

General Meeting



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

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

Wednesday, Sept. 27

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

The 7 Qualities Most Desired in a Therapist

Nancy L. Morgan, MS, PhD
Director, LifeMoves Behavioral Health

In 2007 Dr. Morgan began asking clients about the qualities they most desired in a therapist. Since then over 400 individuals have offered their feedback, which Dr. Morgan has presented locally, nationally, and internationally. Dr. Morgan teaches future therapists how to develop the qualities clients most desire, and to view clients as their greatest teachers. Join us for this insightful presentation!



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 illness and their families.

Like us on Facebook



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



follow us on Twitter
<https://twitter.com/NAMISmc>



Join Us!

Saturday, Sept 23, 2017 8:30 am-1 pm
Guadalupe River Park, San Jose

To join and/or make a donation to the NAMI SMC team, go to
www.namiwalks.org/Team/NeverWalkAlone2017.

To start your own team, go to
NamiWalks.org/SiliconValley and click on "Register"

With NAMIWalks less than two months away it's time to step into high gear and ask everyone in your life - friends, family, neighbors, co-workers, your doctor, dentist, accountant, lawyer and others - to support you as you Walk to raise awareness of mental illness and support NAMI San Mateo County and its educational programming - and to ask them to spread the word also!

The NAMIWalks goal for our affiliate is \$100,000!
Please help us to meet and exceed this very ambitious target!

For team captains and walkers, there are chances to win fun prizes. Team captains will receive a NAMIWalks drawstring backpack by registering their teams and raising \$100.

Team Captains: A Team Captains KickOff is happening Saturday, August 5th. Details to come!

Match Program: New this year is the Match Program. Teams receive benefits and can earn extra prizes when companies or organizations match their fundraising.

Incentive Prizes: All walkers will receive a T-shirt when they raise \$100. There are opportunities for every walker to win prizes. Incentive prizes include weekly prizes including gift cards, restaurant dinners and electronic devices.

Contact Dyane at dhendricks@namisantaclara.org or 408-453-0400 x3125 for more information or to learn more about registration, prizes and/or the company match program.

Show your support of NAMI SMC & help us THRIVE!

Peer PALS Program Begins in SMC!

Welcome to our newest program! **Peer PALS** are persons who have experienced major mental illness, but have achieved a substantial degree of well-being and stability. Serving as a friend and mentor, each PAL must have a strong desire to help another in the beginning stages of recovery for a six-month period. PALS will receive ongoing training and supervision during the assignment, work four hours per week and are **paid** for their work. For information, go to <http://namisanmateo.org/about-us/jobs> and/or email PeerPals@namisanmateo.org.

Peers: Would you like help with your recovery? This program helps decrease loneliness and isolation, increases comfort in social situations and self-esteem, and conveys lifestyle habits that promote and maintain recovery.

PALS: To become a Peer PAL, successful completion of NAMI's Peer to Peer class is required. Thursday, August 31 is our next class. Call or email to discuss this or upcoming classes: 650-638-0800 or education@namisanmateo.org.

Candle Light Vigil

Thursday, August 31
6:00 - 7:30 P.M.

400 County Center, Court Yard, Redwood City



Join Voices of Recovery SMC for the first annual Candle Light Vigil with an evening of dynamic speakers, fun, fellowship and entertainment. Not a lot of people get to see the light after they have been blinded with the darkness of addiction but we are living proof that there is hope and recovery is possible. Contact 650-289-7670 or info@vorsmc.org for more information.

Success Stories: How NAMI SMC has Helped You and 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 advice 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 or 650-638-0800.



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 with any questions.

Jail Chaplain

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

California Crisis Intervention Training (CIT)

Annual Statewide Training Update and Conference 2017

August 23-24 • Costa Mesa, CA

This year's theme is **Believing in Change From Crisis to Collaboration.**

The **keynote speaker** will be Suzy Favor Hamilton, Olympian, *Fast Girl* A Life Spent Running from Madness.*

Training Topics include: California CIT – Response to Mental Health through the Integration of Specialized Training and Community Resources; Law Enforcement Response – De-escalation Training; Debriefing of the San Bernardino Terrorism Incident; Moving Forward with Laura's Law.

For more information, please email Contact@CACITA.net or call 619-784-4011 to leave a message. Calls will be returned within 24 hours.

Workplace Awareness of Mental Health



On Tuesday, July 12, **Visa Inc.** hosted a Mental Health Awareness Event in its Foster City headquarters, with a live stream reaching over 10,000 employees. The program, sponsored by a Diversity and Inclusion Employee Resource Group, filled the Visa Foster City auditorium with a powerful message of awareness, support, resiliency, and hope.

Helene Zimmerman, Executive Director of **NAMI San Mateo**, began the event by introducing the topic of mental health. She shared NAMI's mission to improve the quality of life for people with mental illness and their families through support, education, and advocacy.

