

*Dedicated to improving the quality of life for people with mental illness and their families through support, education and advocacy.*

## General Meeting

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

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

**WEDNESDAY, July 26**

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

### **Mental Health Court— Pathways Program**

**Michael Scott Peyton, MA, MFT, BHRS;** and **Karina Sapag, LMFT,** Program Specialist, Pathways Mental Health Court, BHRS

Pathways provides “a viable alternative to straight incarceration for defendants with serious mental health disorders.”

Since 2006, the Pathways Mental Health Court Program has enhanced partnership among San Mateo County Courts, Probation, District Attorney, Private Defenders, Sheriff’s Office, Correctional Health, Behavioral Health and Recovery Services, and community providers. For adults living in SMC with serious mental illness, Pathways increases support and tailors supervision to promote treatment and limit incarceration. Join us to learn more about this program and its benefits and to hear directly from program participants.

*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>



*Save  
the  
Date!*

**NAMIWalks: Saturday, Sept. 23, 2017  
Guadalupe River Park, San Jose**

Preparation for NAMIWalks 2017 has stepped into high gear with the recent Walk kickoff in Santa Clara and soon to be one locally!!

**NAMIWalks Silicon Valley on the Radio:** Walk Manager Dyane Hendricks and Walk Committee Member Gina Cecconi took the NAMI message to the airwaves in an interview on Today’s World, a 15-minute program about health, economy, parenting, education and environmental issues in the San Francisco Bay Area. You can listen to the interview by going to <http://todaysworldsf.com>.

**Registration for NAMIWalks Silicon Valley 2017:** Now is the time for team captains and walkers to register for NAMIWalks. There are many prizes to win including gift cards, totes and hoodies. There is an incentive program for teams with company matches as well as a special competition. There is a chance for everyone who walks to win a prize.

**Sponsorship and Company Team/Match Opportunities:** Company sponsorships, teams and matches allow local corporations and businesses – large and small – to be seen as good community and corporate citizens. If you work for a company in San Mateo County, please contact Helene at the contacts below, and we can work together on how your organization can support NAMI SMC and how we can inform them about mental health in the workplace.

**To register and join** the NAMI SMC Walk team Never Walk Alone or to register your own team, access: [www.namiwalks.org/team/NeverWalkAlone2017](http://www.namiwalks.org/team/NeverWalkAlone2017). Other teams in SMC so far include: Kaiser Redwood City Walkers | Nurses for a Better Tomorrow | BHRS SMC Help and Hope for ALL | Goshu Financial | Strong Souls | Kathy’s Hope | Peace of Mind.

***It takes a village – Let’s work together to support mental health in our community!***

**To learn more** about registration, prizes and/or the company match program, contact Helene at 650-638-0800 or [hzimmer@namisanmateo.org](mailto:hzimmer@namisanmateo.org).

## **Senator Harris Statement on President Trump’s Budget**

On May 24th, U.S. Senator Kamala D. Harris, a member of the Senate Committee on the Budget, released the following statement in response to President Trump’s proposed budget for Fiscal Year 2018. “At its core, this budget is a cruel betrayal of the middle class and threatens our ability to ensure basic public safety, public health, and public education. This budget makes clear the values of this Administration: it prioritizes those at the top, while leaving working families and the middle class high and dry. It reduces taxes for the wealthiest Americans while taking away Social Security for disabled Americans and tax credits for families with children. It gives corporations tax breaks while eliminating resources for students trying to pay for college. It spends billions of dollars on a wall that won’t work, while cutting access to health care and initiatives to cure cancer. I will stand up, speak out, and fight against this budget at every turn just as I will fight against

*(Continued on page 4)*

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## Commission Meeting Program Focus

MHSARC (Mental Health and Substance Abuse Recovery Commission) Program Focus for the remainder of 2017: Youth Behavioral Issues for 3 or 4 meetings and then Adult Behavioral Issues for 3 or 4 meetings.

