

General Meeting

100 S. San Mateo Drive
San Mateo

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

Wednesday, May 28

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

Call Me Crazy

*An educational film presentation
followed by discussion.*

Join us for viewing and discussion of sections of this highly acclaimed movie which portrays an honest, powerful and graphic understanding of the lived experience of mental illness. Through various film segments the audience will learn how complex and difficult it is to live and cope with a mental health condition. The courage, fortitude, support, and hope required to triumph over the diagnosis of serious mental illnesses such as schizophrenia and PTSD is portrayed by an all-star cast including Brittany Snow, Jennifer Hudson, and others.

Join us for this dynamic film presentation and discussion.

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.

Visit our website!

www.namisanmateo.org

See You at the Walk!

Saturday, May 31, 2014

Lindley Meadow, Golden Gate Park

Distance is 5K (3.5 miles) or shorter



SIGN UP NOW for the 10th Anniversary NAMIWalk SF Bay Area

www.namiwalkSFbay.org / 800-556-2401

Create your own team or join one of the teams related to our affiliate:

- **Never Walk Alone:** <http://namiwalks.nami.org/steveway>
- **Mighty Neurons:** <http://namiwalks.nami.org/MightyNeurons>
- **Nurses for a Better Tomorrow:** <http://namiwalks.nami.org/jerry>
- **Traub Tigers & Trailblazers:** <http://namiwalks.nami.org/traubtigersandtrailblazers>

Bus transportation will be available on a 1st come-1st serve basis:

- more information and sign up at: 650-343-8760



There is still time to register for the walk and make a difference. While registration is free, the money raised by the walk helps fund vital NAMI programs. PLUS the walk is a great community event. You have a chance to be active with friends and family (create a team to spend more time together!). You also have a chance to meet others who are a part of the important effort to de-stigmatize mental illness.

THANK YOU Local San Mateo County Walk sponsors to date:

Afoa Insurance Services	NAMI San Mateo County
Anderson, Yazdi, Hwang, Minton + Horn	Presideo Hearing Instruments/ San Francisco Audiology
Barker Blue	R & D Technical Services Inc.
Caminar	Sayler Design
Collection Bureau of America	Samuel Merritt College
Gosho Financial Services	Schenone Insurance Services
Health Net, Inc.	Ted's Village Pharmacy
Izmirian Roofing and Sheet Metal	Telecare
MacCorkle Insurance Company	Teraoka & Partners LLP
Matagrano Inc.	United American Bank
Mateo Lodge, Inc.	Way Financial
Mills Peninsula Health Services	

If you would like to sponsor the Walk or know of someone who would, please contact 800-556-2401 for more information.

Come to the NAMI Walk! It is a wonderful community gathering!

Cordilleras Redesign Project

By Terry Wilcox-Rittgers, BHRS Wellness Matters, March 2014

Cordilleras Mental Health Center is located in the unincorporated part of Redwood City, near Highway 280 at 200 Edmonds Road and is the only in-county Mental Health Rehabilitation Center (MHRC). They treat approximately 61 clients in the locked section and 49 clients in the Suites. Many of the people who need

Continued on page 4

Annual Mental Health Advocacy Day at the Capitol - May 12

NAMI California, in association with UACF, CalACAP and LETS, are convening a joint advocacy day on May 12 in Sacramento.

In the morning, the assembled advocates will take a briefing from Senators and Assembly members on their current legislative strategies, followed by a session describing the structure of our combined visits. The afternoon will find us in scheduled meetings with legislative members and their staff on bills currently being considered.

It's an opportunity to use your advocacy skills and gain important experience in face to face legislative action!

Please join us for a day of advocacy for mental health at the state capitol. This is a unique opportunity to combine your voice with the voices of people from other organizations to support common legislative goals.

The day begins around 10:30 and ends in the late afternoon. Lunch will be provided.

To apply for one of the limited number of NAMI California Annual Advocacy Day positions, please email david.czarnecki@namicalifornia.org.

Please consider being a part of this important effort, and gain experience in state-level advocacy.

Conversations on Compassion with Paul Ekman, Ph.D.

