Thank You to All Our Supporters

NAMI SMC has come a long way in the 45 years since 3 parents of adult children with mental health diagnoses met for the first time to begin looking for better solutions to how mental illness was viewed and treated. The hard work, dedication and perseverance of Tony & Fran Hoffman, and Eve Oliphant and other parents, families, friends and professionals became the catalyst for what became the National Alliance on Mental Illness, the country’s most formidable grassroots organization for mental health advocacy, and co-founder Terry Walker who began her life-long affiliation and dedication to NAMI SMC. We “wear” with pride the designation of being the first chapter of what is the nation’s major voice for people who face the life-long challenges of mental illness, NAMI.

We wish to thank our donors for their generous contributions to our 45th Anniversary celebration! We hope you had fun with our online auction and raffle - We did! it was a first for us!

To enable us to thrive, grow and continue our mission of support, education, and advocacy – for the next 5 years, let alone the next 45 years - we still need your support. The auction and raffle are over, it is still possible to make a contribution and help us meet and/or exceed our goal. Thanks to your generosity, we have raised $22,500 - almost half of our goal - but still really hope to get closer to our stretch goal of $50,000. Donations towards our 45th are being accepted through June 15th.

Please access [www.namisanmateo.org](http://www.namisanmateo.org) to do so, or old fashioned checks - sent to our office address - are also welcome. Each of us can continue to make a difference. Start now!

We sincerely thank the Hoffman and Walker family members for continuing to support their parents’ legacy and our work in San Mateo County.

Thank you for all your support. For the complete NAMI SMC story go to: [www.namisanmateo.org/about-us/birthplaceofnami](http://www.namisanmateo.org/about-us/birthplaceofnami)
May 22 - General Meeting Review

At our general meeting we heard from our new director of Behavioral Health and Recovery Services; Scott Gilman, MSA, CBHE. He had served as Chief Executive Officer of the Community Mental Health Center for Kent County, Michigan prior to coming to San Mateo. He was joined by Karen Krahm, Deputy Director of BHRS for Adult and Older Adult Services, and Claudia Saggese, Director of Consumer Affairs. Claudia’s focus is being a liaison for Spanish speaking families. Claudia is also a very active volunteer in our community, leading a NAMI Spanish speaking support group, teaching Familia a Familia classes and working with the “Building HOPE” program.

After each presenter provided a brief description of their roles Scott Gilman opened the session to the group and asked what questions they would like him and his fellow speakers to address. The interactive discussion started with the need for housing. He is a believer in “Housing First” smchealth.org/general-information/mhca-housing-program Participants voiced many urgent concerns that he addressed. He invited those present to continue the discussion, and recommended that NAMI and BHRS facilitate a meeting to look into ways that parents can work together to “peel the onion” and move toward offering creative solutions to this crisis. Adequate suitable housing will allow for timely discharge from in-patient treatment stays for our loved ones and would reduce homelessness in general.

Scott then addressed a concern from a NAMI member about the level and quality of oversight by facilities under the jurisdiction of the Adult Protective Services agency. Mr. Gillman asked the individual to call him directly and he would address her concerns. His plan is to increase oversight of all of the agencies that the county contracts with, including this one.

A number of other issues were discussed, including restrictions imposed on families by HIPPA, and the need for us to “Make Noise” to our legislators at a state level on all of our concerns. If we can build a collaborative relationship and speak as one voice our efforts to advocate for parity and adequate funding for mental illnesses will be more effective.

We, as family members, know more than anyone what our loved ones need to maximize their recovery and live well in the community – now and after we’re no longer here to care for them. It’s up to us to make our voices heard.

Overall Scott Gilman was very open, honest and frank about what services are available and what challenges we have to face. He was also very open to following up on individual issues addressed. It appears we are fortunate to welcome him as the new director of BHRS!

Be sure to come to the general meetings. When you aren’t there you miss a lot!

