

General Meeting



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

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

Wednesday, May 25

6:30pm Reception
7:00pm Program

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

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

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



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

NAMI Jewelry Available!

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



NAMI Jewelry



Store—purchase a gift today!

Proceeds benefit NAMI-SMC.

Ordering is easy and secure.

March General Meeting Notes

The March 23rd General Meeting began with NAMI-SMC's election of officers and board members for 2016. Elected were: President: Jerry Thompson, RN; Vice President: Sharon Roth, RN; and Board Members: Ann Baker, Carol Gosho, Mark Hanson, Christopher Jump, Bill Kerns and Armando Sandoval.

The main presentation was on **CIT** (Crisis Intervention Training) & **PERT** (Psychiatric Emergency Response Team), presented by Detective Jim Coffman and social worker Jason Albertson, LCSW.

PERT is a cooperative approach to provide follow-up and a linkage to care for people with severe mental illness who come to the attention of law enforcement. Goals include attempting to reduce risk in order to prevent tragic outcomes. PERT covers the entire un-incorporated parts of San Mateo County, as well as the cities that contract with the Sheriff and the Cal Train corridor from San Francisco to Gilroy and on all buses and train stations.

CIT was first started in the mid-80s in Memphis, Tennessee, as a way to help people in a mental health crisis. The San Mateo Sheriff's Office offers the 40 hour course to all its first responding law enforcement officers and dispatchers. Currently, the Police Academy offers 16 hours of mental health awareness and 16 hours of field training. By 2017, it is the Sheriff's goal that each patrol deputy will receive 40 hours of training. San Mateo's Behavioral Health & Recovery Services (BHRS) provides much of the training and is committed to the program. Together, the Bay Area NAMI affiliates have been an integral part of CIT training since the beginning.

Research shows that what makes CIT effective is the site visits to families in need and local treatment centers, as well as hearing from the families and individuals with mental illness directly.

Together, Jim & Jason link people to care using the recovery and wellness model. Daily, they print out the reports of the previous days 5150's and Police Deputy interaction reports to access further involvement needs along with the level of risk e.g. weapons. They determine how best to help the individuals and their families through reactivating the care relationship through case management and support. The team also provides a layer of support to the homeless and assists partner agencies in getting people to a place of safety. For Jason, it's about "helping the whole family" to come together.

Since the start of PERT, Jim & Jason have personally helped approximately 156 people in 470 incidents. Jim said that PERT has been the most rewarding part of his career as a detective in the San Mateo County Sheriff's Office. The more support he and Jason can give to law enforcement, the better the outcome all around.

Thank you Jim and Jason for all you do to provide the best possible outcome for families and their loved ones struggling with mental illness and helping them towards a life of wellness and recovery.

Other announcements included information about the NAMIWalk – to be held this year with NAMI Santa Clara on **Saturday, Sept. 17** in **Santa Clara** (more information to follow). Also a call for new volunteers - anyone interested in volunteering should contact the office at 650-638-0800 or at nami@namisanmateo.org.

Silicon Valley Gives!



Our NAMI SMC Silicon Valley Gives homepage is up and running!

<https://svgives.razoo.com/us/story/Nami-San-Mateo-County>

What is Silicon Valley Gives? On **Tuesday, May 3**, Silicon Valley Gives will raise money for local nonprofits through a single online donation platform, providing a simple way to connect donors to the charitable causes they care about most and encourage them to take action. This 24-hour online fundraising effort, hosted by SVCF with the help of sponsors, will offer thousands of nonprofits the chance to raise millions of dollars. Please participate - and Thank you!

Late breaking news: We just received a \$10,000 match from a most generous anonymous donor. Thank you!

Don't wait until May 3 to make your donation, let's see how quickly we can meet and surpass this terrific opportunity!

NAMI CALIFORNIA Conference Info

August 26 & 27, 2016

**San Francisco Airport Marriott Waterfront
Burlingame**

This year's conference theme is "Back to the Future: Building on the Past for a Better Tomorrow," with tracks on advocacy, criminal justice, consumer and family engagement, transitional age youth, and strengthening NAMI—plus inspirational speakers and workshops. Early registration at <https://41339.thankyou4caring.org/2016-super-early-bird-registration>.