The first series of meetings for youth will be divided into: 1. Prevention/early intervention/ACCESS; 2. Crisis Services; 3. Aftercare/follow-up for relapse prevention; 4. Consumer Youth/Family of youth panel responding to #1-3.

The Adult meetings will have a similar format: 1. Prevention/ACCESS; 2. Crisis Services; 3. Follow-up for relapse prevention; 4. Consumer/Family panel responding to #1-3.

Please join the Commission for these interesting and educational programs held during the regularly scheduled Commission meetings on the 1st Wednesday of the month. Pass this information to others interested in these important topics!! *Next scheduled Commission meeting is June 7th, 225 37th Avenue, Room 100, San Mateo.*

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## What Can We learn from Ketamine?

<https://www.nami.org/About-NAMI/Publications-Reports/NAMI-Advocate>

I attended the May webinar that Ken Duckworth of NAMI moderated featuring an MD and co-founder of the Ketamine Clinic at Massachusetts General Hospital. This medication offers hope for patients with major depressive disorder that have heretofore been treatment-resistant (not helped by any existing antidepressants).

Ketamine is probably the most promising medication being studied to treat treatment-resistant depression. It is not yet approved by the FDA but it is worth following its progress through clinical trials. Exciting!

*—Thanks Kim Nobles for sharing this news!*

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## Wildflower Walk & Picnic Recap

Thank you to our NAMI SMC Members and friends that came out to support our Docent Led Wildflower Walk & Picnic on May 21<sup>st</sup>! The beautiful 3k hike of the serpentine grasslands of Edgewood Park and Natural Preserve offered some stunning scenery and views.



A Special Thank you to Our Docent Walk Food Donors: Chris Costa of **Jersey Mike's Subs**; 2925 S. El Camino Real San Mateo! Authentic, fresh sliced and grilled sub sandwiches & their signature cold subs are all served Mike's Way! and Anjanette of **Detox Kitchen and Juice Bar**; 1200 El Camino Real, Belmont. Fresh, organic, gluten-free wholesome food for today!

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## June 7 at Maverick Jacks!

*Fundraising Never Tasted So Good!*



Join NAMI SMC and Maverick Jack's for homemade burgers, fried pickles, delicious salads! Mention NAMI SMC and 20% comes back to our organization!

Dine in or Take out, anytime between 11am-9pm. (3rd party delivery services, like DoorDash, do not apply) Maverick Jack's - 1190 California Drive in Burlingame <http://www.maverickjacks.com/>

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## General Meeting Review – May 25

Siya Mehtani, D.O. a psychiatric intern at the San Mateo County Medical Center, presented **Mental Health & Stigma: Changing the Conversation, the Metaphor and the Outcomes.**



Dr. Mehtani talked about the social, cultural and perceived stigmas in mental health, and how it is not merely a barrier to services and treatment for individuals, but also a unique lens on the socialization of diseases. She explored the definitions and origins of stigma – which is about beliefs and attitudes - what factors cause stigma, why it matters, how as a society we can tackle it.

The definition of mental health as stated by Dr. Mehtani states: the capacity to live a full, productive life as well as the flexibility to deal with its ups and downs.

When people talk about mental health, they more frequently talk about negative connotations – fear, anxiety, grief – yet there are many other words associated with mental health – resilience, well-being, spirituality and recovery – what it takes to live with mental illness every day.

Siya Mehtani has personally and professionally experienced the demoralizing influence of stigma, and it ultimately became the impetus for her career choice as a psychiatrist.

### Thanking a Board Member

The General Meeting was also an occasion to thank Christopher Jump, a board member from 2014-2017 for his service. Jerry Thompson, Board Chair, presented Christopher with a plaque as a token of the Board's appreciation. In saying a few words, Christopher stated how he was sorry to step down, but needed to, due to his obligations as Program Manager at Heart & Soul in San Carlos. He looks forward to a continued good relationship between our organizations, and concluded by saying "let's change the conversation, let's create community." Thank you Christopher!