General Meetings - on a wide range of topics around Mental Health - are held on the 4th Wednesdays in January, March, May, July, September & November. For presentation information, check out the newsletter and online calendar at www.namisanmateo.org/event

NAMIWalks Silicon Valley

Kick Off Lunch

Friday, June 14 11:30 am - 1pm

It’s that time of year again. As NAMIWalks celebrates its 17th year anniversary, NAMI SMC is proud to participate in its 4th Annual NAMIWalks (Silicon Valley) on Saturday, September 21, 2019.

Did you know that the funds raised at NAMIWalks are what pay for our no-cost, local education and support programs? While funds raised through the NAMIWalks are critically important, the NAMIWalks also expands our visibility and presence in the community and helps grow and strengthen our community partnerships.

If you have ever attended a Family to Family or Peer to Peer course, heard an In Our Own Voice presentation or encountered a police officer trained in Crisis Intervention when you or your loved one were in despair... then please support our Walk! Involve your friends and family and Walk with Us on September 21, 2019! It is a feel good way to contribute!

Sponsors, team captains and potential team captains are encouraged to attend while learning what is new with NAMIWalks Silicon Valley.

Enjoy great food and great company at Maggiano's Little Italy, 3055 Olin Avenue #1000, San Jose 95128.

Please RSVP to Shanna by June 7, 2019 to reserve your seat! Email: swebb@namisanmateo.com www.namiwalks.org/siliconvalley

Happy, Tired and Full!

Our 3rd Docent Led Wildflower Walk & Picnic Fundraiser took place on Saturday May 4th, 2019.

The beautiful 3k hike of the serpentine grasslands of Edgewood Park and Natural Preserve never disappoints; the views are amazing.

Thank you to everyone who came out for our morning hike and yummy lunch as we kicked off May is Mental Health Month! #mentalhealthmatters

Volunteer Opportunities

We have a range of opportunities where having a volunteer to help us would make a significant difference. Opportunities include answering the Warm Line; preparing materials for a class; staffing a resource table at a Health Fair or being the NAMI presence at vital local county meetings, and preparing our monthly financials using Quick-Books.

To volunteer, or for more information on volunteering, please call the office 650-638-0800, or email us nami@namisanmateo.com, and let us know what you’d like to do.
would be a snack or my dinner, or just something I could use to pass the time. Indeed, family support is integral to the recovery process. Our family’s proximity to our issues, our sensitive and raw exposed areas—there is no question that family is the perfect match for people needing comfort and attention during our most vulnerable times.

My parents were the first to identify my illness. Something didn’t seem right and before long, things were spinning out. When I was 17, I attempted suicide, and was again taken to the hospital for what the nursing staff called "a tune-up." My treatment team asked my family to sit around the table and read to me their thoughts on my decision to end my life prematurely. That was the first time I witnessed the impact of my illness on the emotional state of my family.

While both inpatient experiences impacted my parents, throughout, during, and while I was on the unit—however difficult the emotions were to process—my parents persevered on their own merits and guided me along to discharge in the process. Not only were my parents emotionally supportive and very present at all times, they were an integral part of my treatment team. There wasn’t a family meeting without my parents’ voice of support.

During these early moments in my illness, I still remember the encouragement and hope my parents passed on to me to keep moving and move forward regardless of the challenges poised ahead that I would have to confront on my own one day.

In college, when things again began to spin out, my parents were retired and there were no outpatient therapists that would take our insurance. I again had just attempted suicide, and upon returning to the dorm, I would need a therapist if I was going to continue living at school. My parents knew the importance of help when healing is what’s needed, and without delay I was connected to a therapist in the community.

To pay for treatment, my dad worked as a part-time security guard into his 70’s. For my parents, working to support my mental health treatment wasn’t a question—it was a priority. This speed, savvy, and importance placed on unconditional support regardless of my circumstances was the rallying cry of my parents throughout my recovery, even when I fought them on it. Later on, when my psychosis was activated, and I became extremely paranoid and delusional, my parents were wrapped up into my distorted thoughts and suspicions. As my condition worsened, I even threatened to call a lawyer and sue them when they wouldn’t follow one of my irrational demands at the time.

