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

General Meeting
100 S. San Mateo Drive
San Mateo
Mills Health Center / Hendrickson Aud.
Free evening parking in front
Wednesday, Sept 25
6:30pm Reception
7:00-8:30pm Program
“Working Together Towards Recovery & Understanding”
Presenters:
Bonnie McNamara, Family Partner, Family Assertive Support Team and Sahara Lirone, Peer Support Worker, Assisted Outpatient Treatment
FAST provides a mobile support outreach team to families and individuals for crisis intervention, transportation and homelessness or in danger of becoming homeless.
AOT connects individuals with treatment to help them get the care they need (if qualification is met). AOT was developed from Laura’s Law.
Come learn how these teams work to support family members and their loved ones to enhance working together, recovery and understanding.

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.

Celebrate Resilience & Recovery
Saturday, Sept. 21, 2019
Guadalupe River Park, San Jose
Check in: 8:30am; Starts: 9:30am; Finishes: 1:00pm
Walk with 1000 strong Walkers from San Mateo and Santa Clara Counties - NAMI members, friends, colleagues, general supporters and well-wishers - all helping to fight the stigma of mental illness through their participation in NAMIWalks Silicon Valley. We hope you all join us!
Take a stand! Through your participation, you show that mental illness is a medical difficulty that should be talked about daily with as much ease as heart disease, cancer or diabetes - instead of hidden away because of the stigma and the fears that surrounds a mental health diagnosis.
There is hope for recovery, but we need your help to continue to provide all our classes, support groups and general educational opportunities - for family members and Peers - FREE of charge.
The NAMIWalk is now less than 3 weeks away! Did you start a team or join/ donate to a team yet? If you would like to start your own team, terrific. If not, please consider joining and/or donating to one of the San Mateo teams, including:
Clubhouse Cranes | Kathy’s Hope | NEVER WALK ALONE | Nurses for a Better Tomorrow | Peace of Mind | San Mateo BHRS Health and Hope For All | Visa & the Strong Soles | Walking for Max | (in formation)
To join and/or make a donation to the NAMI SMC team, go to: NamiWalks.org/Team/NeverWalkAlone2019
To start your own team, go to: NamiWalks.org/SiliconValley and click "RegisterNow"

Personal Stories of Change & Understanding
My name is Sally. I am a wife, a mom and a grandma. I am also a fighter and a survivor.
When I think about my life I know that I have been blessed. My husband Mike and I met at the freshman welcome dance in high school and have been married for 46 years. We have three loving, supportive children and five wonderful grandchildren.
As grateful as I am, I have also faced severe challenges. My father died at age 34 leaving behind my mother and seven children. My mother struggled with alcoholism and died at age 49. One of my darkest times was when I realized that I too was an alcoholic. Six
July 27—General Meeting Review

July’s General Meeting was an excellent presentation on “Self-Care for Care Givers” by Nicole Steward. She is a social worker (MSW), homeless/foster youth liaison, and a certified yoga instructor. Her presentation focused on recognizing the need for self-care, especially for those of us caring for someone with a mental health challenge.

Nicole pointed out that some of the basic needs for self-care include getting enough sleep, staying hydrated and getting exercise. Not getting enough of these can have a negative effect on your thought processes as well as your mood. Some of the basic self-care reminders include eating health food, getting support and connecting with others.

She focused on how important it is to have boundaries and recognize your limits. It is important to have “self-compassion” and to be aware of your limitations. She also pointed the importance of Mindfulness; paying attention on purpose, being present and without judgement. She emphasized that self-care is not selfish, it helps to be a better care provider.

Following her presentation she held an open discussion with the group, answering questions and making suggestions to individuals who asked about current concerns.

For all interested in receiving the power point presentation from Nicole please email the NAMI SMC office with your request!

Nicole Steward, MSW, can be reached at nicole@radical-tendencies.com her web site is radical-tendencies.com she provides a free podcast at anchor.fm/thestewardproject

Burlingame Presbyterian Church & NAMI SMC

On Sunday, August 18th, NAMI San Mateo was invited to participate in the Burlingame Presbyterian (Burl Pres) Church Mental Health Awareness Sunday Service. (burlpres.org) As part of the service, board member Carol Gosho was asked to talk about NAMI and the services we offer.

Carol mentioned that we were celebrating our 45th Anniversary, and talked about our FREE classes, support groups & resources. Pastor Baird then asked about her response to the many shootings around the country and how people were now more conscious about mental health issues. Carol talked about the difficulties of obtaining treatment and that Burl Pres was already in the forefront with their outreach events. She also mentioned that the stigma that surrounds mental illness, and the difficulties people have about talking about it, are very real problems.