Interested in participating in the Color Guard, singing the National Anthem or volunteering at the conference? Contact Email Erik at erik@namica.org.

Exhibits: Show space has expanded, offered on a first-come, first-served basis. To include a company in promotional materials, signed applications and payment must be received by July 15, 2016. Review conference details and exhibit opportunities at www.namica.org or <http://conference.namica.org/>. Contact Marcel Harris for more info: (916) 567-0163 Ext.107 or marcel@namica.org.

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.

Sibling School?

By Kim Nobles

Support groups for siblings of adults suffering from mental illness seem a no-brainer – who wouldn't want help dealing with the often unpredictable behavior of a troubled brother or sister whose symptoms often disrupt the entire family?

In the Bay Area, NAMI affiliates have sponsored sibling support groups, but attendance has been poor and the groups succumb to a lack of interest. Contrast that with the waiting lists for the Family to Family education class, comprised mostly of parents, and the question arises: Are siblings less interested in having help dealing with their mentally ill brothers/sisters' behavior, or are support groups simply too unstructured a forum in which to deal with the issues that too often divide family loyalties?

It would seem that Family to Family classes could easily include siblings, yet the reality that adult children often have issues with their parents about how they're handling this ongoing, emotionally charged situation has to be acknowledged. As a sister with 30-plus years walking that swaying bridge between my mentally ill brother and still-angry sister and at one time, parents, I think it important to develop an adult/young adult siblings only education class. Shorter term than Family to Family or Peer to Peer, with guest speakers including a sibling with 10+ years experience dealing with a mentally ill brother or sister and the accompanying family dynamics; a psychiatrist or clinical psychologist to valid the illnesses as real and their impact on those who have them. And ultimately, a parent sympathetic to the siblings, able to acknowledge their shared pain.

Dedicated parents, long the primary family source of support for mentally ill adult children, now face the challenges to mind and body that aging brings. Ideally, siblings able to let go of their anger and fear will step up and provide, at the very least, time to listen to their brother or sister without judgment.

NAMI-SMC welcomes your comments – do you think a siblings class or group would be valuable? Would you encourage siblings to attend? Let us know!



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

We couldn't do it without you!

General Meeting preparation: Lisa Kenney & Karen Snyders

Peer to Peer co-teachers and support: Dana Foley & Gilbert Cavallini

Newsletter distribution: Joan Dower, Gina Olinger, Polly Rich

To volunteer contact Debi at nami@namisanmateo.org or 650-638-0800.

CMS Finalizes Mental Health And Substance Use Disorder Parity Rule For Medicaid And CHIP

Final rule strengthens access to mental health and substance use disorder benefits for low-income Americans

In conjunction with the President's visit to the National Rx Drug Abuse and Heroin Summit, the Centers for Medicare & Medicaid Services (CMS) today finalized a rule to strengthen access to mental health and substance use services for people with Medicaid or Children's Health Insurance Program (CHIP) coverage, aligning with protections already required of private health plans. The Mental Health Parity and Addiction Equity Act of 2008 generally requires that health insurance plans treat mental health and substance use disorder benefits on equal footing as medical and surgical benefits.

"The Affordable Care Act provided one of the largest expansions of mental health and substance use disorder coverage in a generation," HHS Secretary Sylvia M. Burwell said. "Today's rule eliminates a barrier to coverage for the millions of Americans who for too long faced a system that treated behavioral health as an unequal priority. It represents a critical step in our effort to ensure that everyone has access to the care they need.

"This rule will also increase access to evidence-based treatment to help more people get the help they need for their recovery and is critical in our comprehensive approach to addressing the serious opioid epidemic facing our nation."

"The need to strengthen access to mental health and substance use disorder services is clear," said Vikki Wachino, Deputy Administrator of CMS and Director of the Center for Medicaid and CHIP Services. "This final rule will help states strengthen care delivery and support low-income individuals in accessing the services and treatment they need to be healthy."