But my parents always knew better than whatever the illness spoke or had me believe. And when I was three hours away from home in a state hospital, not around the block anymore, my parents were weekly visitors. Every weekend, in their golden years, my parents would drive three hours each way just to make sure my treatment and health were being attended to on the unit. Even when I wouldn’t participate in family meetings or wouldn’t agree to move back home upon discharge (I was preoccupied with moving into an adult home), ultimately, when I walked out of the unit and my time in the hospital was over, I went home with my parents, who were waiting for me outside of the unit with a bag of Burger King and my favorite iced coffee.

As one therapist said to me: "Your parents really stepped up, Max." Well, they stepped up again and again. When I came home from the hospital in upstate New York, my family administered medication, cooked meals, helped me do laundry and everything else I wasn’t able to complete on my own just yet. From transportation to the clinic where I would get weekly injections, to therapy appointments when I was too sedated to drive, my parents were no strangers to starting over, moving forward, and being okay with both setbacks and difficult times in my recovery.

And when the most difficult times were over, and I wanted to pursue life again and go back to school, my parents were supportive of me chasing my dreams and facing my demons head on. My parents are the reason I was able to find meaning in life again and they are the reason I support my clients. We all need people to cheer us on, no matter what the circumstances are. Support from one or two people goes a long way when there is no one in our corner.

Story is from the www.NAMI.org website.

It’s important for people living around mental illness to know that they are not alone. Sharing a story about your personal experience with mental health challenges—as an individual with a diagnosis, or as a family member or friend—can help with recovery. To learn more about what writing your story might entail and how we can work with you regarding privacy issues, please contact Helene at 650-638-0800 or hzimmer@namisantamato.org.

Help break the stigma of silence surrounding mental illness.

Are you ready for NAMI WALKS Silicon Valley? ... We are!

We believe that we can all be stigma free, that mental health matters, and that all individuals deserve to be treated with dignity, respect and compassion!

Thousands of supporters of NAMIWalks are the face and voice of the NAMI movement. On Saturday, September 21, 2019 at Arena Green West – San Jose we hope you will join the many families, friends, co-workers and businesses who come together to celebrate mental illness recovery; to honor those who have lost their lives to mental illness and to help raise funds, combat stigma and promote awareness.

You can earn a cool new NAMIWalks t-shirt if you register a $100.00 donation! But the more you raise, the more NAMI Prizes you can win. The sooner you register, the more time you’ll have to receive Walk Updates, to ask friends to join you, and to work toward reaching your fundraising goal.

Register Today -- It's Free! www.namiwalks.org/siliconvalley

“Your present circumstances don’t determine where you can go; they merely determine where you start.” – Nido Qubein
Mental Health Housing Advocacy Group

The Mental Health Housing Advocacy Group is a group of parents and community professionals who are concerned that our adult children living with the effects of long-term mental illness may have no place to live now and no one to help them when we die.

The housing has to be sustainable beyond the lifetime of the parents. We meet on Monday nights to strategize and advocate for development of many more extremely affordable, permanent supportive homes in San Mateo County. We welcome others to join us. Please contact Carolyn Shepard by email at jo92048@aol.com or call 650-595-5635 to learn more and be added to the email list.

- Watch this space for updates. -

2019 NAMI National Convention
“Our Movement, Our Moment”
June 19 - 22
Hyatt Regency, 808 Howell St, Seattle, WA

Join the nation’s largest gathering of mental health advocates as we share, learn and network around important mental health issues.

Launching at this year’s convention – NAMI’s new strategic plan: The convention’s theme, Our Movement, Our Moment, captures the power and excitement of this moment as we mobilize the NAMI movement!

The 2019 NAMI National Convention offers engaging presenters, thought-provoking topics and the latest updates on important research.

Register now for the Early Bird registration rate. www.nami.org/Get-Involved/NAMI-National-Convention

Techniques for Managing Distressing Voices

Be Prepared: Some people get a warning sign that the voices are about to start. For example, they know what can trigger the voices or they hear another noise like whistling or an extra heart beat. This can be used as a positive thing because you are forewarned. You can then learn to use relaxation and breathing techniques to calm right down. Decide if you want to listen to them, if you don’t and you hear the whales, distract yourself.

