General Meeting

100 S. San Mateo Drive
San Mateo

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

Wednesday, July 24
6:30pm Reception
7:00–8:30pm Program

“Self-care for Caregivers”
Presented by:
Nicole Steward
MSW

Nicole is a social worker (MSW), homeless/foster youth liaison, and a certified yoga instructor with a focus on community engagement, public education, and trauma-informed yoga.

Nicole believes that being a caregiver has its rewards and challenges. For many of us, as we care for others, we carry much of their struggle within us, which can cause burnout.

Her presentation will share information on how we carry the needs of others in our bodies along with some practical self-care tools to help us thrive as we care for others.

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.

Walking brings awareness & helps to end the stigma of mental illness
We hope you will walk beside us…….

Join us, as nearly 1000 walkers with shared values about mental health, stigma, recovery and our rights to lead productive lives will 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 that there is hope and recovery!

Join our Never Walk Alone Team, start your own team, or become a virtual walker and ask your friends and family to support you with a donation! We hope to have 30+ teams this year and raise $75,000!

Corporate and organization participation – We wish to develop more Walk Teams! If you work for an organization that might be interested in forming a Walk team, please let us know. The NAMIWalk is our largest fundraiser of the year! We need your help to be able to continue offering all our great programs and services FREE of charge. Please help us help you and other members of your community.

For questions regarding transportation – for Peers - on walk day - and other Walk issues, please email Helene at nami@namisanmateo.org

Please help us help our community and all those effected by mental illness. Mental Illness can be isolating, but it doesn’t have to be!

See you on Walk Day!
Register Today
www.namiwalks.org/siliconvalley

(Continued on page 2)

Me – and My Wife's Bipolar Diagnosis

By Izzy Goncalves

I came home to my world upside down. My apartment entrance had been blocked with music blaring deep within. I finally got inside and found my wife, Katherine, in a “possessed” state. It was surreal: there I was calling 911 to get her help. Paramedics arrived with several police—standard procedure for a psych call—but I thought: is this a medical emergency or an arrest? Stigma had already started to set in.

What started as a minimum 72-hour hold would end up being several weeks in the psych ward. My wife, still manic when I first saw her, hated me, blaming me for calling for help. Her bipolar I diagnosis was unacceptable to her and when she couldn’t deny her illness any longer, she said I had contributed to it.

Besides the trauma of Katherine’s manic episodes and the years of trying to
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.

Walk In My Shoes Art Exhibit

NAMI SMC is looking for artists who are interested in participating in the "Walk In My Shoes" themed art exhibit which will feature canvas hi-top sneakers painted, decorated and transformed into beautiful art pieces that will be on display at the NAMI Walks at the Walk Day event on September 21st.

We have ordered more than 40 shoes for this exhibit. Artists interested in participating in this event can contact Shanna Webb at swebb@namisantacalara.org or call 408-453-0400 ext. 3125 for more details.

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@namisanmateo.org.

Help break the stigma of silence surrounding mental illness.

Teachers & Facilitators Needed

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

Figure out a new normal as a couple—thankfully a recovery we enjoy now—I was inadequately prepared for the ambush of my own reactions: the initial shock followed by deep feelings of resentment, guilt, and anger.

Some of these emotions were due to my own confusion and uncertainty in trying to find a way forward with my wife. There was also little support; I didn’t know of any couples dealing with bipolar and thriving or living well.

Katherine blamed me for playing a part in her illness and yet needed me to care for her. I couldn’t get past my resentment for how she reacted toward me. I missed work to see clinicians and plan for her return, and while at work I fought the distraction of wondering how she would be once home. And I felt angry that I was making all these sacrifices that she didn’t appreciate.

I also couldn’t help feeling guilt. I didn’t know what had caused her mania; maybe it was something I did. But in fact, a lot had recently happened to explain the episode—a combination of family stress, work stress, and traumatic events. I hadn’t known enough to make the connections.

Neither of us really thought very much about how the other was feeling, and it would take us a long time to address and work through these issues after she left the hospital. We both felt loss, which we now know is called “ambiguous loss.” My wife was still “there,” but she was not the same. We were still together, but this was not the family life we had envisioned.