The protections set forth in this final rule will benefit the over 23 million people enrolled in Medicaid managed care organizations (MCOs), Medicaid alternative benefit plans (ABPs), and CHIP. Currently, states have flexibility to provide services through a managed care delivery mechanism using entities other than Medicaid managed care organizations, such as prepaid inpatient health plans or prepaid ambulatory health plans. The final rule maintains state flexibility in this area while guaranteeing that Medicaid enrollees are able to access these important mental health and substance use services in the same manner as medical benefits.

Under the final rule, plans must disclose information on mental health and substance use disorder benefits upon request, including the criteria for determinations of medical necessity. The final rule also requires the state to disclose the reason for any denial of reimbursement or payment for services with respect to mental health and substance use disorder benefits.

This is one of our latest efforts to increase access to and improve mental health services and care for low income

(Continued on page 7)



Kick-Off Luncheon
Tuesday, May 10 • 11:30am-1:30pm
Hitachi Data Systems, Santa Clara

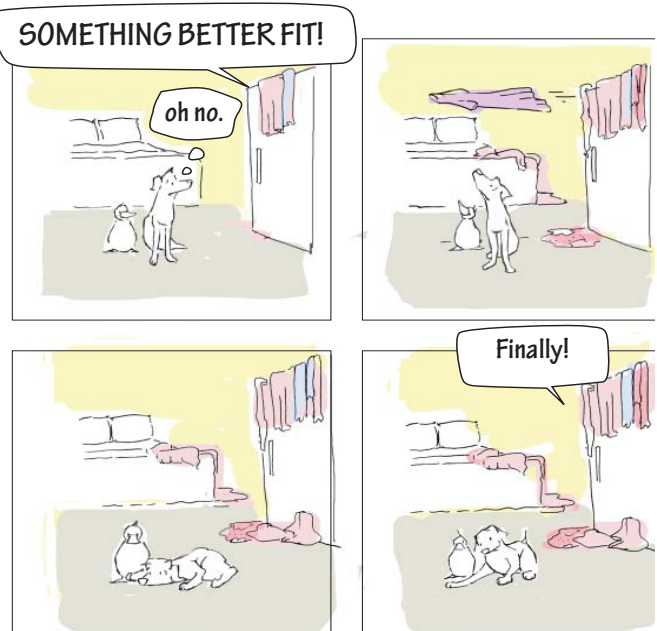
NAMI San Mateo is part of the NAMIWalk Silicon Valley 2016 on September 17, 2016

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

Meanwhile, recruiting is in progress for a NAMIWalk Manager (paid position) or volunteer your time with any part of the Walk.

NAMIWalk Contact and to RSVP: NAMI Santa Clara office 408-453-0400 or email hbrown@namisantaclara.org.

Melanfolly by L Babbitt



LET'S EAT!





We are grateful for donations...

...in memory of:

Patricia Rossetto from Jackie and David Holmkvist

...honoring:

Jesse Thomas from Susan Brennan

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

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
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>

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.

The Road Less Travelled: A New Psychology of Love, Traditional Values and Spiritual Growth by M. Scott Peck, M.D.

'Life is difficult', *The Road Less Traveled* covers such gloomy topics as the myth of romantic love, evil, mental illness and the author's psychological and spiritual crises. Its premise is that once we know the worst, we are free to see what is beyond it. It is inspirational but in an old-fashioned way, putting self-discipline at the top of the list of values for a good life.

—Phyllis Theroux, *The Washington Post*: Not just a book, but a spontaneous act of generosity. Peck, a nondenominational Christian and a psychiatrist, wrote one of the most widely read and respected titles in self-help; he acknowledges the discipline necessary to love others and foster personal growth.

The Last Asylum by Barbara Taylor

In July 1988, Canadian-born historian Barbara Taylor was admitted to Friern Hospital, a once-notorious asylum for the insane. Her journey began when, overwhelmed by anxiety as she completed her doctoral studies in London, she found relief with alcohol and tranquilizers, and then embarked on what would turn out to be decades-long psychoanalysis.