Using Earplugs: Some people have found that using an earplug in one ear can greatly reduce or eliminate distressing voices. In this technique you will need an earplug. They can be purchased at the drugstore or pharmacy. Read and follow the directions on how to use the earplug. Each time the voices start up, put an earplug in your left ear. See what happens. Sometimes the voices stop altogether. Sometimes they stop only when you take the earplug out. Sometimes you have to try the earplug in your right ear. You will have to experiment with this technique to see what works for you. You may have to keep trying for a week or more in order to get results. The good news is that in some studies, over half the people who tried this got some relief, and for several people the voices disappeared completely for several months.

New Additions to the Library

Turtles All the Way Down
By John Green

“An incredibly powerful tale of the pain of mental illness, the pressures of youth, and coming of age when you feel like you’re coming undone.”

Sixteen-year-old Aza never intended to pursue the mystery of fugitive billionaire Russell Pickett, but there’s a hundred-thousand-dollar reward at stake and her Best and Most Fearless Friend, Daisy, is eager to investigate. So together, they navigate the short distance and broad divides that separate them from Russell Pickett’s son, Davis.

Aza is trying. She is trying to be a good daughter, a good friend, a good student, and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts.

In his long-awaited return, John Green, the acclaimed, award-winning author of Looking for Alaska and The Fault in Our Stars, shares Aza’s story with shattering, unflinching clarity in this brilliant novel of love, resilience, and the power of lifelong friendship.

Please visit the library at the NAMI SMC office - we have books and videos available to check out! 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.

“Character is like a tree and reputation its shadow. The shadow is what we think it is and the tree is the real thing.” — Abraham Lincoln

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

Check out Wellness Matters, the SMC BHRS newsletter www.smchealth/ wm

Family-to-Family Teachers Needed

Due to a growing demand to participate in NAMI’s signature Family to Family program, offered 6 times per year in English and in Spanish 2 times per year. We need more teachers! If you are a Family to Family graduate who would like to give back and teach classes - we need you!

Training is provided. Please contact the NAMI office at 650-638-0800 for details or email us at nami@namisanmateo.org
NAMI Education Programs
Learn, Find Support, and Increase Understanding
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.

To All Our Volunteers!
~ THANK YOU ~
We couldn’t do it without you!

Newsletter Mailing: Mary Beaudry, Jane Cummings, Ron Dugrenier, Silvana Garetz, Russ Levikow, Prithviaraj Pal (PJ), Jean Perry, Ammi Rostin, Joyce Yokoe

45th Anniversary Mailing: Alan Cochran, Joe Christensen, Antonella DiFrancia, Russ Levikow, Keri Majewski, Patricia Michel, Tricia Miller, Kathy Stern, Joyce Yokoe

Office Support: Juan Cadavid, Jane Cummings, Lauren Shea, Sumi Shah, Vincent Tran

Health Fairs: Alan Cochran, Lisa Heidrich, Patricia Michel, Leslie Wambach-Pacalin

General meeting: Lily Arapeles, Bill Nash

Special Projects: Bill Nash, PJ
All of our Support Group Leaders!

We are grateful for donations...
...in honor of
Theodore A. Celli from Janice M. Celli
The Traub Family from Sally Rintoul
...in memory of
Harrison Gunther from Rachel Pozzi
NAMI San Mateo County appreciates those who send donations that honor loved ones. Our sincere gratitude!

This program, developed by NAMI Santa Clara County (SCC) and started by NAMI San Mateo in August 2017, matches PALS, or mentors, with peers who can use the support of someone who has “been there.” Because PALS have the experience of mental illness in common with their peer, they are in a unique position to relate to and understand their peer’s experience.

This month, our Peer PALS enjoyed several free outings through our partnership with the CATS program. While one of our matches delighted themselves at a classical piano concert, another match attended a Giants baseball game where they had a fantastic time!

Here is a quote from Jan who went with his PAL Ken: “We created memories that will hopefully develop a lasting relationship!”