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

*We appreciate your participation in advocacy!*

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## Navigating the Mental Health System Symposium

Friday, June 9, 2017  
9:00 a.m. to 4:30 p.m.  
Sobrato Center, 350 Twin Dolphin Drive  
Redwood City

Learn about what services exist, how to access them and hear from the providers, family members and consumers about what worked and why.

Topics will include Mental Health Policy and the Law, Mental Health and Housing, Gateway to Services, What Families Need to Know and more. Sponsored by Mental Health Association of San Mateo County. Access [www.mhasmc.org](http://www.mhasmc.org) for more information and to purchase tickets. CEUs are available.

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## Making an Impact: How NAMI SMC has Helped You & Your Family

We wish to make our newsletter more personal, and need your help to do so.

If you are a family member and/or an individual with a diagnosis and would be willing to share your story – and the manner in which NAMI SMC has helped you and your family - whether it's through having received resources or advise through a call to our Warm Line; taking one of our classes, eg. Family to Family or Peer to Peer; attending one of our family or peer support groups; participating in a General Meeting, or chatting at a health fair – and how we helped, we would love to hear from you.

By telling your story and sharing how NAMI SMC supported you and/or your family, you are spreading the word that help is available and that NAMI SMC is an important community resource.

### **Please help us help others in the community.**

To learn more about what writing your story might entail and how we can work with you regarding privacy issues, please contact Helene Zimmerman, Executive Director at [hzimmer@namisanmateo.org](mailto:hzimmer@namisanmateo.org) or 650-638-0800.

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## Family to Family Teachers Needed!



Due to a growing demand to participate in NAMI's signature Family to Family program, we anticipate offering 6 classes in English during the year and 2 in Spanish. However, in order to do so, we need additional teachers!

Family to Family graduates who would like to teach future classes - we need you!

Training is provided over a long weekend. Please contact the NAMI office at 650-638-0800 for details or email us at [nami@namisanmataeo.org](mailto:nami@namisanmataeo.org).



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## Save the Date! - 2017

- **June 28–July 1 NAMI National Convention** in Washington D.C.
- **August 25-26 NAMI California Annual Conference** in Newport Beach. Visit [www.namica.org](http://www.namica.org) for more details
- **September 23 NAMIWalks** - The NAMIWalk will be held at the San Jose Guadalupe Park's Arena Green West. Contact: [dhendricks@namisantaclara.org](mailto:dhendricks@namisantaclara.org) or 408-453-0400 x 3125.
- **Oct 3 National Day of Prayer**, County Center, RWC

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## NAMI National Convention

June 28–July 1, Washington, D.C.

NAMI returns to the nation's capital for the 2017 convention at the Washington Hilton. The Super Saver registration fee of \$215 is available to members until March 31. Contact Hanem Ali at 703-524-7600 or go to [www.nami.org](http://www.nami.org). For complete registration info, go to [www.nami.org/convention](http://www.nami.org/convention).

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## NAMI CA Conference - Seeking Exhibitors

August 25-26  
Newport Beach

Registration and info:

<http://namica.org/conference/hotel/>



NAMI CA invites you to participate in the 2017 NAMI California Annual Statewide Conference. This year's theme is **Joining Forces: Building a Movement of Community Collaborations**. The show space for more exhibits and opportunities to promote product or service has been expanded, offered on a first-come, first-served basis.

- **Early Bird Registration Deadline (6/16/17):** see link above!
- Special Group Registration is available for up to 4 or more people - contact Eugenia at [Eugenia@namica.org](mailto:Eugenia@namica.org).
- NAMI CA Special Hotel Rate: visit the link above for the special rate of \$169.99 per night.
- 2017 Exhibitor Forms: to include your company in promotional materials we must receive signed Exhibitor applications and payment by July 10. Space is limited. Contact Eugenia at [Eugenia@namica.org](mailto:Eugenia@namica.org) for more info.

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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.