This searingly honest, beautifully written memoir is the narrative of the author's madness years, set inside the wider story of our treatment of psychiatric illness: from the great age of asylums to the current era of community care, 'Big Pharma', and quick fixes. It is a meditation on her own experience as well as that of millions of others – both in Europe and in North America – who have suffered, are suffering, and will suffer from mental illness.

Jail Chaplain

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

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.

S.H.A.R.E.S goes escrip! Save Mart, Lucky and Foodmaxx have now partnered with **escrip**. Go to 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 to register.



Always start at 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!

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

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

- | | |
|--|-----------|
| <ul style="list-style-type: none"> • NAMI Cordilleras MHR Center Family Group, 1ST Mondays (2ND Monday if 1st is a holiday), 6:30-8pm, 200 Edmonds Road, Redwood City, 650-367-1890. Penney Mitchell & Julie Curry, NAMI SMC co-facilitators • NAMI Parents of Youth & Young Adults (ages 6–26), 2ND Mondays, 7-8:30pm. 222 W. 39th Ave. & Edison, Board Room, San Mateo. Park in the large lot on west side of building, off 37th Ave. Enter building through the “Hospital & Clinic West Entrance” and follow the NAMI signs to the 2nd floor Board Room W-225. Info: 638-0800. Kristy Manuel and Ginny Traub, facilitators. • NAMI Connection for persons with mental illness. 2ND Mondays, 7-8:30pm. 1650 Borel Place #130, San Mateo. Call NAMI SMC 650-638-0800 for information. | MONDAY |
| <ul style="list-style-type: none"> • NAMI Spanish-Speaking Support Group for family members. Contact: Claudia Saggese at 650-573-2189. • NAMI Coastside Support Meeting for family members, 2ND Tuesdays, 7-8:30pm. Coastside MH Cntr, 225 S. Cabrillo Hwy, #200A, Half Moon Bay, 650-726-6369. Karina Marwan, NAMI facilitator • NAMI Jewish Family & Children’s Services, family and friends are welcome. 4TH Tuesdays, 7:00pm. 200 Channing Ave., Palo Alto, 650-688-3097. Sharon & Ron Roth, NAMI SMC facilitators; John Bisenivs, LCSW. • NAMI San Mateo Medical Center for family members. 1st and 3RD Tuesdays, 6:30-8pm. 222 W. 39th Ave. & Edison, San Mateo. Board Room (main entrance elevator to 2nd floor, left to the end of the hall). Terry & Polly Flinn, Carol Metzler & Judy Singer, NAMI facilitators. • NAMI South County Support Meeting for family members, 2ND Tuesdays, 6-7:30pm. Mental Health Clinic, 802 Brewster, Redwood City, 650-363-4111. Pat Way, NAMI SMC facilitator; Liz Downard RN, MSN. Park behind building and knock loudly on door. • DBSA Mood Disorder Support Group for persons with uni- and bi-polar disorders, mania, depression, or anxiety; family members welcome. Tuesdays, 7-9pm, College Heights Church, 1150 W. Hillsdale Blvd, San Mateo. Contact at DBSASanMateo@um.att.com or 650-299-8880; leave a message. • Korean Support Group, a family/consumer group. 4TH Tuesdays, 6:30-8:30pm. Full Gospel Mission Church, 20920 McClellan Rd. (opp. De Anza College), Cupertino. Info: Kyo, 408-253-9733. • Individuals Living With Their Own Mental Illness, Tuesdays, 1-2:30pm. Redwood City - Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x111. • Parent Chat, for parent/caregivers of kids aged 14-24 with mental health challenges. 2nd & 4th Tuesdays, 7-8:30pm. Orchard Room, Los Altos Library, 13 San Antonio Road. Info: Trudy Palmer 650-208-9116 or Donna Soo at 650-823-0997. | TUESDAY |
| <ul style="list-style-type: none"> • NAMI Stanford for family & friends. 2nd Wednesdays, 7-8:30pm. 401 Quarry Road #1206, Stanford. Dept. of Psychiatry & Behavioral Sciences (parking is between Vineyard & Quarry). Info: 650-862-2886 or pamelapolos@comcast.net • DBSA Mood Disorder Support Group Wednesdays, promptly 6:30-8:30 pm. Contact: DBSAPaloAlto@gmail.com. Supporters may attend with their consumer. VA Hospital, 3801 Miranda Ave, Hosp Bldg 101, 1st fl Auditorium, Palo Alto. • Jewish Support Group (open to all denominations), for those with mental illness and families and friends. 2nd Wednesdays, 6:15-8:30pm. For info, call Carol Irwin 408-858-1372. Beit Kehillah, 26790 Arastradero Rd., Los Altos | WEDNESDAY |
| <ul style="list-style-type: none"> • Chinese Language Family Support Group Last Thursdays (but Dec 17, not 24 or 31), 6-7:30 pm, Cantonese/Mandarin. 1950 Alameda de las Pulgas, San Mateo. BHRS main entrance. Info: 650-261-3704 (Maureen) or 650-573-3571 (Alice). • Coastside Dual Diagnosis Group, development for clients in all stages of recovery. Thursdays at 4-5pm. 225 S. Cabrillo Hwy #200A, Half Moon Bay. 726-6369 for information. • Body Image & Eating Disorders, Thursdays, 6:30-8pm, 1225 Crane St, Ste 205, Menlo Park. Open to family and friends. <i>RSVP required: emlycaruthersmft@gmail.com</i>. More info: 408-356-1212 or e-mail: info@edrcsv.org. • Dual Diagnosis Group for Consumers, Thurs, 12 noon. 210 Industrial Rd. Bldg. 210, Room 205, San Carlos. 650-232-7426. • H.E.L.P. for those with a mental illness and/or in a supporting role, Thursdays, 6:00pm optional dinner; 6:30-7:30 program, 7:30-8:30 prayer. Menlo Church, Garden Court, 950 Santa Cruz Ave., Menlo Park Contact Jane Clark 650-464-9033 • North County Support Group for clients, family and friends. 2ND and 4TH Thursdays, 5:45-7pm, 375 89th Street, Community Room, Daly City. Co-facilitators: Linda Hildreth and Adam Harrison LCSW More info: 650-301-8650. | THURSDAY |
| <ul style="list-style-type: none"> • Obsessive-Compulsive Foundation of SF Bay Area, 3RD Saturdays, 1:30-3:30pm, Seton Medical Center, 1900 Sullivan Ave., 2nd Fl. Conf room near cafeteria, Daly City. For more information: 415-273-7273; www.ocd-bayarea.com. | SAT. |
| <ul style="list-style-type: none"> • Japanese Education & Support Group, call (415) 474-7310 for information. • Consumer Support Groups, Heart and Soul, call 650-232-7426 for days & addresses, or visit www.heartandsoulinc.org. • Cluttering & Hoarding Support Groups, Workshops, and Private Consultations - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, efarber@avenidas.org. | |