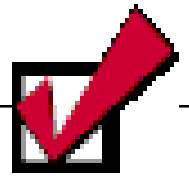
Thursday, May 29 • 6:00pm
Cubberley Auditorium, Stanford University
485 Lasuen Mall

Paul Ekman, Professor Emeritus in Psychology at UCSF, is the researcher and author best known for furthering our understanding of nonverbal behavior, encompassing facial expressions and gestures. In addition to his own distinguished academic career, Ekman has authored more than 100 published articles and holds several honorary doctoral degrees. A pre-eminent psychologist and co-discoverer of micro expressions with Friesen, Haggard and Isaacs, Ekman was named by the American Psychological Association as one of the most influential psychologists of the 20th century, and TIME Magazine (2009) hailed him as one of the 100 most influential people in the world.

Admission is free, but register for guaranteed seating and get more information at: ccare_info@stanford.edu or call (650) 721-6142.

Sponsored by Center for Compassion and Altruism Research and Education.

Save the Date



- **May 31, 2014**
NAMI Walk at Golden Gate Park
- **August 1-2, 2014**
NAMI California Statewide Conference in Newport Beach. www.namicalifornia.org. Register: <https://41339.thankyou4caring.org/sslpage.aspx?pid=300>
- **September 3-6, 2014**
NAMI National Conference in Washington, D.C.
- **October 2, 2014**
Cordilleras / NAMI Golf Benefit

NAMI SMC Board Member Receives Tony Hoffman Award



Congratulations to NAMI SMC board member **Christopher Jump** who will be receiving the Tony Hoffman Community Mental Health Service Award!

The San Mateo County Mental Health & Substance Abuse Recovery Commission (MHSARC) has chosen recipients for the annual Tony Hoffman Community Mental Health Service Awards. The ceremony is:

Wednesday, May 7 • 4pm
MHSARC Commission Meeting
37th Ave., Rm 100, San Mateo

Christopher Jump has been a tremendous asset to San Mateo County and beyond to the greater community. A few years ago Christopher became involved with the local NAMI affiliate because of his interest in free NAMI education courses and presentations offered by trained volunteers free in the community. In true fashion, he unselfishly volunteered to be trained. He now teaches **Peer to Peer** which is a 10 week course for Individuals with mental health conditions; he is also on the 5 person teaching team for the **NAMI Provider Education Course**; a 5 week intensive course for providers of mental health services. He is well known throughout the county and beyond for his outstanding **In Our Own Voice** presentations. He currently co-facilitates the **Connections Support Group** and has been trained to present NAMI's **Ending the Silence** in local schools.

Christopher speaks eloquently of the many aspects of living well with a mental health condition. He was recently elected to the board of directors of NAMI San Mateo. He says, "I am honored to have received the Tony Hoffman Award. Giving back is very important to me."

Clubhouse Update in SMC

By Diane Warner, NAMI member

Now at the first year mark, California Clubhouse has become a non-profit organization and formed a working board of directors volunteering to give whatever it takes to break ground.

Clubhouse is a membership-based social/vocational community where people living with persistent mental illness come to rebuild their lives. Participation is free. It's a place to go on weekdays to build upon strengths and abilities and a place to socialize evenings and weekends.

From longtime NAMI supporter and educator Diane Warner: California Clubhouse is becoming more and more real for me. I'm investing myself personally into this solid addition to community programs supporting recovery for persons with severe mental illnesses, including my son. I'm not sure he will choose to become a member. I just know I want to help create a place to fill his "need to be needed" and this proven model has basic human rights aspects I like.

To learn more go to californiaclubhouse.org or call 650-342-5849, or contact us at info@clubhouse.org or Juliana at julianafuer@gmail.com.

NOTE: NAMI-SMC endorses Clubhouse.

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

FAST: Family Assertive Support Team

650-368-3178 | 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 (who is not currently or previously a BHRS client) - FAST for prompt and caring support!

We Come to You!

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

Check out Wellness Matters,
the San Mateo County BHRS newsletter
<http://smchealth.org/wm>

NAMI Calls Mental Health Crisis a "Double Whammy," Shortages Exist for Both Beds and Services

From www.namicalifornia.org/news. 4/27/14

Mary Giliberti, executive director of the National Alliance on Mental Illness, offered the following statement in conjunction with a House of Representatives oversight hearing titled "Where Have All the Patients Gone? Examining the Psychiatric Bed Shortage."