WE HAVE AN URGENT NEED FOR PALS!
If you would like information on this paid position OR would like to request the support of a PAL, please contact Rocio at 650-638-0800 or peerpals@namisanmateo.org


Peer PALS Advisor wanted. See job description on NAMI SMC website at namisanmateo.org/about-us/jobs

Teachers & Facilitators Needed
We’re looking for persons to facilitate our programs. We especially need family support group leaders, now! 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.

From the Editor...
There have been numerous times that when I mention the name NAMI in a conversation many people still aren’t aware of our organization and all the wonderful support we provide to families. This got me to thinking about a marketing technique called Guerilla Marketing which is a low-cost method of spreading the word about what you’re offering.

The next time you’ve finished reading the NAMI SMC newsletter, instead of throwing it in the recycle bin give it to a friend or someone you meet that you feel needs help dealing with the mental health of a loved one. For those of us already involved in NAMI we know full well how much it has helped in our lives. So let’s spread the word one newsletter at a time!

Send any comments or suggestions you may have regarding this newsletter to: namismcnewsletter@gmail.com
MHSARC Meetings  Open to the public  
(Mental Health & Substance Abuse Recovery Commission)  

FULL COMMISSION MEETINGS  
1st Wednesday, monthly: 3:30pm-5pm  
Health Services Building, Room 100  
225 W. 37th Ave. San Mateo  
Time/locations vary, call 650-573-2544 or www.smchealth.org/MHSARC  

AGE-FOCUSED COMMITTEES  
Call for location: 650 573-2544  

Older Adult Committee:  
1st Wednesday, monthly: 11am-12noon  

Adult Committee Meeting:  
3rd Wednesday, monthly: 10:30am-11:30am  

Children and Youth Committee Meeting:  
3rd Wednesday, monthly: 4pm-5pm  

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Car Donations Accepted!  
Thank you for considering NAMI-SMC as your donation destination!  
A free, convenient service for converting that extra car, truck, or RV into a tax deductible donation benefitting NAMI San Mateo County. Go to www.careasy.org/NAMI-San-Mateo-County or call 877-999-8322 to make your donation. Thank You!  

Visit www.namica.org to get the latest on legislative activity.  

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

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  

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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: www.smcbhrsblog.org.  