After Carol’s presentation, Sally, a Burl Pres and NAMI member told her incredible story of courage and resilience.

In conclusion, Pastor Baird stated that if anyone needs help, NAMI San Mateo County is available to help and Carol added that she appreciated the opportunity to interact with the Burl Pres congregation.

Many people do not seek treatment for mental illness due to the associated stigma. Only 44% of adults with diagnosable mental illnesses receive treatment.

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. See page 5 for information.

“Recovery is not so much a dream as it is a plan.”

– Carolyn Spring
At the WALK: Jeff Bell will deliver the keynote speech, He is a news anchor with KCBS, author, mental health advocate who lives with OCD. Sam Liccardo, Mayor of San Jose will also join him. Sharkey (of Sharks fame) will pose for photos, and musicians will entertain us. We will also remember loved ones lost due to mental illness with a dove release.

Get Creative! Teams and team captains are encouraged to get creative with T-shirts and posters since the Walk route will take walkers to City Hall and near the Performing Arts Center to bring awareness to downtown San Jose. Contests and Prizes: There will be T-shirt and poster contests as well as several other prizes and each person who raises $100 will receive a 2019 NAMIWalks t-shirt. Check the NAMIWalks SV website for more details or see the weekly NAMIWalks email message.

Registration & Info: Register and raise funds while stamping out the stigma that surrounds mental health conditions. Register (see site at beginning of article) and help support NAMI SMC’s FREE local programs. To learn more about prizes, registration or the company match program, contact the Walk Manager Shanna at 408-453-0400 x 3125 or swebb@namisantaclarara.org.

With 1 in 4 receiving a mental health diagnosis, there are no longer 6 degrees of separation. Let’s raise awareness and funds to improve the understanding of mental-ill ness the stigma of mental illness.

We need your help & support. Join us as we walk take a stand to reduce the stigma of mental illness & help support our programs. Thank you!

Walk In My Shoes Art Exhibit

The "Walk In My Shoes" themed art exhibit features canvas hi-top sneakers painted, decorated and transformed into beautiful art pieces and will be on display at the NAMIWalks at the Walk Day event on September 21st.

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.

2nd Anniversary Picnic

We celebrated our 2nd annual Peer PALS Picnic on Saturday, July 27th! The event took place on a beautiful sunny day in Central Park, San Mateo. From the games, food, and incredible prizes, it’s safe to say that the water balloon toss continues its reign as top game! Overall, we were overjoyed to see our Peer PAL participants having a wonderful time together! A big thank you to everyone who made this special event possible; we couldn’t have done it without you.

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.

Our sincere thanks to our generous donors who help to make our PeerPALS Program a reality.

WE HAVE A 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 Brochure and Application at:
namisanmateo.org/support/for-individuals-with-a-mental-health-diagnosis

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

Visit www.namica.org to get the latest update on legislative activity pertaining to Mental Illness

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.
New Additions to the Library

The Noonday Demon: An Atlas of Depression

By Andrew Solomon

A National Book Award winner and bestselling Pulitzer Prize finalist, this nonfiction novel is known as one of the most thorough examinations of depression. Inspired by his own difficulties with the disease, Andrew Solomon dove deeply into research, countless interviews and reflections to ultimately provide readers with a look at the subtle complexities, undeniable pain, and reasons for hope surrounding depression.

Now with a major new chapter covering recently introduced and novel treatments, suicide and anti-depressants, pregnancy and depression, and much more.

The Noonday Demon examines depression in personal, cultural, and scientific terms. With uncommon humanity, candor, wit and erudition, award-winning author Solomon takes readers on a journey of incomparable range and resonance into the most pervasive of family secrets. His contribution to our understanding not only of mental illness but also of the human condition is truly stunning.

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 benefits others, please email the office with the title and author.

September is National Suicide Prevention Awareness Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

In 2016 alone, nearly 45,000 individuals died by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called “suicide loss survivors”) are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services.

⇒ If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately.
⇒ If you’re uncomfortable talking on the phone, you can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.

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 and no one to help them when we pass away.

The group continues to advocate and research housing models that must be sustainable beyond the lifetime of the parents. We meet on Monday nights to strategize and share our findings for extremely affordable, permanent supportive housing in San Mateo County.

We have learned that the Palo Alto Housing development at 2821 El Camino Real in Redwood City, which has recently started construction, will provide 6 MHSA units for adults with mental health challenges. BHRS will provide the full service partnership with on-site staff. Applications for these units go through BHRS and can be submitted through a Core Service Agency. Agencies and locations are listed on the following website: hsa.smcgov.org/emergency-safety-net-assistance-core-service-agencies

We welcome others to join our working group. Please contact Carolyn Shepard by email at J092048@aol.com or call 650-595-5635 to learn more or to be added to the email list.