NAMI Education Programs

Call to be added to the Wait List - 650-638-0800

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

- **Basics**—For parents and caregivers of children and adolescents with mental illness.
- **Family to Family**—For relatives of an adult family member with mental illness. Class meets once a week for 12 weeks.
- **Peer to Peer**—Better living skills for people with mental health issues taught by people with mental health issues.
- **Provider**—An overview program for Mental Health and AOD professionals, para-professionals and all others serving individuals with serious mental illnesses and their families. CMEs pending approval for qualified attendees.
>>Please call to set up an in-house program for your organization.

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.

Save the Date! - 2016



- **July 6-9 NAMI National Conference 2016** at the Sheraton Denver Downtown in Denver, CO. Contact Hanem Ali at 703-524-7600 or go to www.nami.org. For complete registration info, go to www.nami.org/convention.
- **August 26-27 NAMI California State Conference** will take place at the San Francisco Airport Marriott Waterfront, 1800 Old Bayshore Highway, Burlingame. For details, email Eugenia@namica.org or call 916-567-0167 or visit www.namicalifornia.org to register.
- **September 17 NAMI Walks** - This year's NAMI Walk will be held in conjunction with NAMI Santa Clara at the San Jose Guadalupe Park's Arena Green West. Contact: 408-453-0400 or email hbrown@namisantaclara.org.