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.
<table>
<thead>
<tr>
<th><strong>SUPPORT GROUP MEETINGS</strong></th>
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<tr>
<td><strong>NAMI Cordilleras MHR Center Family Group</strong> for 1st Monday (2nd if 1st is a holiday), 6:30-8pm, 200 Edmonds Rd, Redwood City, 650-367-1890. Penney Mitchell &amp; Julie Curry, NAMI SMC co-facilitators.</td>
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<tr>
<td><strong>NAMI Parents of Youth &amp; Young Adults</strong> for family members. 2nd Monday, 7-8:30pm, 222 West 39th Ave &amp; Edison St, Board Room, San Mateo. Park in the large lot on west side of building, off 37th Ave. Enter building through the &quot;Hospital &amp; Clinic West Entrance,&quot; follow the NAMI signs to the 2nd floor Board Room W-225. 650-638-0800. Ginny Traub &amp; Florian Davos, facilitators.</td>
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<tr>
<td><strong>NAMI Coastside Support Meeting</strong> for family members. 2nd Monday, 6:30-8pm. Coastside Clinic, 225 South Cabrillo Hwy, #200A, Half Moon Bay. Info: 650-638-0800. Facilitator: Jennifer.</td>
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<tr>
<td><strong>NAMI Connection</strong> for persons working on their wellness &amp; recovery. Every Monday, 7-8:30pm. 1650 Borel Place, #130, San Mateo. Call NAMI SMC 650-638-0800 for information.</td>
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<td><strong>NAMI Spanish-Speaking Support Group</strong> 2nd Tues, 6-7:30pm, 802 Brewer Ave, Redwood City, 650-573-2189.</td>
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<tr>
<td><strong>NAMI Jewish Family &amp; Children's Services</strong> for family and friends. 4th Tuesday, 7-8:30pm. 200 Channing Ave, Palo Alto. Contact Barbara St.Clair, <a href="mailto:bstclair@namisantaclara.org">bstclair@namisantaclara.org</a> or 415-879-0399.</td>
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<tr>
<td><strong>NAMI San Mateo Medical Center</strong> for family members. 1st and 3rd Tuesdays, 6:30-8pm. 222 W. 39th Ave &amp; Edison St, San Mateo. Board Room (main entrance elevator to left, floor to the left of the hall). Carol Metzler &amp; Judy Singer (1st &amp; 3rd Tues) - NAMI facilitators. Call NAMI SMC at 650-638-0800 for information.</td>
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<tr>
<td><strong>NAMI South County Support Meeting</strong> for family members. 2nd Tuesday, 6-7:30pm. Mental Health Clinic, 802 Brewer Ave, Redwood City, 650-363-4111. Pat Way, NAMI SMC facilitator; Liz Downard RN, MSN. Park behind building and knock loudly on door.</td>
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<tr>
<td><strong>DBSA Mood Disorder Support Group</strong> for persons with uni- and bi-polar disorders, mania, depression, or anxiety; family members welcome. Tuesdays, 7-9pm, College Heights Church, 1150 West Hillsdale Blvd, San Mateo. Contact at 650-299-8880 (leave a message) or <a href="mailto:info@dbsaSanMateo.org">info@dbsaSanMateo.org</a>.</td>
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<tr>
<td><strong>Individuals Living With Their Own Mental Illness</strong> Tuesdays, 1-2:30pm. Redwood City - Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x111.</td>
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<tr>
<td><strong>Parent Chat</strong>, for parent/caregivers of kids aged 14-24 with mental health challenges. 2nd &amp; 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.</td>
</tr>
<tr>
<td><strong>NAMI Stanford</strong> for family members. 2nd Wed 7-8:30pm. 401 Quarry Rd, #2213, Stanford Dept. of Psychiatry &amp; Behavioral Sciences (parking is between Vineyard &amp; Quarry). Contact Georgia Vonraki. <a href="mailto:georgiavk@gmail.com">georgiavk@gmail.com</a>.</td>
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<tr>
<td><strong>Jewish Support Group</strong> (open to all denominations), for those with mental illness and families and friends. 2nd Wed, 6:15-8:30pm, Beit Kehillah, 26790 Arastradero Rd, Los Altos. For info, call Carol Irwin 408-858-1372.</td>
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<tr>
<td><strong>NAMI North County Support Group</strong> for family members. 2nd and 4th Thursdays, 5:45-7pm, 375 89th St, Daly City, Comm Room. Info: 650-301-8650. Co-facilitators: Karen Pyles LMFT and Valerie Nolan, RN.</td>
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<tr>
<td><strong>Coastside Dual Diagnosis Group</strong> for development for clients in all stages of recovery. Thursdays at 4-5pm. 225 South Cabrillo Hwy, #200A, Half Moon Bay. 650-726-6369 for information.</td>
</tr>
<tr>
<td><strong>Body Image &amp; Eating Disorders</strong> Thursdays, 6:30-8pm, 1225 Crane St, Ste 205, Menlo Park. Open to family and friends. RSVP required: <a href="mailto:emlycaruthersmft@gmail.com">emlycaruthersmft@gmail.com</a>. More info: 408-356-1212 or e-mail: <a href="mailto:info@edrcsv.org">info@edrcsv.org</a>.</td>
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<td><strong>H.E.L.P.</strong> for those with a mental illness and/or supporters. 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. Info: Jane Clark 650-464-9033.</td>
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<tr>
<td><strong>Korean Support Group</strong> for family members. Cupertino, 4th Friday: 12:30-2:30pm. Call for location: Kyo, 408-712-1149.</td>
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<td><strong>Obsessive-Compulsive Foundation</strong> of SF Bay Area. 3rd Saturday, 1:30-3:30pm, Seton Medical Center, 1900 Sullivan Ave, Daly City, 2nd Fl. Conf. room near cafeteria. Info: 415-273-7273; <a href="http://www.ocdbayarea.org">www.ocdbayarea.org</a>.</td>
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<tr>
<td><strong>Chinese Language Family Support Group</strong> Cantonese/Mandarin. Call Alice at 650-573-3571 for information.</td>
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<tr>
<td><strong>Consumer Support Groups, Heart and Soul</strong>, call 650-232-7426 for days &amp; addresses, or visit <a href="http://www.heartandsoulinc.org">www.heartandsoulinc.org</a>.</td>
</tr>
<tr>
<td><strong>Cluttering &amp; Hoarding Support Groups, Workshops, and Private Consultations</strong> - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, <a href="mailto:efarber@avenidas.org">efarber@avenidas.org</a>.</td>
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Membership / Donation Form

