, contact: Alanna Coyote, 510-387-1040, [alannacoyote@gmail.com](mailto:alannacoyote@gmail.com)

The official mission of the American Foundation for Suicide Prevention's nationwide Out of the Darkness Community Walks is to bring focus and attention to the epidemic of suicide and to help fund research and support for those suffering from depression and mental illnesses that may lead to suicide. Bringing "light" to this cause promotes awareness for those who have not been personally impacted. It also provides a forum for families and friends who have been affected most directly to learn that the historic stigma and shame associated with suicide can be lifted, so that we can work together to find better solutions.

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## 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.*

### **Lab Girl** by Hope Jahren

Lab Girl is a deeply personal story about the author's life as a botanist; yet the author's toughest parts in her book are her personal struggles with depression, bipolar disorder. Lab Girl contains some of the most incisive and yet colorful and moving writing on bipolar moods that one has ever seen, particularly about mania. Very well done!



## 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), 2ND Mondays, 7-8:30pm. 222 W. 39th Ave. &amp; Edison, Board Room, San Mateo. Park in the large lot on west side of building, off 37th Ave. Enter building through the “Hospital &amp; 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.</li> <li>• <b>NAMI Connection</b> for persons with mental illness who are working on their wellness &amp; recovery. 2ND &amp; 4TH Mondays, 7-8:30pm. 1650 Borel Place #130, San Mateo. Call NAMI SMC 650-638-0800 for information.</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, 802 Brewster, RWC. 650-573-2189</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>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>Individuals Living With Their Own Mental Illness</b>, Tuesdays, 1-2:30pm. Redwood City - Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x111.</li> <li>• <b>Parent Chat</b>, for parent/caregivers of kids aged 14-24 with mental health challenges. 2<sup>nd</sup> &amp; 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.</li> </ul> | TUESDAY   |
| <ul style="list-style-type: none"> <li>• <b>NAMI Stanford</b> for family &amp; friends. 2nd Wednesdays, 7-8:30pm. 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>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> </ul>   | WEDNESDAY |
| <ul style="list-style-type: none"> <li>• <b>Chinese Language Family Support Group</b> 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).</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: <a href="mailto:emlycaruthersmft@gmail.com">emlycaruthersmft@gmail.com</a></i>. More info: 408-356-1212 or e-mail: <a href="mailto:info@edrcsv.org">info@edrcsv.org</a>.</li> <li>• <b>Dual Diagnosis Group for Consumers</b>, Thurs, 12 noon. 210 Industrial Rd. Bldg. 210, Room 205, San Carlos. 650-232-7426.</li> <li>• <b>H.E.L.P. for those with a mental illness and/or in a supporting role</b>, 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</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>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> </ul>  | SAT.      |
| <ul style="list-style-type: none"> <li>• <b>Japanese Education &amp; Support Group</b>, call (415) 474-7310 for information.</li> <li>• <b>Consumer Support Groups</b>, Heart and Soul, call 650-232-7426 for days &amp; addresses, or visit <a href="http://www.heartandsoulinc.org">www.heartandsoulinc.org</a>.</li> <li>• <b>Cluttering &amp; Hoarding</b> Support Groups, Workshops, and Private Consultations - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, <a href="mailto:efarber@avenidas.org">efarber@avenidas.org</a>.</li> </ul>  |           |

## 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.  
*Must join class Tuesday classes by Sept 13 - call if you're interested in attending.*
- **Peer to Peer**—Better living skills for people with mental health issues taught by people with mental health issues.  
*Next class begins Thurs., Sept. 8, 3:30-5:30pm.*
- **Provider**—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.*

## Jail Chaplain

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

## 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.

## BHRS Family Contacts

Suzanne Aubry, Dir. Family Service & Support:  
650-573-2673

Claudia Saggese, Family Liaison (habla Español):  
650-573-2189

## 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.

## 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://smcbhrsblog.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).

## Schizophrenia Symptoms Eased With Aerobic Exercise

By Honor Whitemann, 8/12/16

Excerpt from [www.medicalnewstoday.com/articles/312299.php](http://www.medicalnewstoday.com/articles/312299.php)

New research further supports the benefits of exercise for mental health, after finding aerobic physical activity could help treat the symptoms of schizophrenia. Researchers say aerobic physical activity could benefit the cognitive functioning of people with schizophrenia.

