

General Meeting

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

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

Wednesday, November 16

6:00pm Reception
6:30pm Entertainment
7:15-8:30pm Program

**NAMI
Thanksgiving**



Bring family and friends and join us for our traditional Thanksgiving celebration, focusing on GRATITUDE.

Enjoy comraderie and pie!

Entertainment by Frances Ancheta-Becker, a singer/songwriter and acoustic guitar player who performs in a variety of musical styles, including pop, folk, rock, world, classical and standards.

Program Presenters, speaking about family: Detective Jim Coffman, PERT; Joni Marshburn Jamin, a young woman living well in recovery as well as a local minister.

RSVP to 650-638-0800 NOW!

We want to be sure we have plenty of pie!

As always, it's free!

(Note this meeting is on the 3rd Wednesday of the month because of the holiday).

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>

New Peer Support Programs - Funding Needed

The launch of two new Peer support programs for San Mateo County— MoD® (Mentors on Discharge®) and Peer PALS—are ready to be introduced into the community, but lack of funding to support them has put these new programs on hold.

About MoD: MoD provides a Peer Mentor (with 40 hours of training)—who is living well with their own diagnosis—to go into the in-patient psychiatric unit prior to the hospitalized person being discharged. Matched, they form a connection that when the person is discharged, he/she can count on. The individual has someone to reach out to, to help them in the recovery process and facilitate the participants own choices for wellness and recovery. The match continues for approximately 4 months.

About Peer PALS: A Peer PAL is someone who has their own mental illness diagnosis, who is now doing well in his/her own recovery and wishes to share their hope and friendship with a Peer who also has a diagnosis, but is not doing so well. Because PALS share the experience of mental illness with their Peer, they know the struggles, fears, isolation and sense of hopelessness that have to be overcome. The match continues for approximately 6 months. Again, the Peer who is having difficulty achieving an improved level of wellness, is supported in their recovery journey.

Benefits of MoD & Peer PALS Programs: As a relationship of trust is established between the Mentor/PAL and participant, through weekly meetings and twice weekly calls, there is a rise in self-confidence for the participant. Participants feel less isolated and feel more hopeful about their future, and their wellness and recovery. Program participants are also more cooperative with their treatment plans. Additionally the Mentors/PALS also can gain confidence in their own abilities, as often this is their first paid work in a long time. Many Mentors/PALS continue to grow in this position and/or are able to garner other meaningful employment. Participants are not alone in their recovery journey.

Measuring MoD Success: Success can be measured by the reduced number of hospitalizations of individuals in a 12-month period and the average days between hospitalizations. Additionally, individuals participating in the MoD program require fewer police interventions which equate to less trauma for the individuals as well as for family members and caregivers.

Other Local Participant Affiliates: The MoD Program was initialed by NAMI Alameda County South, and has since been implemented in NAMI Santa Clara County (SCC) and NAMI San Francisco. Peer PALS has been active in SCC for 15 years.

Peers Needed to Support New Programming: In order to implement our new Peer programs we need your help. If you are doing well in recovery, want to help others, have taken NAMI's Peer to Peer course, and would like paid, part-time work, please contact us.

NAMI SMC is ready to start implementing these programs, but needs your help to do so. With grant requests out in the community, please help us achieve an initial \$25,000 funding level that will enable us to get these programs up and running.

To learn more about the programs, access www.namisanmateo.org, click on Find Support/Individuals with a MH diagnosis and/or to help us with funding, contact Helene at execdirector@namisanmateo.org, or call 650-638-0800.

We can't wait to support more Peers on their journey to wellness and recovery!

Mental Illness: A Global Challenge

Wednesday, November 2, 2016 • 12:00pm
Berg Hall A, Li Ka Shing Center

Mental illness is the leading cause of disability and mortality around the globe. Even in wealthy countries, only about half of people with mental illness receive adequate care. In low and middle income nations, almost all mental illnesses are left untreated by trained mental health professionals. Yet many other healing resources can be activated in low-resource countries, creating opportunities for people with mental illness to be helped and indeed to thrive. This Health Policy Forum engages the enormous challenges and opportunities of global mental health.

Sponsored by: Office of the Dean, School of Medicine, Center for Innovation in Global Health

Seating is limited and registration is required. Visit <http://events.stanford.edu/events/614/61449/>.