Keynote speaker **Kevin Hines** shared his amazing story of jumping off the Golden Gate Bridge. He spoke about surviving the near fatal suicide attempt, living mentally well, and the ongoing challenges of his bipolar disorder. You can learn more about Kevin's story at: www.kevinhinesstory.com or check out his book, *Cracked not Broken*.

The event concluded with community partner **California Clubhouse**, and a Visa Benefits representative who spoke of additional resources for employees.

If your employer would be interested in partnering with NAMI San Mateo to hold a mental health awareness event, please contact Helene Zimmerman at the NAMI San Mateo office at hzimmer@namisanmateo.org or 650-638-0800.

Visit www.namicalifornia.org/ to get the latest on legislative activity.

We appreciate your participation in advocacy!

NAMI CA Conference

August 25-26
Newport Beach

<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.

Conference tracks include: Advocacy, Consumers & Families, Criminal Justice, engaging Diverse Communities, Strengthening NAMI and Young Adults.

Contact Eugenia at Eugenia@namica.org for more info.

To All Our Volunteers

Special thanks to Family to Family Co-Teachers Pat and Ann from Suzanne Nakamura.

Newsletter Mailing: Edna Daga, Patrick McErlain, Kathy Stern

Health Fairs: EPA Community Resource Fair – Leslie Wambach-Pacalin; Pridefest - Ginny Traub

Visa Event: Ginny Traub & Carol Goshko

NAMI SMC Outreach: Ron Dugrenier

Office Support: Eveline Coffman – Accounting, Joan Dower, Helen Greggans, Audrey Kemp, Michael Rodrigues, May Chen

Special Projects: Natalie Pitre - NAMIWalk, Kathy Stern - NAMIWalk, Patrick McErlain - NARSAD

All of our Support Group Leaders

Newsletter Production: Ruan and the team – our newsletters wouldn't be possible without you!



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.



This groundbreaking musical takes an unflinching look into the lives of the Goodman family and their struggle to cope with a family member's mental illness. The family's journey is told through an electrifying score, powerful lyrics, and a book that won the 2010 Pulitzer Prize for Drama. In the words of the New York Times, Next to Normal is "much more than a feel-good musical; it is a feel-EVERYTHING musical." Best for mature audiences. Visit <http://www.broadwaybythebay.org/next-to-normal/> for performance and ticket information.

BHRS Requesting Personal Recovery Stories

San Mateo County Behavioral Health and Recovery Services (SMC BHRS) is seeking short narratives/testimonies celebrating the success of people in recovery for the September celebration of Recovery Month. Narratives may be published in Wellness Matters (BHRS newsletter), posted online in the BHRS blog and in other SMC communications and social media channels. We seek a range of submissions reflecting diverse perspectives, cultures and personal experiences of recovery.

How to Submit:

- Submission deadline: **August 18, 2017**
- Submissions and/or questions can be emailed to Lauren at: lmacharenhas@smcgov.org.
- All submissions will be published with first name only (or if anonymity is preferred please state so in your submission).
- All submissions must be accompanied by a signed release giving us your permission to publish your story. The form can be found at: <https://smcbhrsblog.org/consent-form/>
- All submissions are subject to review/editing/publication by BHRS.
- 200-400 words please; longer narratives (up to 500 words) may be submitted for consideration but are subject to editing for length.

Please also send carbon copy to NAMI@namisanmateo.org on your submissions.

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

Visit NAMI San Mateo County at www.namisanmateo.org to stay in touch, sign up to volunteer and be kept informed about developments and information within your local NAMI, the county, and the mental health arena in general.

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

It's important for people living with mental health conditions to know that they are not alone. Sharing a story about your personal experiences with mental health challenges – as an individual with a diagnosis, or as a family member or friend – can help in your own recovery as well as provide encouragement and support to others with similar experiences.

I wasn't totally new to NAMI when I first peeked into the San Mateo office. I'd already seen NAMI websites. I'd made the "no stigma" pledge and wanted to advocate for mental health. After all, living 37 years with a bipolar diagnosis (the last 8 years in "full remission") made me an expert, right? So I thought.

The door to the office was open...a friendly woman in a jean jacket greeted me with a big smile and my anxiety about barging in without an appointment, melted away...“You're in the right place” Lee said...“I'll put you on the wait list for the next class. We're so happy you found us”.

Wait lists for NAMI courses are long and instructors – trained graduates of the class – are in demand. It was a while before I was back in that small but friendly place, for NAMI's signature, Family To Family class. I felt fortunate to be there.

Materials were free of charge and by the end of 12 weeks, my 2 inch binder was full of facts about mental illness. Personal stories emerged as we rehearsed empathic listening, discussed self-care, and explored choices for recovery. Believing that living well with mental illness is possible, we were encouraged to resist stigma and to be advocates for mental health.