I probably fixated more on my losses than hers. Truthfully, I felt like a bit of a victim and resented her even more.

That was until Katherine took more control of her treatment. Up until then I had communicated directly with her then-doctor. But after she changed doctors and had her medication adjusted, she began to find strength and hope from peer support.

We reached a better place together, which reconciled our former hopes and dreams with the realities of her diagnosis. The ambiguous loss was not a real loss. We didn’t lose our former life together; it is just a different life now, and potentially a more fulfilling one.

Story is from the www.NAMI.org website.
We offer Family-to-Family and NAMI Basics programs throughout the year for family members of those diagnosed with a mental illness. All programs and classes are offered free of charge.

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.

Our goal for the Walk is to raise $75,000.

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 fund-raising goal.

Register Today -- It’s Free!

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 QuickBooks.

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.

Brain Basics: Understanding Sleep

Sleep is an important part of your daily routine—you spend about one-third of your time doing it. Quality sleep – and getting enough of it at the right times -- is as essential to survival as food and water. Without sleep you can’t form or maintain the pathways in your brain that let you learn and create new memories, and it’s harder to concentrate and respond quickly.

Sleep is important to a number of brain functions, including how nerve cells (neurons) communicate with each other. In fact, your brain and body stay remarkably active while you sleep. Recent findings suggest that sleep plays a housekeeping role that removes toxins in your brain that build up while you are awake.

Everyone needs sleep, but its biological purpose remains a mystery. Sleep affects almost every type of tissue and system in the body – from the brain, heart, and lungs to metabolism, immune function, mood, and disease resistance. Research shows that a chronic lack of sleep, or getting poor quality sleep, increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression, and obesity.

Sleep is a complex and dynamic process that affects how you function in ways scientists are now beginning to understand.

Read more at: https://www.ninds.nih.gov/disorders/patient-caregiver-education/understanding-sleep

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NAMI WALKS Silicon Valley

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FDA Approves New Treatment-Resistant Depression Drug in Adults

Company: Janssen Pharmaceuticals
Approval Status: March 2019

SPRAVATO™ is a prescription medicine, used along with an antidepressant taken by mouth, for treatment-resistant depression (TRD) in adults.

More information can be found:

CenterWatch website: www.centerwatch.com
Jansen website: www.spravato.com

* NAMI San Mateo is not advocating for or against this medication. We are providing this information only to make you aware that it has been approved by the FDA. Please contact your doctor directly to see if it is applicable to you.
15th Annual Stanford Mood Disorders Education Day

**Sat, July 13, 8:00 AM – 3:00 PM**

Stanford Frances C. Arrillaga Alumni Center
326 Galvez Street, Stanford, CA

Stanford’s Mood Disorders Center will host the 15th Annual Mood Disorders Education Day for patients and their families, caregivers, friends, and the community.

The Education Day program will include discussions of recent treatment advances, neuroscience, developmental challenges, and the influences of genetics and environment on mood disorders. Education Day also includes opportunities for Q&A panel discussions.

The event includes a light breakfast and lunch. Pre-registration is free but is required to attend the event. Space is limited so please contact the event organizer should you pre-register and are no longer able to attend.

To register for this dynamic event go to: [med.stanford.edu/mooddisorders.html](http://med.stanford.edu/mooddisorders.html)

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**Let’s Talk Mental Health**

**Sunday, August 4, 3 – 5:00 pm**

California Clubhouse,
210 Industrial Rd, Suite 102, San Carlos.

Peninsula Temple Sholom in Burlingame invites everyone to a presentation on August 4th at California Clubhouse in San Carlos.

Narges Dillon from Star-Vista will present a program on Talking Through The Topic Of Suicide. She will cover not only considerations and strategies for prevention, but also for post-vention, which refers to those left behind when a suicide occurs. There will be an opportunity for questions and all are invited.

NAMI SMC programs and services materials will be available. RSVPs are appreciated to marcib@comcast.net

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**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 J092048@aol.com or call 650-595-5635 to learn more and be added to the email list.