September General Meeting Review

On Wednesday, September 21, Dr. Quanbeck and Dr. Hastik spoke about the use of Psychopharmacologic testing of a person's DNA – personalized medicine - to determine how rapidly or poorly a person might be able to respond to certain psychotropic medications. Offered by Genesight, this test is covered by Medicare and is especially helpful for people who have not responded to medication treatment and/or have significant side effects to medications.

Through this test, Genesight uses a weighted algorithm on which enzymes responsible for medication metabolism aid in clinical recommendations. Some people metabolize fast, some normally, and others slowly.

While advances in genetics have led to pharmacogenomic assays that are now commercially available to guide clinical decision making, this is still an area under development. Also discussed was neuroinflammation in serious mental illness, the gut-brain connection and recent research on minocycline in the treatment of schizophrenia.

At the conclusion of the presentation there were lots of questions.

A big thank you to Dr. Quanbeck and Dr. Hastik for their work and for their most informative presentation.

To receive a copy of the presentation, please email nami@namisanmateo.org.

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

We appreciate your participation in advocacy!

Fall Advocacy & Collaboration Conference

Saturday, November 12 • 9am-3pm
Green Hills Country Club
500 Ludeman Lane, Millbrae

RSVP Now! and plan to attend the 8th Annual Advocacy and Collaboration Conference in collaborating on ways to improve mental health in California, hosted by the California Academy of Child and Adolescent Psychiatry, National Alliance on Mental Illness California, and United Advocates for Children and Families.

They will be honoring CAL-ACAP Children's Hero Award winners, including Assembly Member Bonta, for their exhaustive advocacy efforts benefiting children and families in California.

Quotes from past participants: "I did not realize what a multi-pronged approach already exists. We're all pulling the same oar." "I felt we all listened and respected each other's opinions." "Lots of time to hear everyone's concerns." "Best conference yet"

Complimentary continental breakfast and plated lunch will be served. To RSVP and choose your lunch option, contact: Cal ACAP: hhuynh@pesc.com, NAMI California: marcel@namica.org, or UACF: mbeebe@uacf4hope.org.

2017 "Directing Change" Program & Film Contest

If you're in to making films and making a difference, then this opportunity is for you:

Students throughout California are invited to Direct Change by submitting 60 second films in three categories: Suicide Prevention / Mental Health Matters / Through the Lens of Culture. The winning teams and their associated high schools will win prizes, receive mental health or suicide prevention programs for their schools, participate in a meeting with state legislators on these topics and attend an awards ceremony.

Visit www.directingchange.org for all the information including contest rules.

Two important dates to remember:

- Sunday, Jan. 15, 2017 - Intent to Direct
- Wednesday, Mar. 1, 2017 - Film is due

Make a statement through your film, make a difference!





To all our volunteers,
THANK YOU.
We couldn't do it without you!

Newsletter: Ron and Leana Dugrenier,
Kathy Stern, Edna and Ryan Daga

Office Support: Michael Rodrigues

Peer Leaders: Calvin Shelton, Dana
Foley, Alan Cochran

Resource Fairs/Outreach: Kathy Stern, Maribel Rios, Lisa
Kenney, Mary Beaudry, Ron & Leana Dugrenier, Diane War-
ner, Jeffrey Gilbert

All of our **Support Group Leaders!**

Balancing the Books: Eveline Coffman

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

Mental Health, Debates and Candidates

Please take a look at our resources for the elections at <http://www.nami.org/elections>. There you can find the 2016 election platforms, sample questions to ask candidates, among other information.

Three quick updates from NAMI as we head into the home-stretch of the 2016 election...

1. Vice Presidential Debate

On Tuesday, October 4th, mental health briefly captured the attention of millions of people who tuned into the vice-presidential debate. Interrupting Senator Tim Kaine (D-VA) and Governor Mike Pence's (R-IN) back-and-forth, moderator Elaine Quijano of CBS asked the candidates how they would address the fact that police officers are often the last line of defense against a broken mental health system.

2. Letter to the Moderators

NAMI teamed up with 29 health organizations to urge the Oct. 9 presidential debate moderators—CNN's Anderson Cooper and ABC's Martha Raddatz—to ask a question about mental health.

3. Vote for a mental health question

ABC and CNN agreed to consider the 30 most popular questions from PresidentialOpenQuestions.com. So if you have members who aren't on Facebook or Twitter, ask them to go to this site and vote for this question about mental health.