Donate, renew or join NAMI SMC also at namisanmateo.org

☐ Individual Member ($40)*
☐ Household Member ($60)*
☐ Open Door Member ($5)*
☐ Renewal or ☐ New Membership  Amount Enclosed: $________

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

☐ My Company has a Matching Gift Program: ____________________________ (company name)

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?

☐ Family  ☐ Individual  ☐ Friend
☐ MH Professional ☐ Business or Agency

Please check all that apply: I/we am/are

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 being a part of the NAMI SMC family!

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

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Our Wish List

Would you like to support a great cause? NAMI SMC needs your help! Below are a few items that we need to support some of our activities:

- Larger Office Space
- Laptop (gently used)
- Tent A-Frame Sign & Graphics
- Retractable Banner Stand & Graphics
- Acrylic Brochure Wall Display
- Larger Office Space

Thank you for your consideration. For item specifics, please contact Helene Zimmerman, Exec. Director at hzimmer@namisanmateo.org, or call 650-638-0800.

NAMI SMC is a non-profit 501 (c) 3 organization. All donations are tax deductible as allowed by law.

The Search for Novel Treatment Targets for Obsessive Compulsive Disorder

Tuesday, June 11, 11:00 am PDT

Presented by: Susanne E. Ahmari, M.D., Ph.D.

Dr. Ahmari’s translational OCD research program at University of Pittsburgh seeks to identify the molecular, cellular, and circuit-level changes that underlie the onset and persistence of abnormal repetitive and compulsive behaviors. In this webinar, she will discuss how her lab’s recent findings could ultimately pave the way to new treatment approaches for this mental illness that affects 2% to 3% of people worldwide.

To register for this event go to: register.gotowebinar.com/register/7387997256023463435

Considering the Whole Person: Contexts for LGBTQ People of Color Mental and Behavioral Health Treatment

Wednesday, June 12, 12:00 pm PDT

This webinar will provide information on effectively working with LGBTQ people of color in behavioral health settings. Topics will include systemic racism, homophobia, the compounding effects of intergenerational and contemporaneous trauma and resiliency as these relate to treating the whole person and advancing health and wellness for often-marginalized communities.

To register for this event go to: register.gotowebinar.com/register/708094839548802315
Changemakers Exhibit

Discover remarkable Bay Area individuals with disabilities through the San Mateo County Library Changemakers traveling exhibit!

Exhibit Dates at San Mateo County Libraries

- Sat, April 6 - Thurs, May 2 - Belmont Library
- Sun, May 5 - Thurs, June 6 - San Carlos Library
- Sat, June 8 - Thurs, July 11 - Foster City Library
- Sat, July 13 - Thurs, Aug 15 - Millbrae Library

Explore the work, diversity and creativity of 50+ individuals with disabilities who are making the world better for all of us! Talented artists with disabilities commissioned or created portraits of individuals who were nominated by the public for their valuable work in the Bay Area community.

The Changemakers exhibit will be on display at the following community libraries on the dates listed above. There will be an opening ceremony at each initial showing.

More info at: [https://smcl.org/changemakers](https://smcl.org/changemakers)

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"An early-morning walk is a blessing for the whole day."

— Henry David Thoreau

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Want free GROCERIES?
We've got you covered!

Every Thursday 11:00am - 1:00pm
Feb 21 through Dec 28, 2019

Skyline College is hosting a Free Community Market from 11:00 am - 1:00 pm in front of Building 4 in the center of campus.