“Worry does not empty tomorrow of its sorrows, it empties today of its strength.” - Corrie ten Boom

“BraveMaker

PRESENTS A

FILM SCREENING AND TEEN-LED PANEL DISCUSSION ON

MENTAL HEALTH AWARENESS • SUICIDE PREVENTION

THE EDGE of SUCCESS

Thursday, Sept. 12th

Fox Theater, 2215 Broadway St., Redwood City

6 pm Free Refreshments / 7 pm Screening
Raffle Prizes / Performance featuring Becky Alex
Tickets $15, Students Free

BraveMaker exists to elevate brave stories for diversity + inclusion. Thanks to our sponsor CALTRAIN, our desire is to bring awareness, hope and resources in order to persevere through life’s stresses, pressures and anxieties. This event is especially in honor of the students living in Silicon Valley so we are making this event free for any student in middle school, high school or college.

We encourage parents, teachers and those working with students to attend. The film and discussion is recommended for students 13 years old and up.

NAMI SMC will be tabling at this event.

Tickets available at: bravemaker.com

Tickets $15, Students Free

Raffle Prizes / Performance featuring Becky Alex

An Atlas of Depression

By Andrew Solomon

A National Book Award winner and bestselling Pulitzer Prize finalist, this nonfiction novel is known as one of the most thorough examinations of depression. Inspired by his own difficulties with the disease, Andrew Solomon dove deeply into research, countless interviews and reflections to ultimately provide readers with a look at the subtle complexities, undeniable pain, and reasons for hope surrounding depression.

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⇒ If you’re uncomfortable talking on the phone, you can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.
FDA Approves New Post-Partum Depression Drug

Company: Sage Therapeutics
Approval Status: March 2019

ZULRESSO™ is a prescription medicine used in adults to treat a certain type of depression called Postpartum Depression.

More information can be found:
CenterWatch: centerwatch.com
Sage Therapeutics: sagerx.com
To learn more about Zulresso: zulresso.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.
**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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**BHRS Family Contacts**  
Behavioral Health & Recovery Services  
Claudia Saggese Yolanda Ramirez  
Dir. Consumer Affairs Family Liaison  
650-573-2673 650-573-2189

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**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!

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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!

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

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

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**Peninsula Veterans Affairs Center**  
Are you a vet or know one who needs help, is experiencing PTSD and/or other symptoms? Call 650-617-4300 or visit 345 Middlefield Road, Bldg. 1; Floor 1, Menlo Park

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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.smcbrsblog.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.
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<thead>
<tr>
<th><strong>SUPPORT GROUP MEETINGS</strong></th>
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<tr>
<td><strong>MONDAY</strong></td>
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<tr>
<td><strong>NAMI Cordilleras MHR Center Family Group</strong>, 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> (ages 6-26), 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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<td><strong>NAMI Coastside Support Meeting</strong> for family members. - <strong>Suspended until demand returns.</strong></td>
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<td><strong>TUESDAY</strong></td>
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<tr>
<td><strong>NAMI Spanish-Speaking Support Group</strong> 2nd Tuesday, 6-7:30pm, 802 Brewster Ave, Redwood City, 650-573-2189.</td>
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<tr>
<td><strong>NAMI Jewish Family &amp; Children's Services</strong>, family and friends are welcome. 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 2nd floor, left to the end 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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<td><strong>NAMI South County Support Meeting</strong> for family members. 2nd Tuesday, 6-7:30pm. Mental Health Clinic, 802 Brewster 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@dbsasantamateo.org">info@dbsasantamateo.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>
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<td><strong>WEDNESDAY</strong></td>
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<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 Vouraki <a href="mailto:georgiavk@gmail.com">georgiavk@gmail.com</a>.</td>
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<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 Kehilah, 26790 Arastradero Rd, Los Altos. For info, call Carol Irwin 408-858-1372.</td>
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<td><strong>THURSDAY</strong></td>
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<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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<td><strong>Coastside Dual Diagnosis Group</strong>, 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>
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<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:emlycarathersmft@gmail.com">emlycarathersmft@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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<td><strong>FRIDAY</strong></td>
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<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>SATURDAY</strong></td>
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<td><strong>Chinese Language Family Support Group</strong> Cantonese/Mandarin. Call Alice at 650-573-3571 for information.</td>
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<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>
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<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)*

I would like to donate:
☐ $50 ☐ $75 ☐ $100 ☐ $250
Other $ ______________________

In ☐ Honor of ☐ Memory of ____________________________

☐ 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.