The researchers - including Joseph Firth of the Institute of Brain, Behavior and Mental Health at the University of Manchester in the United Kingdom - publish their findings in the journal *Schizophrenia Bulletin*.

Schizophrenia is a mental disorder estimated to affect around 1.1 percent of American adults. Symptoms of the disorder include hallucinations, delusions, abnormal thought processes, and agitated body movements. Some individuals with schizophrenia may also experience cognitive symptoms, such as problems with memory, executive function, and attention. Schizophrenia has no cure, but there are treatments that can help manage symptoms. These include antipsychotic medications and psychosocial therapies.

Now, Firth and colleagues suggest aerobic exercise should be added to the treatment regimens of patients with schizophrenia, after finding it could improve their cognitive functioning. Cognitive functioning improved with 12 weeks of aerobic activity

The team conducted a meta-analysis of 10 controlled trials involving a total of 385 individuals with schizophrenia. All trials looked at how aerobic exercise affected patients' cognitive functioning. The analysis revealed that schizophrenia patients who completed around 12 weeks of aerobic exercise - alongside their usual schizophrenia treatment - had better cognitive functioning than those who did not engage in aerobic exercise. In detail, the team found aerobic exercise significantly improved the attention, social cognition - the ability to understand social situations - and working memory of individuals with schizophrenia.

Aerobic exercise refers to physical activity in which the large muscles of the body move in a rhythmic manner for a sustained period, such as walking, swimming, and cycling.

The researchers note that individuals with schizophrenia who engaged in greater amounts of aerobic exercise showed the biggest improvements in cognitive functioning, and exercise programs that were best for improving physical fitness were also most beneficial for cognition. According to the authors, these results provide evidence that physical activity can improve the cognitive functioning of patients with schizophrenia.

"We are searching for new ways to treat these aspects of the illness, and now research is increasingly suggesting that physical exercise can provide a solution," notes Firth. "These findings present the first large-scale evidence supporting the use of physical exercise to treat the neurocognitive deficits associated with schizophrenia."

Using exercise from the earliest stages of the illness could reduce the likelihood of long-term disability, and facilitate full, functional recovery for patients."

## 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!

## MHSARC Meetings - open to the public

**First Wednesday of each month • 3:00 - 5:00pm**

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:

*Call for location: 650-573-2544*

- Older Adult Services Committee • 10:30am - 12:00**
- Adult Services Committee (combined with former CRC) • 10:30pm - 11:30, 3rd Wednesdays**
- Children and Youth Services Committee • 4pm - 5:00**

## Board of Supervisors Meeting

**First Tuesday of each month • 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>

Social Security Benefits or  
Vocational Rehab Questions?

Call Wendy Jordan at 650-802-6482

## Classes Starting!

September - see page 7

## NAMIWalk

San Jose

September 17 - see page 1

## General Meeting

September 28 - see page 1

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

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## Please Become a Member of NAMI San Mateo County

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

- Regular Member (\$35 to \$99)\*       Change Address (print new address below, include bottom this page with old address)
- Sustaining Member (\$100 to \$499)\*
- Patron Member (\$500 to \$999)\*
- Benefactor Member (\$1,000 or more)\*
- Mental Health Individual (\$10)
- Renewal or  New Membership Amount Enclosed: \$ \_\_\_\_\_

\* A portion of your membership donation is sent to National NAMI and to NAMI California

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How did you hear about NAMI? \_\_\_\_\_

Please check all that apply: I/we am/are  Family  Consumer

MH Professional  Business or Agency  Friend

Your membership in NAMI San Mateo County is tax deductible to the extent allowed by law. Our Tax ID number is 94-2650681. *Thank you for your support!*

NAMI San Mateo County  
1650 Borel Place, Suite 130  
San Mateo, CA 94402  
650-638-0800 / FAX: 650-638-1475  
nami@namisanmateo.org  
www.namisanmateo.org  
Office open: 9am-3pm, M-F (or by appt.)

### Board of Directors

Jerry Thompson, RN - President  
Sharon Roth - Co-Vice President  
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Bill Kerns  
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Bobby Lane

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**Support Group Coord:** Penney Mitchell

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Helene Zimmerman - Executive Director  
Lee Nash - Education Coordinator  
Debi Mechanic - Volunteer Coordinator

**News Staff:** Ruan Frenette - Producer  
Kim Nobles, Pat Way - Editorial Assistants

See more articles in our web version of the newsletter at [www.namisanmateo.org/](http://www.namisanmateo.org/)