(Budget from pg 1)

this Administration's efforts to strip health care from millions. We are better than this."

#### Budget Impact on California:

- Eliminates federal funding for 51 community action programs in California that provide thousands of low-income Californians emergency food, shelter, heating assistance, transportation and health care.
- Reduces 'Workforce Innovation and Opportunity Act' funding by more than \$1.3 billion—resulting in more than 436,000 Californians potentially losing access to job training and employment services.
- Cuts \$357 million in Community Development Block Grants that provide California funding for affordable housing, transportation, and economic development.
- Makes college more expensive by eliminating grants to over 201,000 California students through the Supplemental Educational Opportunity Grant program.
- Kicks 132,700 students in California off after-school programs by eliminating the 21st Century Community Learning Centers program.
- Eliminates the Low-Income Home Energy Assistance Program which provides heating, cooling, or weatherization assistance to 219,000 California families.
- Denies assistance to 23,400 California families for affordable housing which would put them at immediate risk of eviction and homelessness by slashing federal rental assistance programs, including Section 8 housing vouchers.
- Ends the federal funding that the airports in Crescent City, El Centro, Merced, and Visalia receive under the Essential Air Service program to ensure that smaller, underserved communities have commercial air service.
- Cuts Head Start by \$101 million in California, which would throw 11,030 children off high-quality child care and early education.
- Eliminates the Migrant and Seasonal Farmworker Training program.

To share your concerns, contact Senator Harris at 50 United Nations Plaza, San Francisco, Suite 5584, San Francisco, CA, 94102. Phone: 415 355-9041, Fax: 202 224-0454.

#### NAMI Connection



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

Connection provides persons with mental health conditions a gathering of 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 or email at [education@namisanmateo.org](mailto:education@namisanmateo.org) with any questions.

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

#### To all our volunteers

THANK YOU!

We couldn't do it without you!



**Newsletter Distribution Team:** Alan Cochran, Edna Daga, Gregg Hardin, Trish Miller, Catherine Taylor

**May is Mental Health Month Fairs:** Ron Dugrenier, Ashley Langston, Armando Sandoval & Sons, Maureen Rabbitt

**Lions Club Representatives:** Ron Dugrenier, Alan Cochran

**Office Support:** Eveline Coffman - Accounting, Patrick McErlain, Michael Rodrigues

**Special Projects:** Natalie Pitre, Kathy Stern

#### All of our Support Group Leaders

**Newsletter Production:** A Special Acknowledgement to Ruan Frenette, Pat Way, Kim Nobles, Gregg Hardin – our newsletters wouldn't be possible without you!



*We are grateful for donations...*

*... in memory of*  
**George Culores** from Calvin Shelton

*... in honor of*  
**Jane Marshburn & Tad Randall** from Judy Cohn

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



#### 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! Watch for our latest additions below. 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.

#### *How to Advocate Successfully for Your Child: What Every Parent Should Know About Special Education Law*

by Greer M. Gurland Esq.

Winner of five National Book Awards, including 2016 Outstanding Human Relations Advocacy Indie Book. In this new book, Greer M. Gurland, Esq., Harvard Law School, '94, delivers a mega-dose of power for parents with passion and insight. Greer is a seasoned special education attorney--and a mom of five special needs children--who clearly works hard to level the playing field for parents. On each page, she demystifies special education law and answers the most troubling questions parents face. Enjoyable to read and loaded with direct, strategic, and practical advice and guidance--all delivered with empathy and passion, and a clear desire to make a difference.