Thank you for being a part of the NAMI SMC family!
NAMI Statement on Mass Shootings in Texas and Ohio

NAMI, the National Alliance on Mental Illness, is deeply saddened by the tragic events that occurred over the weekend in Texas and Ohio. These mass shootings are far too common and impact every corner of our nation. Every time we experience a tragedy like this, people with mental illness are drawn into the conversation. The truth is that the vast majority of violence is not perpetrated by people with mental illness. Statements to the contrary only serve to perpetuate stigma and distract from the real issues.

NAMI sees gun violence as a national public health crisis that impacts everyone.

“In the U.S., it is easier to get a gun than it is to get mental health care,” states Angela Kimball, acting CEO. “We need to flip the script. It should be easy—not hard—for people to get the mental health care they need.”

Mental health conditions are common around the globe, yet no other country comes close to the number of mass shootings our country experiences. As a nation, we need to address this disturbing fact. We implore and advocate for commonsense approaches to ending gun violence. For example, we support gun violence prevention restraining orders or “Red Flag” laws that don’t target people with mental health conditions, but that allow for the removal of guns from any person who poses a real, evidence-based risk of violence to themselves or others.

At the same time, we cannot forget that mass shootings result in profound trauma that increases the need for mental health care. One in five American adults experience a mental illness, but only 43% of them accessed care in the last year. There is a severe shortage of mental health professionals - more than 60 percent of all counties in the United States do not even have a single psychiatrist. People with mental health needs, including survivors, their friends and families, and first responders, are experiencing long waits for care, if they can get it at all. It’s time for Congress and the Administration to act and make access to mental health care a national priority for everyone.

We all want an end to these horrific acts of violence. To achieve this, we need to find meaningful solutions to protect our communities from senseless violence and lasting trauma. We owe it to future generations to end this cycle for everyone, because the status quo is literally killing us.


In the Transition from Pediatric to Adult Care, Ensuring Adequate Access to Primary Care May Improve Mental Health Outcomes for Young Adults

For medical conditions like sickle cell disease and diabetes, the transition from pediatric to adult care is known to result in poor outcomes. A study published in August 2019 by the Journal of the American Medical Association asked whether the same might be true for mental illness.

The authors set out to find out if continuity of primary care during the transition from pediatric to adult care was associated with better outcomes in young adulthood for adolescents with severe mental illness. Severe mental illness was defined as a history of hospitalization longer than 72 hours between the ages of 12 and 16 years for schizophrenia and related psychotic disorders, eating disorders, and mood disorders.

The authors studied more than 8000 adolescents in Canada between the ages of 12 and 16 and divided them into three groups. The first consisted of adolescents who had continuous primary care from the same physician during the transition period, defined as age17-18 years. The second group had discontinuous primary care, meaning they had a primary care physician during the transition, but it was not the patient’s usual physician. The third group had no primary care during the transition.

The authors compared each group’s risk of hospitalization related to mental illness in young adulthood (age 19-26 years) and found that compared to adolescents who had continuous primary care, those with discontinuous care had a 20% increase in risk, and those with no primary care physician at had a 30% increase in risk.

According to the authors, “These findings suggest that primary care involvement in transitional care may be important for moderating or improving long-term health outcomes for youth with mental illness.”

The full study is available here: jamanetwork.com

White-Matter Changes Linked to Methylphenidate Treatment in Boys With ADHD

By Anne Harding

NEW YORK—Boys with attention-deficit/hyperactivity disorder (ADHD) show changes in brain white matter (WM) after four months of treatment with methylphenidate (MPH), according to a new randomized controlled trial.

Treatment did not affect white matter in young adult males with ADHD, nor were there changes in boys or men who received a placebo, Dr. Liesbeth Reneman of the University of Amsterdam and colleagues found.

"The ADHD medication methylphenidate lastingly affects white matter development of boys with ADHD, and . . . this probably is because the brain is plastic (still developing),” Dr. Reneman told Reuters Health by email.

ADHD itself has been linked to changes in WM development in both children and adults, she and her colleagues note in Radiology, online August 13. In their own research, they have found increases in fractional anisotropy (FA) in adolescent rats given MPH, but not in adults.