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 or visit the blog: <http://smcbhrrsblog.org/2015/03/30/mental-health-emergency-materials-aka-family-script/>.

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

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

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

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

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

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

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

(CMS Finalizes from page 1)

individuals, especially in light of the opioid abuse epidemic, which constitute significant health risks and cost drivers in the Medicaid program. We introduced several initiatives to assist states with behavioral health system transformation to better meet the needs of beneficiaries with substance use disorders:

- In 2014, CMS launched the Innovation Accelerator Program, a new strategic and technical support platform designed to improve delivery systems for beneficiaries that are high need and high cost. Our first effort in this area was to provide states with expert resources, coaching opportunities and individualized technical assistance to accelerate policy, program and payment reforms appropriate for a robust substance use disorder delivery system.
- In July 2015, CMS issued guidance to states on a new section 1115 demonstration opportunity to develop a full continuum of care for beneficiaries with a substance use disorder, including coverage for short-term residential treatment services not otherwise covered by Medicaid.
- In response to the growing prescription opioid abuse epidemic, CMS recently released information on effective safeguards and options to help address over-prescribing of opioid pain medications.
- CMS disseminated important information regarding screening and early intervention services for children and youth who have or may have a mental illness or substance use disorder, including best practice information for the delivery of medication-assisted treatment as well as services and supports that can address first psychiatric episodes to reduce the likelihood of ongoing hospitalizations, involvement with police and courts, and increase the chances of keeping families intact.

The final rule is currently on display at <https://www.federalregister.gov/public-inspection> and will be published in the Federal Register on March 30, 2016. For more information, go to <http://www.medicaid.gov/medicaid-chip-program-information/by-topics/benefits/mental-health-services.html>.

BHRS Family Contacts

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

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

Recovery Takes Flight



California Clubhouse is proud to announce the launch of their Transitional Employment Program. Members are excited and ready to go to work! But help is needed to develop the Employer Network.

What is Transitional Employment?

Transitional Employment (TE) is a highly-structured program for members returning to work in local business and industry. TEs are “real world” jobs that include a lot of on-the-job and off-site support from Clubhouse staff and other members. The only requirement for members to participate in Transitional Employment is the expressed desire to work.

What makes a great TE?

- Entry level, part-time (15-20 hours per week) jobs in vicinity of the clubhouse
- Preferably Mon-Fri, 8am-6pm
- Minimum wage or higher
- Permanent job that can be filled by a different member every 6-9 months

Who can help? YOU or someone you know!

- Do you own a business or know someone who does?
- Do you work in HR or do you know someone who does?
- Are you a hiring manager or know someone who is?
- Employment prospects can come from a variety of sources: friends, neighbors, employers, business partners, local shop owners, etc.

How can you help?

- Introduce Clubhouse to local employers and business owners
- Set up meet & greets with your employer or local employers
- Spread the word, share the wonderful news about California Clubhouse and the lives being changed one member at a time!
- Contact Erica Horn or Gilbert Cavallini at the clubhouse at (650) 539-3345 or info@californiaclubhouse.org

Social Security Questions?

Call Judy Downing at Vocation Rehab Services:
650-802-6578

Visit www.namicalifornia.org/ to get the latest on legislative activity.
We appreciate your participation in advocacy!

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 Individual (\$10)
 Renewal or New Membership Amount Enclosed: \$ _____

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

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

Name _____

Address _____

City/State _____ Zip _____

Phone (_____) _____ E-mail _____

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

Credit Card# _____ Expires _____ 3 Digit code _____

Amount \$ _____ Signature _____

How did you hear about NAMI? _____

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

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

Silicon Valley Gives

May 3 - see page 2

NAMIWalk Kick-Off Luncheon

May 10 - see page 3

General Meeting

May 25 - see page 1

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
Carol Gosho - Treasurer
Christopher Jump
Ann Baker
Bill Kerns
Mark Hanson
Armando Sandoval

Advisory Board: Margaret Taylor, Pat Way,
Steve Way

Support Group Coord: Penney Mitchell

Office Staff:

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

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

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

RETURN SERVICE REQUESTED

Time Value

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The Steven's Family Recovery Story

My son is no longer psychotic, and my family is full of hope again.