The purpose of the Free Community Market is to make it as easy as possible for Skyline College students and other community members to access healthy food. People simply check in and choose which food items to take, including a variety of fresh fruit and vegetables. Please alert any students or community members who may want or need free grocery items that this resource is now available. No appointments are necessary and the check-in process will be quick and simple.

Skyline College, 3300 College Drive, San Bruno
Free parking in lot N.
[www.thrivealliance.org/events/free-community-market-at-skyline-college](http://www.thrivealliance.org/events/free-community-market-at-skyline-college)

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Find Affordable Housing With These Online Tools.

- [http://smchousingsearch.org](http://smchousingsearch.org)
- [https://hotpads.com](https://hotpads.com)
- [https://www.gosection8.com](https://www.gosection8.com)
- [https://www.midpen-housing.org](https://www.midpen-housing.org)
- [https://www.mercyhousing.org](https://www.mercyhousing.org)
- [https://www.craigslist.org](https://www.craigslist.org)
- [https://hiphousing.org](https://hiphousing.org)
- [https://bridgehousing.org](https://bridgehousing.org)
Have you been diagnosed with OCD? Not satisfied with your current medication?

You may be eligible to participate in a study with an investigational medication that would be added to your current treatment.

The Stanford Translational OCD Research Program (BHV-4157 Study) is looking for adults 18-65 years old with OCD to take part in a study providing these possible benefits:

- Free diagnostic evaluation.
- Receive once-a-day dosing of the study drug or a matching placebo for 3 months (randomization phase).
- Receive once-a-day dosing of the study drug, after completing randomization phase, for 12 months (extension phase).
- Compensation (randomization phase: up to $450, extension phase: up to $525)

For more info: http://med.stanford.edu/rodriguezlab.html

or call the Rodriguez Lab at 650-723-4095
or email ocdresearch@stanford.edu.

For general info about participant rights, call 1-866-680-2906.

You can also watch Dr. Rodriguez discuss her current research in Obsessive-Compulsive Disorder on Health Minds TV at: pbs.org/video/obsessive-compulsive-disorder-o06mx9/

MKET Study

Stanford Translational OCD Research Study: NMDAR Modulation As A Therapeutic Target and Probe of Neural Dysfunction in OCD

Purpose: To understand how the drug ketamine brings about rapid improvement in OCD symptoms.

- Do you wash or clean a lot?
- Do you check things a lot?
- Is there any thought that keeps bothering you that you would like to get rid of but can’t?
- Do your daily activities take a long time to finish?
- Are you concerned about orderliness or symmetry?
- Are you 18-65 years old?

If so, you may be eligible to receive a free diagnostic evaluation and several other benefits. There is no cost to participate.

For more information on this and other OCD studies contact: ocdresearch@stanford.edu (650)723-4095 http://med.stanford.edu/rodriguezlab.html

TMS Study

Stanford OCD TMS Clinical Trial: Rapid Non-Invasive Brain Stimulation for OCD

Purpose: To understand if rTMS brings about rapid reduction in OCD symptoms.

- Are you an individual with symptoms of Obsessive-Compulsive Disorder?
- Are you between the ages of 18 and 65?

You may be eligible to participate in a study to understand effects of rapid non-invasive brain stimulation.

For more information on both OCD studies contact: ocdresearch@stanford.edu (650)723-4095 http://med.stanford.edu/rodriguezlab.html

BITS Study

Stanford Hoarding Disorder Research Study: Enhancing Treatment of Hoarding Disorder with Personalized In-home Sorting and Decluttering Practice

Purpose: To understand if personalized in home sorting and decluttering practice can help enhance treatment of hoarding symptoms.

- Do you have trouble parting with possessions?
- Is your home cluttered?
- Feeling overwhelmed and needing help?
- Are you 18-70 years old?

If so, you may be eligible to receive evidenced-based treatment. There is no cost to participate.

For more information contact: clutterhelp@stanford.edu (650)724-8912 http://med.stanford.edu/rodriguezlab.html