—Angela Kimball
National Director, Advocacy & Public Policy
NAMI, National Alliance on Mental Illness

HOSA-Future Health Professionals Announces New National Service Project with NAMI

HOSA (Health Occupations Students of America)-Future Health Professionals and the National Alliance on Mental Illness are pleased to announce a partnership which will focus on engaging youth around mental illness. The partnership was selected by delegates, representing more than 9,300 members, who voted at the 2016 International Leadership Conference in Nashville, TN, on June 23, 2016 to select NAMI as their new service project.

The HOSA National Service Project encourages HOSA members to provide support of a national health organization on a local, state and national level. Local chapters plan activities that include fundraising, community service projects and volunteer hours. HOSA will work directly with NAMI to help expand mental health education, awareness and support activities that help improve the lives of individuals and families affected by mental illness.

"HOSA-Future Health Professionals is proud to partner with NAMI with the goal of educating its 225,000 members on mental health issues and, at the same time, raising awareness in 4,500 HOSA chapters, while providing an avenue to take action and make a difference through a NAMI walk or another fundraising effort. HOSA is also appreciative to NAMI for making available additional learning opportunities for HOSA members through the internship and scholarship programs," said Dr. Jim Koeninger, Executive Director of HOSA.

As part of this exciting partnership, NAMI will provide two great opportunities to HOSA members: an unpaid internship with the national NAMI organization for a HOSA member, as well as a registration scholarship to attend the NAMI Convention. These opportunities will provide additional avenues for HOSA members to learn more about the millions of people affected by mental illness. Information on the internship and convention scholarship will be shared on the HOSA website when made available.

"Mental health is an important topic for young adults because 1 in 5 are living with a mental health condition," said Mary Giliberti, CEO of the National Alliance on Mental Illness. "NAMI is grateful for the opportunity to engage HOSA, a global student organization, which can help us have impact, together, in raising awareness of mental illness and letting young people know that resources are available and they do not have to walk the journey alone."

About HOSA-Future Health Professionals

HOSA-Future Health Professionals (Health Occupations Students of America) is a global student organization that provides a unique program of leadership development, technical skills training and recognition exclusively for middle school, secondary, postsecondary and collegiate students enrolled in health and biomedical sciences. Recognized by the U.S. Department of Education, HOSA enhances the delivery of compassionate, quality health services to meet the needs of the health industry. For more information, go to hosa.org.

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.

What a Life Can Be: One Therapist's Take on Schizo-Affective Disorder by Carolyn Dobbins, PHD

A fascinating look into the world of schizo-affective disorder which, at times, is funny, heartbreaking, but above all uplifting. Dr. Carolyn Dobbins describes the onset and progression of this debilitating disease and gives readers hope.

Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder by John Gunderson & Perry Hoffman

This provocative book uncovers the truth about a misunderstood and stigmatized disorder, and offers an opportunity for a deeper, more empathetic understanding of BPD from the real experts—the individuals living with it.

NAMI Connection



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

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

Brain & Behavior Research Foundation: Meet the Scientist Webinar Series

Nov 8 Could We Someday Prevent Schizophrenia Like We Prevent Cleft Palate?

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!*



We are grateful for donations...

... in honor of

Terry Walker from William and Mikiko Walker
Whitney Murphy from Stephen Dover & Andrea Dover

... in memory of

Albert "Bert" Levy from Patrick & Debra Cunningham
Max Heffernan & John Heffernan from
the Schubiner Family

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

Membership Time!



Please renew your membership with NAMI San Mateo County - we value your support! If you haven't yet joined the 2017 membership, please use the request for membership renewal you receive in the mail, or there's a form on the back page of this newsletter. Or check our website! www.namsanmateo.org.

By joining *at this local affiliate level (preferred)* you will receive the local San Mateo County monthly newsletter promptly, which highlights local news and general information, advocacy activities, and support meetings. You will also receive the NAMI California web newsletter, and the NAMI National full-color magazine, each offering their respective level of coverage and commentary. Thank you for continuing to support NAMI-SMC!



NARSAD Artworks

Our office carries a supply of cards for birthdays, holidays and all occasions – stop by and pick up a pack - and another for a friend!

Visit NARSAD Artworks for their beautiful holiday cards, notecards, calendars and gifts online at www.narsadartworks.org or call 800-607-2599 or 714-529-5571.

NARSAD Artworks showcases museum-quality art products by and on behalf of mentally ill persons. All proceeds support the Brain & Behavior Research Foundation and NAMI SMC.