It's been several years coming. My son, my wife, and I, all feel like we have been on a journey down, through the underworld, taking our own demons with us and meeting some horrifying evils that we knew we could not overcome. But we kept one foot in front of the other, (all three of us did that), and finally, after a three-year journey, we're back on the surface of the earth again, back in our familiar life. It's great to be back up here where we can experience the warmth of hope and the comfort of happiness. The joy of trusted companionship.

So if you are anywhere earlier on your journey than we are now—if you are stuck in a circle of frightening negativity—all three of us would like to reach out to you so you will know that we have been there, and we're here to say that we made it. And if we can, you can too.

We experienced a classic case: young adult male—an adored family member—drifts into functionless schizophrenia and although it's a classic case, the family cannot accept it. Denial. Fear. Desperation.

Should we call the police? On our own son? Should we hang in there after another scary, confusion-filled week of sleeplessness? Or should we just call the cops and get lost in bottles of pills and emergency rooms? Should we really send our loved one away? To a place where “crazy people have to go?”

We did all those things.

We had to ask for help, we had to pay for help, we had to pray for help. We had to help ourselves. We had to let God and our friends and family help. We had to let frightened “friends” and judgmental neighbors mistreat us and abandon us. We had to embrace those who supported us. We all had to receive treatment. We had our panicked arms stretched out hoping that someone, or something could help with a quick fix.

“Will he get any better?”

“Yes,” our psychiatrist would reply.

“When?”

“Slowly.”

But weeks go by and there doesn't seem to be any improvement, or worse yet there are further set backs.

So we know about the fear, the pain, the anger, but we also know the joy of “recovery.”

Just last week, my son's fourth psychiatrist was finally able to say comfortably, “Brad just needs to keep doing what he is doing, and, if he does, he will continue to do well. He just needs to check in with us in three months.”

Right now, while I am writing this, I am listening to a recording of my son playing the piano. It's Brad's version of Georgia on My Mind. And a beautiful version it is. While I am enjoying the music I am also anticipating an upcoming family occasion tomorrow. A golf outing. And as his father, I am confident that my son can function, communicate, and

cooperate enough to enjoy himself and play with us—my friends and I—and he is likely to beat all of us.

And if you would have told me that was possible two years ago, I would have been too depressed to even acknowledge such a ludicrous remark.

But it happened.

With the support of the system, the medical community, the social services of this country, our own lucky resources, and the constant support of my wife's side of the family, my son was able to slowly return to reality.

That frightened, and frightening, look finally disappeared from his face. It was gradual. His ability to communicate slowly returned. His sleeping became predictable again. The side effects of his medications finally subsided or we learned to manage them.

There are ongoing problems of course. But they are no more controlling our lives in an overpowering way. We all enjoy life again.

It took faith. It took determination. Recovery required that we temporarily put our son's mental rehabilitation at the very top of our “must do,” list. We had to pray. We had to put up with fear that we had never experienced before.

We had to trust God. Plus, we discovered Clozaril.

And guess what? We finally found the right medication, the right program, the right situation, the right doctor, and the right health care system. And we never thought we would.

So don't give up.

If we can help, we are The Stevens. You can find me on Facebook at Walter C. Stevens. We want to be supportive of everyone dealing with problems like those we have experienced. Feel free to reach out to us. If you need us we will be in touch.

An available e-mail is docstevens37@gmail.com. Feel free to contact me there. If my family and I can think of a way to help you, we will.

Note from Bill MacPhee: This article with more detail and in it's entirety will appear in our Spring Issue of SZ Magazine.

— On behalf of Bill MacPhee's Mental Wellness Today