"Hospital beds for individuals with mental illness who experience acute crisis are a necessary element for America's mental health care system, but there are not enough beds. Supply does not meet demand. It is not just patients who are in crisis; it is the system as well.

There is also a double whammy.

Other mental health services are being starved. Community services that can provide cheaper, incremental alternatives and prevent acute crises and hospitalizations are underfunded or non-existent.

These are services that are cost-effective. They help avoid the cost-shifting that occurs when unmet needs from the mental health care system are imposed on hospital emergency rooms, schools and law enforcement. They include:

- Mental health screening and early intervention.
- Crisis response and stabilization programs.
- Discharge planning.
- Outpatient services.
- Peer support.
- Assertive community treatment (ACT).
- Supportive housing.
- Jail diversion.

Hospitals are important downstream elements in the continuum of care, but upstream measures must not be neglected.

It also is important to note that one of the single-most effective steps for prevention is Medicaid expansion. When timely care is available, fewer people require acute crisis care. At the same time, repeal of the Institutions for Mental Disease (IMD) exclusion under Medicaid for acute care as proposed by Committee Chairman Tim Murphy (R-Pa.) would increase funding to meet the current hospital bed shortage.

The current crisis must be addressed along the continuum. One element alone will not be enough.

NAMI appreciates the leadership of Chairman Murphy and Ranking Member Diana DeGette (D-Colo.) in continuing to conduct these House Energy and Commerce Committee's subcommittee on oversight and investigations hearings on the mental health care system."

this level of care have to be placed out-of-county due to the limitations in the design of the facility.

The Cordilleras building was originally built in 1950 and used for several years by Canyon Hospital as a Tuberculosis Facility. In 1974, parents with seriously mentally ill family members became active in the political arena both locally and nationally. They formed a grass roots organization called Parents of Adult Schizophrenics (PAS). This was the first such organization in the nation. It would later become AMI and is now known as NAMI. In 1977, with the help of PAS, plans were approved to remodel the Canyon Hospital campus. In 1978, Cordilleras Center was opened with fanfare in a ribbon cutting ceremony.

When I started in 1987, Cordilleras was already looking worn. Over the years, I've learned that there are only certain limited improvements that one can make on a building of its size, design and age. The services and staffing of the Cordilleras program are top notch. However, there is only so much that can be done within the existing structure.

Many of us have dreamed of having a new, state of the art facility to treat our seriously mentally ill residents. The day is now before us! The Board of Supervisors, with its vision and wisdom, has approved the initial funding to conduct a Feasibility Study to determine how to replace the current facility. The Board is strongly behind improving the quality of the environment for treating our seriously mentally ill.

As the Program Manager for the this project, my intention is to keep you in the loop on this project and to invite your input/ ideas along the way. I will provide regular updates in Wellness Matter. Please email me (TWilcox-rittgers@smcgov.org) with any thoughts you may have during this process.

Many people are involved in the planning process. Rob Kalkbrenner, from Department of Public Works (DPW) and Larry Funk, a project consultant who has worked on many large projects (in S.F.) including Laguna Honda and the South County Primary Care Clinic, and I, are working with the architectural firm, HGA, to complete the feasibility study. We also meet with an executive team from Behavioral Health, Health and DPW senior management.

See the timeline (see website) with our best assumptions regarding the different stages of the project. We are in the early stage and plan to present the results of our feasibility study to the Board in June. To prepare for this, we have held and will hold several meetings and events to inform others and to gather information and ideas for the future design of the buildings (inside and out) and for the types of treatment programs to consider. We are also conducting site visits to consider elements of current state of the art programs.

On February 21, we held a visioning session at Cordilleras to develop a project vision, determine the guiding principles to direct the Feasibility Study, and inform future project phases. A wide spectrum of people were invited to collaborate including: our key note speaker Don Horsley our past Sheriff and current member of the Board of Supervisors and key representatives from BHRS, AAS, NAMI, our Sheriff's Office, Health, SMMC, Cordilleras staff, consumers, family members, etc. By the end of our visioning event, we made major steps forward in creating a common vision that will help guide us in the development of the best program, facility design & financial model.