- Watch this space for updates. -

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**New Additions to the Library**

**An Unexpected Visitor: A Mother’s Insight on Mental Illness**

By Ramona Moreno

What happens when someone you love begins to experience mental illness? Ramona’s book provides guidance to readers by alphabetizing challenges encountered by individuals supporting a loved one with mental illness. What affects the ill person becomes disruptive to the whole family. Through heart-felt vignettes, the reader gets insight on what to expect in his/her journey as a caregiver.

The book accomplishes three things: 1) provides necessary tools for a caregiver, 2) lets caregivers know their situations are not unique; they are not alone. 3) de-stigmatizes mental illness and substance abuse while promoting acceptance. The English and Spanish text allows for broader distribution of this important resource book.

About Ramona Moreno: President of Brainstorm 3000 since 1996 with four award winning books, Ramona has dedicated her life to promoting acceptance of all people by celebrating their uniqueness. A professional speaker and advocate for individuals living with Mental Illness, Ramona's mission is to educate people on mental health disorders and break stigma associated with mental illness.

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.

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**NAMI PeerPALS**

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.

**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


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

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**Visit our NAMI Jewellery store**

www.shop.wildbryde.com/NAMI-Custom_Jewelry_c81.htm

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**From the Editor...**

Recently I went to see my doctor for a check up. He asked me how I was feeling physically and also about how things were going at home. We talked about how stressful it can be taking care of someone with Mental Illness (MI) and the toll it can take on a persons’ well being. Hint: I need to take better care of myself!

He also confided in me that many of his patients also go through a lot of stressful situations they typically don’t divulge to friends or co-workers for fear of being ostracized., The posts on social media accounts may give the impression of living an exciting life but could be masking what’s really going on with an individuals’ life.

This brings to mind the topic of our next NAMI General Meeting, **“Self-care for Caregivers” on July 24th.** Even if you don’t take care of someone with MI you’ll might learn some new techniques to lower your stress level and be able to share them with other caregivers you know.

Please send any comments or suggestions you may have regarding this newsletter to: namismcnewsletter@gmail.com

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**We are grateful for donations...**

...in honor of

- **The Traub Family** from: Ellie & Jeff Byrd, Alexander & Martha Huberts, The Storch Family, Christine Tjiptadja
- **Pat & Steve Way** from Sally Myerson

...in memory of

- **Peter Rothaug** from Paula Rothaug

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

Sign up NOW! Tell a friend!

Always start at https://smile.amazon.com and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases.

When you log please choose “NAMI San Mateo County” as your charitable organization. From there your shopping purchases will be linked directly to us!

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!

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.
### SUPPORT GROUP MEETINGS

- **NAMI Cordilleras MHR Center Family Group**, 1st Monday (2nd if 1st is a holiday), 6:30-8pm, 200 Edmonds Rd, Redwood City, 650-367-1890. Penney Mitchell & Julie Curry, NAMI SMC co-facilitators.

- **NAMI Parents of Youth & Young Adults** (ages 6-26), 2nd Monday, 7-8:30pm, 222 West 39th Ave & Edison St, 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," follow the NAMI signs to the 2nd floor Board Room W-225. 650-638-0800. Ginny Traub & Florian Davos, facilitators.

- **NAMI Coastside Support Meeting** for family members. 2nd Monday, 6:30-8pm. - **No meeting July 8 only!** Coastside Clinic, 225 South Cabrillo Hwy, #200A, Half Moon Bay. Info: 650-638-0800. Facilitator: Jennifer Fawkes.

- **NAMI Connection** for persons working on their wellness & recovery. Every Monday, 7-8:30pm. 1650 Borel Place, #130, San Mateo. Call NAMI SMC 650-638-0800 for information.


- **NAMI Spanish-Speaking Support Group** 2nd Tues, 6-7:30pm, 802 Brewer Ave, Redwood City, 650-573-2189.