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

- **NAMI Cordilleras MHR Center Family Group**, 1ST Mondays (2ND Monday if 1st is a holiday), 6:30-8pm, 200 Edmonds Road, Redwood City, 650-367-1890. Penney Mitchell & Julie Curry, NAMI SMC co-facilitators
- **NAMI Parents of Youth & Young Adults** (ages 6–26), 2ND Mondays, 7-8:30pm. 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 Coastside Support Meeting** for family members, 2ND Mondays, 6:30-8pm. El Centro DE Libertad; 225 Cabrillo Hwy South Ste #105d (the bldg next to Coastside MH), Half Moon Bay 650-726-6369. Karina Marwan, NAMI facilitator
- **NAMI Connection** for persons with mental illness who are working on their wellness & recovery. 2ND & 4TH Mondays, 7-8:30pm. 1650 Borel Place #130, San Mateo. Call NAMI SMC 650-638-0800 for information.
- **Cafe para Padres**, ultimo Martes de cada mes. Clinica Shasta 727 Shasta St. Redwood City. Para preguntas contacte a Yolanda Ramirez al 650-599-1047.

MONDAY

- **NAMI Spanish-Speaking Support Group** **CANCELED June 13** 2ND Tues, 6-7:30pm, 802 Brewster, RWC. 650-573-2189
- **NAMI Jewish Family & Children’s Services**, family and friends are welcome. 4TH Tuesdays, 7:00pm. 200 Channing Ave., Palo Alto. Contact Navah Statman NAMI Facilitator (408) 253-7623.
- **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** **CANCELED June 13, ONLY** for family members, 2ND Tuesdays, 6-7:30pm. Mental Health Clinic, 802 Brewster, RC, 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](mailto: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. 2<sup>nd</sup> & 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.

TUESDAY

- **NAMI Stanford** for family & friends. 2ND & 4TH Wednesdays, 7-8:30pm. 401 Quarry Road #2213, Stanford Dept. of Psychiatry & Behavioral Sciences (parking is between Vineyard & Quarry). Info: 650-862-2886 or [pamelapolos@comcast.net](mailto:pamelapolos@comcast.net)
- **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

- **NAMI North County Support Group** for family members. 2ND and 4TH Thursdays, 5:45-7pm, 375 89th Street, Comm. Room, Daly City. Info: 650-301-8650. Co-facilitators: Karen Pyles LMFT and Valerie Nolan, RN.
- **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. *RSVP required: [emlycaruthersmft@gmail.com](mailto:emlycaruthersmft@gmail.com). More info: 408-356-1212 or e-mail: [info@edrcsv.org](mailto: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

THURSDAY

- **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](http://www.ocd-bayarea.com).

SAT.

- **Chinese Language Family Support Group** Cantonese/Mandarin. Call Alice at 650-573-3571 for more information.
- **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](http://www.heartandsoulinc.org).
- **Cluttering & Hoarding** Support Groups, Workshops, and Private Consultations - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, [efarber@avenidas.org](mailto:efarber@avenidas.org).

## NAMI Education Programs

To be added to the Wait List, call 650-638-0800 or email us at [education@namisanmateo.org](mailto:education@namisanmateo.org)

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**—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 contact us to set up an in-house program for your organization.*

## BHRS Family Contacts

Suzanne Aubry  
Dir. Family Service  
650-573-2673

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

## Bay Area Crisis Text Line

**In Crisis? Text BAY to 741741**

This information was presented at the recent Caminar Symposium by Panelist Libby Craig. The crisis line is a non-profit service providing free, 24/7 confidential support to people in crisis. They've built an algorithm that reviews each text initially for severity and imminent risk and then each texter is matched with a Crisis Counselor.

## Brain & Behavior Research Foundation: Meet the Scientist Webinar Series

Jun 13 **Toward Rapid-Acting Treatments for OCD**  
by Carolyn Rodriguez, M.D., Ph.D., Stanford School of Medicine, Assist. Professor, Dept of Psychiatry & Behavioral Sciences; Dir. Translational OCD Res. Prog  
2:00 p.m.–3:00 p.m. EST

Please join by phone or on the web on 2nd Tuesdays for BBR (Brain & Behavior Research) Foundation's **Meet the Scientist Webinar Series**. Hear leading mental health researchers present the latest in new technologies, diagnostic tools, early intervention strategies and next-generation therapies for mental illness. Visit <https://bbrfoundation.org/meet-the-scientist-webinar-series> - *very interesting!*

## Jail Chaplain

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

## San Mateo County Mental Health Emergency Numbers

### Police: 911

Tell the dispatcher you are calling regarding a person who has a mental illness. Request a CIT (Crisis Intervention Team) trained officer and/or someone who has experience in dealing with the mentally ill. For non-emergency situations, call your local police department.