It's only been a short time, since the course ended, yet at home, openness about my diagnosis keeps growing. I feel more free and confident to discuss its effect on me and my family... a real sense of renewal.

I'm more aware now, of what is so common: After the initial trauma of receiving a diagnosis of mental illness, many families settle into a "new order" of their lives, often not discussing feelings or issues...perhaps not even acknowledging out loud, the condition that has changed everything. Expectations are lowered for "a good life". This is so wrong and so needless.

Also revealed to me, was the effect of 37 years of stigma... that too, was wrong and needless. Through NAMI, I've become aware of my rights – legal and simple human rights.

I've learned that experience alone is no substitute for education. All this - medical facts, human processes of mental health care, societal issues surrounding mental illness - are not packaged like this anywhere else that I know of, other than through National Alliance on Mental Illness. NAMI San Mateo is a gift to our community. We need to support it and help others be aware of and receive its services.



—Roxanne Reeves, June 9, 2017

Save the Date! - 2017



- **August 23-24 CIT Conference**, Costa Mesa. Visit www.Cacita.net.
- **August 25-26 NAMI California Annual Conference** in Newport Beach. Visit www.namica.org for info.
- **September 23 NAMI Walks** - The NAMI Walk will be held at the San Jose Guadalupe Park's Arena Green West. Contact: dhendricks@namisantaclara.org or 408-453-0400 x 3125.
- **Oct 3 National Day of Prayer**, County Center, RWC



We are grateful for donations...

... in memory of

Sandi Castro from Paul Davis
“Tony” Joseph Fena from Katrina Crawford

... for awareness

Carlmont Liquors in Belmont! For many years Al and Nora Solouki have kept a donation jar on their counter representing NAMI SMC! We are honored that Al and Nora have chosen to raise awareness about mental illness and for providing meaningful support for NAMI SMC's mission #stigmafree!

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.

Another Kind of Madness: A Journey Through the Stigma and Hope of Mental Illness by Stephen Hinshaw, Professor of Psychology at UC Berkeley.

Families are riddled with untold secrets. But Stephen Hinshaw never imagined that a profound secret was kept under lock and key for 18 years within his family—that his father's mysterious absences, for months at a time, resulted from serious mental illness and involuntary hospitalizations. From the moment his father revealed the truth, during Hinshaw's first spring break from college, he knew his life would change forever.

Glenn Close says: "*Another Kind of Madness* is one of the best books I've read about the cost of stigma and silence in a family touched by mental illness. I was profoundly moved by Stephen Hinshaw's story, written beautifully, from the inside-out. It's a masterpiece."

Social Security Benefits or
Vocational Rehab Questions?
Call Wendy Jordan at 650-802-6482

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** 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** for family members, 2nd Tuesdays, 6-7:30pm. Men- tal 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 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 Rd. Info: Trudy 650-208-9116 or Donna at 650-823-0997.

TUESDAY

- **NAMI Stanford** for family & friends. 2nd & 4th Wednesdays, 7-8:30pm. 401 Quarry Road #2213, Stanford Dept. of Psy chiatry & Behavioral Sciences (parking is between Vineyard & Quarry). Info: 650-862-2886 or pamelaplos@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. Cabril lo 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. 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.

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.oed-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.heartandsoulinec.org.
- **Cluttering & Hoarding** Support Groups, Workshops, and Private Consultations - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, efarber@avenidas.org.

OTHER

NAMI Education Programs

To be added to the Wait List, call 650-638-0800 or email us at education@namisanmateo.org

PRE-REGISTRATION IS REQUIRED

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..

- ◆ **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



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!

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://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.

Borderline Personality Disorder

Borderline personality disorder (BPD) is a condition characterized by difficulties in regulating emotion. This difficulty leads to severe, unstable mood swings, impulsivity and instability, poor self-image and stormy personal relationships. People may make repeated attempts to avoid real or imagined situations of abandonment. The combined result of living with BPD can manifest into destructive behavior, such as self-harm (cutting) or suicide attempts.

It's estimated that 1.6% of the adult U.S. population has BPD but it may be as high as 5.9%. Nearly 75% of people diagnosed with BPD are women, but recent research suggests that men may be almost as frequently affected by BPD. In the past, men with BPD were often misdiagnosed with PTSD or depression.