- **NAMI Jewish Family & Children's Services**, family and friends are welcome. 4th Tuesday, 7-8:30pm. 200 Channing Ave, Palo Alto. Contact Barbara St.Clair, bstclair@namisantaclara.org or 415-879-0399

- **NAMI San Mateo Medical Center** for family members. 1st and 3rd Tuesdays, 6:30-8pm. 222 W. 39th Ave & Edison St, San Mateo. Board Room (main entrance elevator to 2nd floor, left to the end of the hall). Carol Metzler & Judy Singer (1st & 3rd Tues) - NAMI facilitators. Call NAMI SMC at 650-638-0800 for information.

- **NAMI South County Support Meeting** 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.

- **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 West Hillsdale Blvd, San Mateo. Contact at 650-299-8880 (leave a message) or info@dbsanmateo.org.

- **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.

- **NAMI Stanford** for family members. 2nd Wed 7-8:30pm. 401 Quarry Rd, #2213, Stanford Dept. of Psychiatry & Behavioral Sciences (parking is between Vineyard & Quarry). Contact Georgia Vouraki georgiavk@gmail.com

- **Jewish Support Group** for those with mental illness and/or supporters. Thursdays, 8:30pm. Beit Kehillah, 26790 Arastradero Rd, Los Altos. Info: 408-655-8798.

- **NAMI North County Support Group** 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.

- **Coastside Dual Diagnosis Group**, 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.

- **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@edresv.org.

- **H.E.L.P.** 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.

- **Korean Support Group** for family members. Cupertino, 4th Friday: 12:30-2:30pm. Call for location: Kyo, 408-712-1149.

- **Obsessive-Compulsive Foundation** 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; www.ocdbayarea.org.

- **Chinese Language Family Support Group** Cantonese/Mandarin. Call Alice at 650-573-3571 for information.


- **Consumer Support Groups, Heart and Soul**, call 650-232-7426 for days & addresses, or visit www.heartandsouline.org.

- **Cluttering & Hoarding Support Groups, Workshops, and Private Consultations** - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, efarber@avenidas.org.
**NAMI San Mateo County**  
1650 Borel Place, Suite 130  
San Mateo, CA 94402  

RETURN SERVICE REQUESTED  

Time Value

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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?______________________________

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

Your membership in NAMI San Mateo County is tax deductible to the extent allowed by law.
Our Tax ID number is 94-2650681.

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**Thank you for being a part of the NAMI SMC family!**

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**Stanford Mood Disorders Ed. Day**  
July 13 | see page 4

**General Meeting**  
“Self-care for Caregivers”  
July 24 | see page 1

**Peer PALS 2nd Annual Picnic**  
July 27 | see page 2

**Let’s Talk Mental Health**  
August 4 | see page 4

**NAMIWalks**  
September 21 | see page 1 & 3

**NAMI Newsletters also online at:**  
www.namisanmateo.org/about-us/newsletters-2

**In the July/August 2019 Online Edition:**

◆ Additional articles, events & webinar dates... and more.

**Upcoming Events Calendar**  
www.namisanmateo.org/event

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This is our summer issue.  
Check our website for current announcements.  
The NAMI Newsletter will return in September!

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**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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‘Life After Suicide’ Offers Hope and Advice to People Facing the Unthinkable

By Katie Hurley, LCSW

Part memoir, part guide, the new book by ABC Chief Medical Correspondent Jennifer Ashton, MD, sheds light on grief, stigma, and perseverance.

Dr. Ashton’s book shines a much-needed spotlight on the pain and struggles faced by people who have lost a loved one to suicide.

“Suicide is a permanent solution to a temporary problem” is a phrase used to convey to people that help exists, that there are support systems in place to get us through even our darkest days. The thing is, the person confronted with making that potentially permanent decision likely doesn’t feel like the problem is “temporary.” This is one glaring example of the many misunderstandings surrounding suicide and suicidal ideation. It’s complex at best, and can’t be summed up in a sound bite made for easy sharing on social media.

It’s difficult to understand how a loved one can reach such a point of despair that help and hope feel unattainable. It’s also difficult to figure out how to pick up the pieces when you are the one left behind.

In Life After Suicide: Finding Courage, Comfort, and Community After Unthinkable Loss, Jennifer Ashton, MD, shines a much-needed spotlight on a club that no one wants to join, but that millions of people find themselves in every year: the secret society of suicide survivors. The ones left behind. The people forced to put one foot in front of the other in an attempt to keep going, with no hope of clear answers. The ones who will forever wonder, “what if?” The ones who wear the scarlet letter signifying the stigma that just won’t go away.