NAMI Connection



Individuals with mental health conditions are WELCOME to this recovery support group for people living with mental illness. They meet the **1st and 3rd Saturdays** from **3:30-5:00pm** (after the movie), at The Source (Heart and Soul), 500 E. 2nd Ave., San Mateo. Led by trained individuals who are personally experienced at living well with mental illness. No registration required, call NAMI SMC with any questions: 650-638-0800.

Welcome To Holland

c1987 by Emily Perl Kingsley. All rights reserved

I am often asked to describe the experience of raising a child with a disability - to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this.....

When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland."

"Holland!?" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around.... and you begin to notice that Holland has windmills....and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy... and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned."

And the pain of that will never, ever, ever, ever go away ...because the loss of that dream is a very very significant loss.

But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland.

Part 2 will follow in the June issue.



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

Connection Consumer Recovery Support Group: 500 E. 2nd Ave, San Mateo, The Source (Heart and Soul)
1ST & 3RD Saturdays, 3:30-5pm Questions, call NAMI-SMC 650 638-0800.

Cordilleras MHR Center Family Support Meeting, 200 Edmonds Road, Redwood City, 367-1890
1ST MONDAYS, 6:30-8pm (2ND Monday if 1st Monday of the month is a holiday).

Penney Mitchell, NAMI SMC facilitator; Ellen Myers, ASW; Tacia Burton, LCSW; Arti Mithal, MA; Crystal Hutchinson, MFT.

Parents of Youth Support Meeting, NAMI SMC, 1650 Borel Pl, Ste 130, San Mateo, 638-0800.
2ND MONDAYS, 7-8:30pm. Kristy Manuel and Ginny Traub, facilitators.

San Mateo Medical Center for family members.

1ST & 3RD TUESDAYS, 6:30-8pm. 222 W. 39th Ave. & Edison, Board Room (main entrance elevator to 2nd floor, left to the end of the hall). Terry & Polly Flinn, Juliana Fuerbringer and Rosemary Field, NAMI SMC facilitators.

South County Support Meeting for family members, Mental Health Clinic, 802 Brewster St., Redwood City, 363-4111.
2ND TUESDAYS, 6-7:30pm. Pat Way, NAMI SMC facilitator; Liz Downard RN, MSN.

Coastside Support Meeting for family members, Coastside MH Cntr, 225 S. Cabrillo Hwy, #200A, Half Moon Bay, 726-6369.
2ND MONDAYS, 7-8:30pm. Marie Koerper, NAMI SMC facilitator; Mary Em Wallace, RN, NP, MFT, Ph.D.

Jewish Family & Children's Services, family and friends are welcome. 200 Channing Ave., Palo Alto, 688-3097.
4TH TUESDAYS, 7:00pm. Sharon & Ron Roth, NAMI SMC facilitators; Laurel Woodard, LMFT.

Spanish-Speaking Support Group for family members. South County BHRS, 802 Brewster Ave, Redwood City.
2ND TUESDAYS, 6-7:30pm. Contact Claudia Saggese at 573-2189.

Other Meetings

Asian-Language Family Support Groups

LAST THURSDAYS, 6-7:30 pm, Cantonese/Mandarin. 1950 Alameda de las Pulgas, BHRS main entrance (650) 573-3571.

Coastside Dual Diagnosis Group, development for clients in all stages of recovery.

THURSDAYS, 4-5pm. 225 S. Cabrillo Hwy #200A, Half Moon Bay. 726-6369 for information.

Consumer Support Groups, Heart and Soul, San Mateo. Call 650-343-8760.

DBSA Mood Disorder Support Group for persons with uni- and bi-polar disorders, mania, depression, or anxiety.

• WEDNESDAYS, promptly 6:30-8:30 pm. Contact: DBSAPaloAlto@gmail.com. Supporters may attend with their consumer. VA Hospital, 3801 Miranda Ave, Hosp Bldg 101, Room A2-200, Palo Alto.