**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).



## There Truly is No Place Like Home

From: CSAC: California State Association of Counties, The County Voice, 5/16/2017 Patrick Kennedy

Homelessness affects every county in the state. No matter how many people live there or what the economy looks like, there are people in your community who do not have a stable place to live. Homelessness has many causes, but we know that a significant number of homeless people suffer from mental illness, emotional disturbance and/or substance addictions that make finding a place to live even more difficult.

Ironically, having a stable home is one of the keys to providing this population with the care and services they need. The sheer number of homeless mentally ill people creates a significant drain on county budgets, and it doesn't help that California is facing a serious shortfall of affordable housing units. The cycle of poverty, homelessness, and mental illness is even worse when housing costs are so high. Frankly, we can do better for this vulnerable population. We are all better off when they are in stable housing and getting the services they need.

I am very pleased to serve as the Governor's appointee to the No Place Like Home Advisory Board, representing the unique interests of counties. No Place Like Home, the result of legislation signed last year, makes \$1.8 billion available to counties to provide housing for the chronically homeless mentally ill. More than \$260 million is available in the first round of funding and there is already about \$6.2 million in technical assistance funding available to counties.

The program is administered by the California Department of Housing and Community Development (HCD), which is trying to make it as easy as possible to apply for these funds, even for counties with limited staff and resources. There is an 8 percent set-aside for small counties and the technical assistance funds are available to help counties apply for the main grants. There may even be money available to help counties comply with reporting and other administrative requirements after the main grants are awarded.

The Advisory Committee will meet again on May 18 to discuss the No Place Like Home draft guidelines that were released a couple of weeks ago. If you want to learn more about them, there is also a Webinar on Friday, May 19 that will explain them in detail and allow you to ask questions. And HCD is wrapping up a series of workshops about the guidelines—the final one is on Monday, May 22, in Visalia, Tulare County.

The guidelines lay out exactly what counties must do to apply for and receive No Place Like Home funding, how the funds can be used and what recipients must do after receiving a grant to report back. While there is a lot of detail, the guidelines are worth taking a close look at. Stakeholders, including counties, can submit their comments to HCD until May 30 to provide feedback to HCD to make No Place Like Home as user-friendly as possible. The bottom line is, this is a great opportunity for every county in the state to get some much-needed help dealing with the homeless mentally ill in our communities.

These funds can help every county in the state address the root causes of homelessness, reduce the negative impacts of homelessness on our communities and restore dignity and hope to some of the most vulnerable members of our society at the same time. I'm excited about this and I hope you are, too!  
**Note: Local NAMI advocates should be watching this!**

### 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!

### 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.

### Social Security Benefits or Vocational Rehab Questions?

Call Wendy Jordan at 650-802-6482

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### Commission Meeting

June 7 - see page 2

### Eat at Mavericks!

June 7 - see page 2

### Navigating the MH System

June 9 - see page 3

### General Meeting

July 26 - see page 1

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

**RETURN SERVICE REQUESTED**

Time Value

The June and July issues are combined -  
See you again in August!

Visit NAMI San Mateo County at  
[www.namisanmateo.org](http://www.namisanmateo.org) to stay in touch,  
sign up to volunteer and be kept in-  
formed about developments and informa-  
tion within your local NAMI, the county,  
and the Mental Health arena in general.

### 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: \$\_\_\_\_\_
- \* A portion of your membership donation is sent to National NAMI and to NAMI California

- Change Address (print new address below, include label with old address)
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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  
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Office open: 9am-3pm, M-F (or by appt.)

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