- 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

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.

Responding To Bipolar Psychotic Symptoms

By Amy Willer Jun. 24, 2019

A first experience with psychosis can be terrifying, exhilarating, disorienting or feel just plain ordinary. Sometimes it can seem ordinary because it was your reality for a while. Your senses and brain colluded to fabricate something that wasn’t actually there. It certainly felt real, though.

For example, during my first psychotic break, it felt as though my cognitive abilities had reduced to that of a toddler. I couldn’t understand what people said to me, and I couldn’t talk. It felt like I had lost my ability to process language. I locked myself in my bedroom for 48 hours and used a coloring book I had; I did this because it comforted me, and it was also the only thing I could focus on or understand. I had no sense of time—many hours would pass, and I thought it had only been a few minutes. I didn’t eat during this time, and it never occurred to me that I should eat or that I was even hungry.

Now that I have more experience managing my illness (bipolar disorder with a psychotic feature), I can look back on this experience and understand it. At the time, though, I didn’t understand anything was wrong, and even if I had, I lacked the language to communicate what I was experiencing. This was because I was not educated about psychosis—even if I understood the situation was odd, I would not have known exactly what it meant.

Accepting A Complex Condition

The scary part of psychosis is usually the aftermath, when you realize what happened. When you first experience it, you may remember stigmatizing jokes about “crazy people” you’ve heard or news stories of violent, “psychotic” people. But the reality is more complex, and a little more painful than all that. The reality is that you are just a human being—a beautiful one, who also happens to have a mental illness.

This can be painful to accept, and there is a certain grief in admitting we don’t always have control of ourselves. However, effective treatment is available, and over time we may come to recognize the warning signs of an episode. During these signs, we may learn how to intervene for ourselves.

For example, I have many (now) predictable warning signs. I may become clumsy, lack spatial awareness and feel as though I don’t know where I am. I could become lost in a place I have been in hundreds, or even thousands, of times. I can become paranoid someone is in my house, when I know no one is. Even the sensation of sound seems to ebb and flow—seeming at first inaudible, then unbearable loud. It feels like I am drunk, when I am perfectly sober.

As you learn how to manage your own illness, you might start noticing your set of symptoms. It can be scary to realize that you are headed for a psychotic break, but it is possible to do things that lessen the severity of, or even avert, psychosis. It’s like using an inhaler when your breath be-
Searching for Biomarkers of Stress-Related Mental Illness and Suicidality

Tuesday, July 9, 11 am—12 pm PDT

Presented by: Lynnette A. Averill, Ph.D.

Suicidal ideation and suicide attempts are important precursors to death by suicide. They occur much more often than completed suicides, yet relatively little is known about their pathophysiology. This is especially so in post-traumatic stress disorder (PTSD). There is evidence that trauma and stress impair connectivity in the brain yet there is a specific need for neurobiologically-based studies of suicidal ideation and attempts in individuals with PTSD. Dr. Averill’s current work aims to identify biomarkers of suicidal ideation and attempts, to inform the development of new medicines and other interventions, which could alleviate the suffering of millions struggling with suicidality.

To register for this event go to: register.gotowebinar.com/register/2499404731809884685

Ask The Expert: Neurofeedback Treatment for ADHD

Thursday, July 18, 11:00 am PDT

Presented by: L. Eugene Arnold MD, MEd

NEUROFEEDBACK is a way for people to get information about the electrical activity in their brains and change their pattern. The idea of the treatment is to engage in mental exercises to alter the brain waves. However, many are uncertain whether to pursue this treatment regimen. Could neurofeedback be effective for a person with ADHD? This webinar will explore the research and discuss the pros and cons of the therapy.

To register for this event go to: register.gotowebinar.com/register/4789689654035626241

Combining TMS with Psychotherapy for Treating Depression and OCD

Tuesday, August 13, 11 am—12 pm PDT

Presented by: Sarah H. Lisanby, M.D.