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 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. | MONDAY |
| <ul style="list-style-type: none"> • NAMI Spanish-Speaking Support Group for family members, 2ND Tuesdays, 6-7:30pm, 802 Brewster, RWC. 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 • 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"> • 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:</i> 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 • 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"> • 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. • Cluttering & Hoarding Support Groups, Workshops, and Private Consultations - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, efarber@avenidas.org. | |

NAMI Education Programs

To be added to the Wait List, call 650-638-0800 or email us at 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

NAMI Jewelry, The Perfect Holiday Gift!

Attractive, Distinctive, Meaningful, & Affordable!



See the beautiful assortment of earrings, necklaces, bracelets and pins featuring the signature NAMI “grass roots” symbol at [www.namisanmateo.org/NAMI Jewelry Store](http://www.namisanmateo.org/NAMIJewelryStore)—purchase a gift today! Proceeds benefit NAMI-SMC. Ordering is easy and secure.

BHRS Family Contacts

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

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

Teachers/Facilitators Needed

We're looking for persons to facilitate our programs! Training is provided to lead our education programs, presentations and support groups - please contact the NAMI office at 650-638-0800 for details.

We are also looking for individuals with lived experience who are interested in telling their story for In Our Own Voice presentations.

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 or visit the blog: <http://smcdbhrsblog.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.

B4Stage4: Changing the Way We Think About Mental Health

When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start before Stage 4—we begin with prevention. When people are in the first stage of those diseases and are beginning to show signs or symptoms like a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. We don't ignore them. In fact, we develop a plan of action to reverse and sometimes stop the progression of the disease. So why don't we do the same for individuals who are dealing with potentially serious mental illness?

Stages of Mental Health Conditions

Stage 1—Mild Symptoms and Warning Signs

At Stage 1, a person begins to show symptoms of a mental health condition, but is still able to maintain the ability to function at home, work or school—although perhaps not as easily as before they started to show symptoms. Often there is a sense that something is “not right.”

Stage 2—Symptoms Increase in Frequency and Severity and Interfere with Life Activities and Roles

At Stage 2, it usually becomes obvious that something is wrong. A person's symptoms may become stronger and last longer or new symptoms may start appearing on top of existing ones, creating something of a snowball effect. Performance at work or school will become more difficult, and a person may have trouble keeping up with family duties, social obligations or personal responsibilities.

Stage 3—Symptoms Worsen with Relapsing and Recurring Episodes Accompanied by Serious Disruption in Life Activities and Roles

At Stage 3, symptoms have continued to increase in severity, and many symptoms are often taking place at the same time. A person may feel as though they are losing control of their life and the ability to fill their roles at home, work or school.

Stage 4—Symptoms are Persistent and Severe and Have Jeopardized One's Life

By Stage 4, the combination of extreme, prolonged and persistent symptoms and impairment often results in development of other health conditions and has the potential to turn into a crisis event like unemployment, hospitalization, homelessness or even incarceration. In the worst cases, untreated mental illnesses can lead to loss of life an average of 25 years early.

Early Identification and Intervention

Catching mental health conditions early is known as Early Identification and Intervention. However, many times people may not realize that their symptoms are being caused by a mental health condition or feel ashamed to pursue help because of the stigma associated with mental illness. It's up

to all of us to know the signs and take action so that mental illnesses can be caught early and treated, and we can live up to our full potential. Even though mental illnesses may require intensive, long-term treatment and a lot of hard work at the later stages, people can and do recover and reclaim their lives.

One way to see if you may be experiencing symptoms of a mental health condition is to take a screening. Visit www.mhascreeing.org to take a quick, confidential screening for a variety of mental health conditions including anxiety, depression, mood disorders or Post-Traumatic Stress Disorder. Use your screening results to start a conversation with your primary care provider, or a trusted friend or family member and begin to plan a course of action for addressing your mental health.

Remember, mental health conditions are not only common, they are treatable. There is a wide variety of treatment options for mental illnesses ranging from talk therapy to medication to peer support, and it may take some time for a person to find the right treatment or combination of treatments that works best for them. But when they do, the results can be truly amazing and life changing.

For more information about what you should know and what you can do at each stage, visit www.mentalhealthamerica.net/may.

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!

Social Security Benefits or Vocational Rehab Questions?