• TUESDAYS, 7-9pm College Heights Church, 1150 W. Hillsdale Blvd, San Mateo. Family members welcome. Contact at DBSASanMateo@um.att.com or 650-299-8880; leave a message.

Dual Diagnosis Group for Consumers, no charge.

MONDAYS, 2:30 pm. The Source, 500 A Second Ave., San Mateo. Call 650-343-8760 for more information.

Eating Disorders Support Group for parents and loved ones. Contact: 408-559-5593 or info@edrcsv.org

2ND and 4TH SATURDAYS, 9:30-11am. El Camino Hospital, 2500 Grant Rd, Mountain View, New building, Conf. Rm A

Eating Disorders Support Group for family & friends of loved ones. Visit www.edrcsv.org or call Kira Olson at 408-356-1212.

1ST and 3RD SATURDAYS, 9:30-11am Mills-Peninsula Hosp., Rm 4104, 100 S. San Mateo Drive

Hoarding Education Group for significant distress with clutter. Contact hoarderdoctor@gmail.com or 650-799-3172

1ST and 3RD THURSDAYS, 5:30 - 6:15pm. Mills Health Center, Room 4104, 100 S. San Mateo Dr. \$5 donation requested.

H.E.L.P. for those coping with a mental illness and/or those in a supporting role, Menlo Park Pres., 950 Santa Cruz Ave.

THURSDAYS, 6:00pm optional dinner; 6:30-7:30 program, 7:30-8:30 prayer. Garden Court. Contact Jane at 650-464-9033.

HOPE (Hope, Offering, Prayer and Education), for those with mental illness and/or in supporting roles.

1ST and 3RD TUESDAYS, 6:30pm, First Pres Church, 1500 Easton Dr., Burlingame. Call 355-5352 or 347-9268 for info.

Japanese Education & Support Group, call (415) 474-7310 for information.

Jewish Support Group (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

Korean Support Group, a family/consumer group. Info: Kyo, 408-253-9733

4TH TUESDAYS, 6:30-8:30pm. Full Gospel Mission Church, 20920 McClellan Rd. (opp. De Anza College), Cupertino

North County Support Group for clients, family and friends.

2ND and 4TH THURSDAYS, 5:45-7pm, 375 89th Street, Community Room, Daly City. More info: 650-301-8650.

Obsessive-Compulsive Foundation of SF Bay Area, information: 415-273-7273; www.ocd-bayarea.com.

3RD SATURDAY, 1:30-3:30pm, Seton Medical Center, 1900 Sullivan Ave., 2nd Fl. Conf room near cafeteria, Daly City.

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

2ND WEDNESDAYS, 5:30-7pm.

Women Living With Their Own Mental Illness, Redwood City - *sliding scale fees apply for this meeting.*

TUESDAYS, 1:00- 2:30pm. Contact Deborah at 363-0249, x111.

SUPPORT MEETINGS

Readers' Letters: Most Acts Of Violence Are Not Committed By The Mentally Ill

From Mercury News readers, 04/10/2014

Keep mental health, violence in perspective.

There is a lot of speculation in the media about the cause of the tragic shootings at Fort Hood on April 2.

Most articles, including the one in the Mercury News (Page 1A, April 3), report that the gunman "sought help for depression and anxiety."

Attributing violent crime to the mental health of the perpetrator increases the stigma of mental illness -- which already discourages people from seeking treatment.

Based on 30 years' experience as a police officer and psychologist, I agree with Dr. Thomas Insel, director of the National Institute of Mental Health, who stated: "Most people with mental illness are not violent, and most acts of violence are not committed by people with mental illness."

One in 4 individuals will face mental health challenges during their lifetime; your co-worker, neighbor or child may be suffering silently and needlessly.

Mental illness is treatable. There is hope and help available for everyone.

—Greg Sancier

Board Member The Foundation for Mental Health San Jose
Former San Jose Police Department coordinator for CIT

Not enough room in 8 printed pages!