Transcranial Magnetic Stimulation (TMS), a safe, non-invasive type of brain stimulation, was approved by the FDA for the treatment of depression in 2008, and is now clinically available for the treatment of adults who have not been helped by antidepressant medications. Recently, FDA cleared TMS for use in patients with obsessive-compulsive disorder, if given immediately after cognitive behavioral therapy, a type of psychotherapy. This webinar will address the potential of combining psychotherapy with TMS for the treatment of depression, taking advantage of potential synergies between the two non-pharmacological approaches.

To register for this event go to: register.gotowebinar.com/register/763546353269062924

Ask The Expert: Meeting the Needs of Students with ADHD in the Classroom

Tuesday, August 13, 11:00 am PDT

Presented by: Cindy Goldrich EdM, ACAC

Children with ADHD and learning challenges, while often bright, enthusiastic, and creative individuals, can create a tremendous challenge in the classroom due to their behaviors and their unique needs for support. Although, Educators want their students to learn and succeed they may not have the resources, knowledge, tools, and strategies to help their struggling students. This session will explore the unique qualities of students with ADHD and what resources we have to support the needs of the individual students, the learning environment, and the classroom teacher.

To register for this event go to: register.gotowebinar.com/register/1410328571368125442
Dark Chocolate Cherry Almond Love Balls
Makes 15 balls in 10 minute

Fashioned after ketogenic “fat bombs”, these tasty little vegan treats are low carb, free of gluten, grain, dairy and sugar, but rich in coconut oil. One or two are all you need to feel satisfied. They’re packed full of phytonutrients and antioxidants from the cacao and dark cherries. The most important thing is to keep them cool enough to form into balls, then refrigerate until serving. You may even freeze them for transportation and serve chilled. If you’re sensitive to almonds, substitute coconut flour…just enough to hold the balls together.

- ½ cup coconut oil, softened enough to work with
- ½ cup frozen dark cherries, thawed, drained* and chopped
- 3 tablespoons cacao powder**
- 3 tablespoons blanched almond flour (or coconut flour)
- ¼ teaspoon powdered stevia, or a few drops of liquid stevia (or Lou Han)

Gather and prep all ingredients. Mix the cacao powder and almond flour into the softened coconut oil. Fold in the chopped cherries. If mixture becomes too moist, dust with a little more almond flour and cacao powder or place in the refrigerator for 5 minutes to harden. Then, using a small ice cream scoop or tablespoon, form into 1 inch balls and place in mini-muffin papers or on a cookie sheet. Keep refrigerated until serving.

Note: you can make a mix of spices like cinnamon, cardamom, ginger and ground nuts to roll them in, but I like them just as they are!

* Reserve cherry juice for a before bedtime drink to support a good night sleep

** Cacao beans are the source of cocoa powder; but this recipe uses unsweetened 100% Dutch cacao powder, found in the bakery isle
Changemakers Exhibit

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

Exhibit Date at San Mateo County Libraries
- 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

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

Cuts to Drug Coverage Put Medicare Patients at Risk.

Patients with pre-existing conditions now face cuts to their Medicare drug coverage.

Millions of Americans are living with serious diseases like cancer, epilepsy, mental health conditions and HIV. But new Medicare rules being proposed by the Trump administration would restrict access to the latest, most effective therapies – allowing insurance companies to come between doctors and patients. They can even take away your current medication.

And while the proposed cuts will only reduce spending 0.01% over ten years, the human cost for patients and their families will be far higher.

It’s hard enough living with an existing condition. Denying patients the individualized treatments their doctor prescribe threatens the health of millions on Medicare.

Your voice can make a difference.
Call Rep. Mike Thompson: Ask him to help stop the administration’s cuts to Medicare Part D drug coverage.
202-224-3121

Find Affordable Housing With These Online Tools.