Call Wendy Jordan at 650-802-6482

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**Stanford Health Policy Forum:
Mental Illness:
A Global Challenge**

November 2 - see page 2

**Fall Advocacy &
Collaboration Conference**

November 12 - see page 2

General Meeting

November 16 - see page 1

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

RETURN SERVICE REQUESTED

Time Value



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 this 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!*

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.)

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Are You Fighting Stigma Or Causing It?

By Tom Wooten | <https://www.bipolaradvantage.com/fighting-stigma-causing-stigma/>

Individuals and organizations throughout the world are dedicated to the important work of fighting stigma that affects people with depression and bipolar disorder. Unfortunately, too many of them are replacing one type of stigma with another type that is making the situation worse. While advocating for others to stop judging those who suffer from the conditions, they are causing a self-stigma that increases and prolongs the suffering.

My friend Andy Behrman says, "If we want to eradicate stigma, we must first understand what stigma is: ignorance, fear & discrimination." Of the hundreds of statements about stigma, this one captures it the best for me. Everything else is an offshoot of these three core problems.

There is certainly an incredible amount of ignorance surrounding depression and bipolar disorder. Even if we were able to clear up the many misperceptions about either condition, there is so much more we need to know to fully understand them. Depression and bipolar disorder affect every part of our lives (physical, mental, emotional, spiritual, social, and career/financial) and most people are aware of only a fraction of any of the parts.

We can be afraid of many things, but the worst fear is of the things we are ignorant of. The combination of fear and ignorance is so powerful that many people think fear is just another word for ignorance. They even have an acronym for it: FEAR – False Evidence Appearing Real. But when we understand fear and the role it plays in our condition, we can use it as a tool instead of letting it destroy us.

Fighting stigma usually means stigma from others.

When most people talk about stigma, they are mostly concerned with discrimination and the role that ignorance and fear play in creating it. Discrimination holds us back from accomplishing what we are capable of because it robs us of opportunities that are available to others. We end up with a diminished life that is far below what should have been.

I learned about stigma soon after my first diagnosis with bipolar disorder. I began going to support groups to try to learn as much as I could about the condition and was told that I needed to cancel my projects because I was too sick to handle the stress. They said they had been there and could help, but it seems the only place they had been is one of ignorance and fear. They were so sure that bipolar could only result in a diminished life that they presented it as the only option.

I was fascinated by the way everyone saw bipolar, so I visited every group I could find to see if it was the norm for the bipolar community or just the beliefs of one particular group.

Unfortunately, after visiting every group I could find I could only conclude that "I can't" is the mantra for almost all of them.

While visiting the group meetings, I saw so many new people leave during the first break that I decided to chase them down and ask why. Almost all of them said they were leaving because they did not want their lives to end up like what was being presented. They came to find hope for a better future, but went away thinking the only thing they could do is learn to accept a diminished life.

My observations were only reinforced when I expanded my search to include groups on the internet. While I did find a few who were advocating the "dangerous gifts" within the disorder, most were sharing their advice on how to survive while in the next sentence describing how the advice has not worked in their own lives. The biggest thing I noticed, though, was the prevalent concept that "survive" is the best we can hope for.

Things have changed dramatically since those early days. Various anti-stigma campaigns have focused the attention on the judgments of others and the recovery movement has solidified the idea that we can only thrive if we reduce the symptoms of mania and depression. We are beginning to see some acceptance of the idea that there are advantages to being bipolar, but the conversation is still dominated by those who insist it is impossible to be bipolar without disorder.

I understand the fear that people have about depression and mania getting out of control. Another crisis episode is the last thing they want to experience again. People who are bipolar, along with everyone around them, live in fear that the next recurrence will end in tragedy.

"I can't" holds us back far more than the judgements of others.

It is the willful ignorance that amazes me. When we try to share our successes and offer a clear path for others to follow, many refuse to even consider the evidence we present. And that is the stigma that is causing the most harm. The stigma from outsiders is not holding people back nearly as much as those who diminish their own lives out of self-stigma.

We must understand that our beliefs about what we can achieve create the limits of our success. I know from teaching others that most of us can learn to increase our functionality, comfort, and value in an expanded range of intensity in both depression and mania. We do not need to remove bipolar to achieve our potential; we achieve our potential when we no longer see bipolar as an illness to overcome, but an advantage.

Leo Tolstoy said, "Everyone thinks of changing the world, but no one thinks of changing himself." If you have not yet accomplished the outcomes described at <http://www.bipolaradvantage.com>, it is self-stigma that is holding you back and not the ignorance, fear, and discrimination of others.