See more articles in our online version of the newsletter at www.namisanmateo.org/

NAMI California 2014 Conference

August 1 - 2, 2014

Newport Beach Marriott Hotel and Spa

Early Bird registration is open through June 6th for the California Annual Conference, "Growing Minds in Changing Times." Early Bird registration adds up to savings on conference fees - register now! For more information visit www.NAMICalifornia.org.

NAMI National Convention

The 2014 NAMI National Convention is September 3 - 6 at the Marriott Wardman Park Hotel in Washington, D.C. Registration info can be found at www.nami.org/convention.



PLAN of California

Planned Lifetime Assistance Network offers two Master **Special Needs trust** plans for California families with funds to bequeath (minimums \$150,000 and \$300,000). These trusts provide for contract with PLAN for oversight (both fiduciary and personal support services) without endangering public entitlements.

San Francisco contact: Baron Miller 415-522-0500
Los Angeles contact: Carla Jacobs 888-574-1258

San Mateo County Mental Health Emergency Numbers

Police: Dial 911

Let the dispatcher know you are calling regarding a person who has a mental illness. Request a CIT (Crisis Intervention Training) 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 Seton Medical Center: 650-696-5912
South San Francisco Emergency: 650-742-2511 Mills Peninsula Hospital: 650-696-5915
Kaiser Permanente Emergency - Redwood City: 650-991-6455
S. San Francisco: 650-299-2140

FAST: 650-368-3178

Family Assertive Support Team - When you fear for your life, or that of your loved one. They are available 24x7.

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

Psychiatric Grand Rounds Programs

Open to the Public

SMC BHRS Division

Health Services Building, Room 100
225 W. 37th Ave., San Mateo / 650-573-2530
12:15 - 1:30 pm *BRING LUNCH*

May 22 **Community Psychiatry: Is it more than psychiatry in the community?**

.....

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*

May 6 **The Truth About Palliative Care**

Getting Together for Mental Health

The HealthyPlace Facebook page this April hit a milestone - 50,000 page Likes. That represents 50,000 people getting together to learn about and discuss mental health.

Fourteen years ago in 2000, when the HealthyPlace.com mental health website opened, individuals and small groups of mostly anonymous people were spread around the Internet just beginning to share their stories of living with a mental illness. Today, with the proliferation of high-quality search engines and social media, access to mental health information and like-minded people is readily available. Off-line, hundreds, maybe thousands, of community-based groups exist offering support and resources to help those with mental health conditions and their family members.

When you look back in time at the level of mental health stigma, and you don't have to go that far back, you can see how far we've come. Thousands of regular, everyday people, like you and our own bipolar blogger, Natasha Tracy, who is receiving a national honor this month for fighting mental health stigma, are standing up, sharing their personal stories and finding millions who can relate. And that's a good thing.

Related articles dealing with mental health stigma:

- Mental Health Stigma: Prejudice and Discrimination
- How to Handle the Stigma of Mental Illness
- Mental Health Stigma: Parenting and Child Mental Health

.....

Social Security Issues?

Call Joe Hennen at 650 802-6578

.....

Stanford Non-medication Insomnia Treatment Studies

Project SERVE: Sleep Enhancement for Returning Veterans

Researchers at Stanford University and VA Palo Alto Health Care System are studying the impact of a non-medication insomnia treatment on symptoms of depression. We are offering a brief (4-session) non-medication insomnia treatment at no cost. Participants are reimbursed \$200-\$350 for full study participation. You may be eligible if you are a veteran who: (1) is experiencing insomnia and poor sleep, and (2) has been feeling down or depressed.

If interested, please contact projectserve-email@stanford.edu or (650) 725-5030.

iSleep: Insomnia Treatment for Improved Sleep and Well-Being

Researchers at Stanford University are studying the impact of a non-medication insomnia treatment on symptoms of depression. We are offering a brief (5-session) non-medication insomnia treatment at no cost. Participants are reimbursed \$270 for full study participation. You may be eligible if you are an adult who: (1) is experiencing insomnia and poor sleep, and (2) has been feeling down or depressed.

If interested, please contact isleep-email@stanford.edu or (650) 724-5368.

NAMI Education Programs

Call 650-638-0800 to register

Sign up for the evidence-based education class that fits your needs (see page 5 for Support Groups). Courses are FREE, comprehensive, and popular. Gain skills and understanding in an interactive, supportive environment. Pre-registration is required.