SYMPTOMS

People with BPD experience wide mood swings and can display a great sense of instability and insecurity. Signs and symptoms may include:

- Frantic efforts to avoid being abandoned by friends and family.
- Unstable personal relationships that alternate between idealization—"I'm so in love!"—and devaluation—"I hate her." This is also sometimes known as "splitting."
- Distorted and unstable self-image, which affects moods, values, opinions, goals and relationships.
- Impulsive behaviors that can have dangerous outcomes, such as excessive spending, unsafe sex, substance abuse or reckless driving.
- Suicidal and self-harming behavior.
- Periods of intense depressed mood, irritability or anxiety lasting a few hours to a few days.
- Chronic feelings of boredom or emptiness.
- Inappropriate, intense or uncontrollable anger—often followed by shame and guilt.
- Dissociative feelings—disconnecting from your thoughts or sense of identity, or "out of body" type of feelings—and stress-related paranoid thoughts. Severe cases of stress can also lead to brief psychotic episodes.

Borderline personality disorder is ultimately characterized by the emotional turmoil it causes. People who have it feel emotions intensely and for long periods of time, and it is harder for them to return to a stable baseline after an emotionally intense event. Suicide threats and attempts are very common for people with BPD. Self-harming acts, such as cutting and burning, are also common.

CAUSES

The causes of borderline personality disorder are not fully understood, but scientists agree that it is the result of a combination of factors:

- **Genetics.** While no specific gene has been shown to directly cause BPD, studies in twins suggest this illness has strong hereditary links. BPD is about five times more common among people who have a first-degree relative with the disorder.
- **Environmental factors.** People who experience traumatic life events, such as physical or sexual abuse during childhood or neglect and separation from parents, are at increased risk of developing BPD.

Brain function. The way the brain works is often different in people with BPD, suggesting that there is a neurological basis for some of the symptoms. Specifically, the portions of the brain that control emotions and decision-making/judgment may not communicate well with one another.

DIAGNOSIS

There is no single medical test to diagnose BPD, and a diagnosis is not based on one sign or symptom. BPD is diagnosed by a mental health professional following a comprehensive psychiatric interview that may include talking with previous clinicians, medical evaluations and, when appropriate, interviews with friends and family. To be diagnosed with BPD, a person must have at least 5 of the 9 BPD symptoms listed above.

TREATMENT

A typical, well-rounded treatment plan includes psychotherapy, medications and group, peer and family support. The overarching goal is for someone with BPD to increasingly self-direct her treatment plan as a person learns what works as well as what doesn't.

Psychotherapy, such as dialectical behavioral therapy (DBT), cognitive behavioral therapy (CBT) and psychodynamic psychotherapy, is the first line of choice for BPD.

Medications are often instrumental to a treatment plan, but there is no one medication specifically made to treat the core symptoms of emptiness, abandonment and identity disturbance. Rather, several medications can be used off-label to treat the remaining symptoms. For example, mood stabilizers and antidepressants help with mood swings and dysphoria. Antipsychotic medication may help control symptoms of rage and disorganized thinking. *Short-term hospitalization may be necessary during times of extreme stress, and/or impulsive or suicidal behavior to ensure safety.*

RELATED CONDITIONS

BPD can be difficult to diagnose and treat—and successful treatment includes addressing any other disorders somebody might have. A person with BPD may have additional conditions like:

- Anxiety disorders, such as PTSD.
- Bipolar disorder.
- Depression.
- Eating disorders, notably bulimia nervosa.
- Other personality disorders.
- Substance use disorders.

—NAMI.org

Lived Experience 2.0 Peer & Family Action Summit

October 26, 2017 • 8 am to 5 pm
Foster City Crowne Plaza

SAVE the DATE

Consumer and family member leaders, peers working in the system, and allied behavioral health services providers will come together to help define the role that consumer and family members will play in the county's design and delivery of services, as well as in defining its vision of recovery and wellness. This event is hosted by the Peer Recovery Collaborative in conjunction with the Office of Diversity and Equity and the Office of Consumer & Family Affairs of San Mateo County.

CIT Training & Conference

Aug 23-24 | see page 2

NAMI CA State Conference

Aug 25-26 | see page 3

Peer PALS

see page 1

Candle Light Vigil

Aug 31 | see page 2

NAMIWalks

September 23 | see page 1

General Meeting

September 27 | see page 1

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

NONPROFIT ORG
U.S. POSTAGE PAID
SAN MATEO CA
PERMIT NO. 887

RETURN SERVICE REQUESTED

Time Value

The NAMIWalks' goal is to raise funds, bring awareness, and stamp out the stigma that surrounds mental illness. Sign up today and prepare for a really great event!

See Page 1 for information

Please Become a Member of NAMI San Mateo County

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

- Individual Member (\$40)*
- Household Member (\$60)*
- Sustaining Member (\$100 to \$499)*
- Patron Member (\$500 to \$999)*
- Benefactor Member (\$1,000 or more)*
- Open Door Member (\$5)
- Renewal or New Membership Amount Enclosed: \$_____

- Change Address (print new address below, include label with old address)
- My Company has a Matching Gift Program: _____ (company name)

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

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