- http://smchousingsearch.org
- https://hotpads.com
- https://www.gosection8.com
- https://www.midpen-housing.org
- https://www.mercyhousing.org
- https://www.craigslist.org
- https://hiphousing.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](http://med.stanford.edu/rodriguezlab.html)

or call the Rodriguez Lab at 650-723-4095

or email [ocdresearch@stanford.edu](mailto: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/](http://pbs.org/video/obsessive-compulsive-disorder-o06mx9/)

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**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](mailto:ocdresearch@stanford.edu)  (650)723-4095  [http://med.stanford.edu/rodriguezlab.html](http://med.stanford.edu/rodriguezlab.html)

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**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](mailto:ocdresearch@stanford.edu)
(650)723-4095  [http://med.stanford.edu/rodriguezlab.html](http://med.stanford.edu/rodriguezlab.html)

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**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](mailto:clutterhelp@stanford.edu)  (650)724-8912  [http://med.stanford.edu/rodriguezlab.html](http://med.stanford.edu/rodriguezlab.html)
DO YOU RECEIVE SSI?
DON’T MISS OUT ON FOOD BENEFITS

Beginning June 1, 2019
SSI recipients may be eligible
for CalFresh Food benefits.

What is CalFresh Food?
CalFresh Food helps people with low-income buy the
nutritious food they need for good health. Recipients
can buy food any grocery store or farmers market that
accepts EBT.

How do I know if I am eligible?
• Click, Call or Come in to your local county office.
  • Complete an application – by phone, on-line,
    or in person.
  • Complete an interview – by phone or in person
  • Provide proof of income and expenses,
    if needed.
  • The county will determine your eligibility in 30 days
    or less.

Does CalFresh Food change my
SSI benefits?
There is NO CHANGE or reduction to SSI/SSP amounts.

Click GetCalFresh.org
to apply online
Call 1-877-847-3663 (FOOD)
Come in/find an office
at CalFreshFood.org

CDSS
CALIFORNIA
DEPARTMENT FOR
SOCIAL SERVICES

For other languages, or reasonable accommodations, find an office at
CalFreshFood.org. For speech and/or hearing assistance call 711 Relay.

Funded by USDA, an equal opportunity provider and employer.
It’s not always that simple, but learning to respond effectively and without fear offers us some of the dignity we sometimes feel we lack. It empowers us to realize that we can confront this medical issue like any other—without shame.

Here are some practical ways to incorporate safeguards into your own life:

- **Notice your condition’s patterns.** How does psychosis manifest in your life?
- **Tell somebody.** Develop spaces in your close relationships for the ability to say you are slipping into a psychotic episode or that things don’t seem quite right. If it feels safer, develop a code for talking about it in public.
- **Take medication.** Establish in advance with your doctor what medication you can take. You might be able to have an as-needed medication, or agree with your doctor to take a daily, maintenance medication.
- **Call your doctor.** They are there to help. If you are afraid of hospitalization, realize that this is not always the outcome of telling your doctor about psychosis. I’ve experienced psychosis as an aspect of my illness for seven years and only been in the hospital once for it; and even then, it was my choice.
- **Absolutely avoid alcohol.** This is generally wise with mental illness, but critical in regards to possible psychosis.
- **Know your potential hazards and act accordingly.** If you experience “black outs” (dissociative amnesia), try not to drive. Ask a friend for a ride, instead. It is possible to lose total awareness of what you are doing while driving.
- **Get sleep.** Sleep deprivation is a trigger for psychosis, and quality sleep can help abate active symptoms.
- **Develop routines around sleep, eating, medications and social time.** It may seem overly strict, but it can go a long way towards preventing future episodes. For instance, I don’t answer the phone before nine in the morning, and I limit social time at night to get enough sleep.
- **Watch something that can keep you grounded.** Like your favorite movie or television show—even if you watch it on repeat! Something about the familiarity can help if you are having trouble focusing.
- **Have a sense of humor.** And finally, if you do hear voices or hide in a parking lot from the police or imagine yourself to be like Winnie the Pooh because you’ve just realized your head is made of fluff (all experiences I’ve had), learn to laugh at yourself! After all, you were Winnie the Pooh for a day.

Amy Willer is an advocate, writer, volunteer, friend and community member with bipolar I with psychotic feature and PTSD. She has survived suicide attempts twice and has overcome addictions to self-injury and anorexia. She lives in southern Arizona, and loves hiking and spending time with her friends. Article is from the www.NAMI.org website.