Call the office to get on the Wait List.

- **Family to Family**—For adult relatives with a family member with mental illness. Class meets once a week for 12 weeks, every spring and fall.
- **Peer to Peer**—Better living skills for people with mental health issues taught by people with mental health issues.
- **Provider**—An overview program for Mental Health and AOD professionals, para-professionals and all others serving individuals with serious mental illnesses and their families. CMEs pending approval for qualified attendees.
- **Basics**—Focuses on the fundamentals of caring for you, your family and your **child** with mental illness.

Please Become a Member of NAMI San Mateo County

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

- Regular Member (\$35 to \$99)*
- Sustaining Member (\$100 to \$499)*
- Patron Member (\$500 to \$999)*
- Benefactor Member (\$1,000 or more)*
- Mental Health Consumer (\$10)
- Renewal or New Membership Amount Enclosed: \$ _____

Change Address (print new address below, include bottom half of page with old address)

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

Name _____

Address _____

City/State _____ Zip _____

Phone (_____) _____ E-mail _____

How did you hear about NAMI? _____

- Please check all that apply: I/we am/are
- Family
 - Consumer
 - MH Professional
 - Business or Agency
 - Friend

Your membership in NAMI San Mateo County is tax deductible to the extent allowed by law. Thank you for your support.

Tony Hoffman Award Ceremony

May 7 - see page 2

Advocacy Day at the Capitol

May 12 - see page 2

General Meeting

May 28 - see page 1

Conversations on Compassion

May 29 - see page 2

The NAMI Walk in GG Park

Plan to Attend!

May 31 - see page 1

NAMI California Conference

August 1-2 - see page 6

NAMI National Convention

September 3-6 - see page 6

NAMI San Mateo County

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

Board of Directors

Jerry Thompson, RN - President
Sharon Roth - Co-Vice President
Juliana Fuerbringer - Co-Vice President
Mike Stimson - Treasurer
Maureen Sinnott - Secretary
Carl Engineer
Carol Gosho
Melinda Henning
Christopher Jump
Ann Baker
Bill Kerns
Advisory Board: Margaret Taylor, Pat Way

Support Group Coord: Penney Mitchell
Educ. Program Coordinator: Pat Way

News Staff

Editor – Ruan Frenette
Editorial Assistants – Kim Nobles, Pat Way,
Juliana Fuerbringer, Jerry Thompson

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

RETURN SERVICE REQUESTED

Time Value

Got news? email namismc@sbcglobal.net

Rapid Antidepressant Effect In Depression Achieved With Intranasal Ketamine

A research team from the Icahn School of Medicine at Mount Sinai published the first controlled evidence showing that an intranasal ketamine spray conferred an unusually rapid antidepressant effect - within 24 hours - and was well tolerated in patients with treatment-resistant major depressive disorder. This is the first study to show benefits with an intranasal formulation of ketamine. Results from the study were published online in the peer-reviewed journal *Biological Psychiatry*.

Of 18 patients completing two treatment days with ketamine or saline, eight met response criteria to ketamine within 24 hours versus one on saline. Ketamine proved safe with minimal dissociative effects or changes in hemodynamic dimensions.

The study randomized 20 patients with major depressive disorder to ketamine (a single 50 mg dose) or saline in a double-blind, crossover study. Change in depression severity was measured using the Montgomery-Asberg Depression Rating Scale. Secondary outcomes included the durability of response, changes in self-reports of depression, anxiety, and the proportion of responders.

"One of the primary effects of ketamine in the brain is to block the NMDA [N-methyl-d-aspartate] glutamate receptor," said James W. Murrrough, MD, principal investigator of the study, and Assistant Professor of Psychiatry and Neuroscience, and Associate Director of the Mood and Anxiety Disorders Program at the Icahn School of Medicine at Mount Sinai. "There is an urgent clinical need for new treatments for depression with novel mechanisms of action. With further research and development, this could lay the groundwork for using NMDA targeted treatments for major depressive disorder."

"We found intranasal ketamine to be well tolerated with few side effects," said Kyle Lapidus, MD, PhD, Assistant Professor of Psychiatry, at the Icahn School of Medicine at Mount Sinai.

One of the most common NMDA receptor antagonists, ketamine is an FDA-approved anesthetic. It has been used in animals and humans for years. Ketamine has also been a drug of abuse and can lead to untoward psychiatric or cognitive problems when misused. In low doses, ketamine shows promise in providing rapid relief of depression, with tolerable side effects.

Study co-author Dennis S. Charney, MD, Anne and Joel Ehrenkranz Dean of the Icahn School of Medicine at Mount Sinai and President for Academic Affairs for the Mount Sinai Health System, and a world expert on the neurobiology and treatment of mood disorders, said: "What we have here is a

proof of concept study and we consider the results very promising. We hope to see this line of research further developed so that we have more treatments to offer patients with severe, difficult-to-treat major depressive disorder."

Going forward, the Mount Sinai research team hopes to examine the mechanism of action, dose ranging, and use functional brain imaging to further elucidate how ketamine works.

Source: 11 April 2014 <http://www.medicalnewstoday.com/releases/275299.php?tw>

Crime And The Mentally Ill: Courts Know How To Handle This

By Richard J. Loftus Jr.

Special to the San Jose Mercury News, 04/22/2014

Acts of criminal behavior by the mentally ill are reported regularly and often are sensationalized, further stigmatizing people with mental illness.

They fail to acknowledge that the mentally ill for decades have been marginalized by closures of facilities and treatment programs, forcing them into the criminal justice system, which traditionally has been ill-equipped to deal with them. The result is too many in prison or jail at an extraordinary cost.

For too long we have pretended this is not an ongoing tragedy. The judicial branch is trying to forge a new approach. However, it cannot do it alone.

In 2008 the California Judicial Council appointed a Task Force to improve the responses to the mentally ill in the criminal justice system. These 42 professionals included judicial officers, mental health experts, state Sen. Darrell Steinberg, corrections and probation officials, among others.

It held public hearings and made 137 recommendations in a 2011 report adopted by the Judicial Council. Fundamentally, it recommended a wholesale change for the mentally ill in the criminal justice system emphasizing supervised treatment instead of incarceration.

The conclusions were drawn from the success of drug courts and mental health courts, which consistently are shown to reduce recidivism, save money, improve treatment and increase community safety. It recognized that most of the mentally ill offenders are nonviolent persons who often self-medicate and should be diverted to the mental health system.

In January 2012 Chief Justice Tani Cantil-Sakauye appointed a new Task Force to begin implementation. That work has begun in earnest.

The Judicial Council has changed Rules of Court to encourage mental health calendars that include the mental health/alcohol and drug departments and probation.

Continued on page 10

Santa Clara County long has had such a court, but the changes required by the realignment have magnified the need for it. These changes are a challenge since the judicial branch budget has been seriously cut back in recent years. The legislature needs to restore those cuts.

The Judicial Council and others have sponsored legislation that will give trial court judges more information about mentally ill offenders. The Task Force, with the assistance of the Administrative Office of the Courts, has begun to revise the education of judges on the mentally ill.

Many of the recommendations require similar changes by probation, parole and mental health departments and necessitate collaboration. The Task Force has reached out to these partners to begin joint training.

Without question this approach is more difficult than the typical path of just locking them up. It requires cooperation, more court time and education.

The issues are multifaceted and complex. There are incompetent and violent offenders who will always be a challenge, but we need to parse those who can and should be treated differently. What we know is that the traditional approach is untenable and that a different method does work.

It took us many years to get to where we are, and we still have to overcome challenges, including the stigma that attaches to mentally ill offenders. It will require focus, perseverance and commitment and the full cooperation of all the parties involved, including the public.

The pace of change will be determined by the degree of collaboration that is achieved, and the legislature's support.

Judge Richard J. Loftus, a former presiding judge of the Santa Clara Superior Court, is chair of the Judicial Council's Mental Health Issues Implementation Task Force. He wrote this for the San Jose Mercury News.

Source: http://www.mercurynews.com/opinion/ci_25609776/crime-and-mentally-ill-courts-know-how-handle