Dr. Reneman and her team randomly assigned 50 boys and 48 young men with ADHD to receive MPH or placebo for four months. Using diffusion-tensor imaging and voxel-based analysis, they found significant effects of time-by-medication-by-age in white matter tracts in the boys given MPH.
Several association tracts in the left hemisphere and the lateral aspect of the trunk of the corpus callosum had a greater increase in FA (standardized effect size, 5.25). It's not clear if the WM changes would have a positive or negative effect, Dr. Reneman said, because the study did not include boys without ADHD.

"Our study highlights the importance for further research on this topic in children and adolescents treated with methylphenidate, as our findings are only relevant for boys of a certain age (10-12 years) with ADHD," the researcher, adding that "girls differ considerably in brain white-matter development (and so) we do not know if our findings are applicable to them as well." "Also we do not know if they are applicable to other ADHD medications than methylphenidate, and whether these effects are reversible or not, and related to functional or behavioural changes over a longer period of time," she said. "We still need to establish the long-term implications of our findings, which we are currently doing with a 4-year follow up study."

"We do not think that doctors should stop prescribing (methylphenidate) to children," Dr. Reneman said. "We think our data further underscore the importance that ADHD medications should only be prescribed to children who actually have ADHD and are significantly affected by it."

Francisco X. Castellanos, a professor of child and adolescent psychiatry at NYU Langone Health in New York City, called the study "impressive, credible and intriguing," although he questioned the analysis used to arrive at the "astonishing standardized effect size of 5.25 standard deviations (SD)."

"I mainly offer my congratulations to the authors and caution that we do not know enough about how to interpret FA or similar metrics yet to be able to interpret these and forthcoming results in terms of their clinical implications," he told Reuters Health by email.


NAMI Will Join Appeal of U.S. District Court Ruling Allowing Short-Term, Limited Duration Plans

NAMI is deeply disappointed in the July 19 U.S. District court ruling regarding ACAP v. Treasury, in which Judge Richard Léon upheld the Administration’s regulation allowing for the sale of Short-Term, Limited Duration (STLD) plans as a substitute for comprehensive health insurance. This rule will harm patients and their families because STLD plans can deny both coverage and care for people with mental health conditions.

STLD are harmful for people with mental illness because these plans are permitted to:

- Deny coverage for any pre-existing condition like mental illness;
- Charge higher premiums for people with a history of mental health conditions; and
- Not cover mental health and substance use disorder treatment.

In addition, these plans are likely to attract younger and healthier individuals, many of whom will be left without the coverage they need in a mental health crisis or if they develop a mental health condition. These short-term, limited duration plans will also result in higher premiums for comprehensive health insurance plans that provide parity mental health coverage and that don’t exclude people with pre-existing conditions.

“NAMI has spent decades fighting for parity—fair and equal coverage of mental health conditions. We have no intention of stopping until we end discriminatory coverage. This ruling is a step in the wrong direction. It lets junk plans compete with comprehensive health insurance, even though they don’t have to provide the same level of mental health coverage—or any mental health coverage at all. This undermines the very intent of mental health parity.”

“We will join an appeal of this decision because the health of our nation includes its mental health. It is imperative that insurance plans provide essential mental health benefits for all Americans, plain and simple.”

Organizations that joined the Association for Community Affiliated Plans (ACAP) and NAMI in filing the original lawsuit included Mental Health America, American Psychiatric Association (APA), AIDS United, National Partnership for Women & Families, and Little Lobbyists.
State Lawmakers Eye Federal Dollars To Boost Mental Health Counseling By Peers

The value of peer support is recognized by Medicaid, the health insurance program for people with low incomes, and it funds such services. That money is available for certified peer-support workers in states that have a formal certification process.

California does not, and that means it is “leaving money on the table,” said Keris Myrick, chief of peer services at the Los Angeles County Department of Mental Health. South Dakota is the only other state with no peer certification program.

But a bill pending in Sacramento, SB-10, would direct the State Department of Health Care Services to create a process for certifying peer support workers and establish a set of core aptitudes and ethics guidelines for the job. The legislation passed the state Senate unanimously in May and will move to the Assembly Health Committee on Tuesday.

More than 6,000 peer support specialists already work in wellness programs, hospitals and clinics across California, according to SB-10’s sponsor, Sen. Jim Beall (D-San Jose). They help mental health patients navigate bureaucracies, find housing or locate services.

“They’re sharing their experiences: ‘Been there, done that, now I’m going to help another person,’” said Myrick, who has been diagnosed with schizoaffective disorder, was hospitalized several times and spent 10 years running a peer support program in Los Angeles.

Last year, the legislature unanimously passed a bill to certify peer support workers, but then-Gov. Jerry Brown vetoed it, saying it was costly and unnecessary.

Legislative analysts estimate the state would spend hundreds of thousands of dollars to set up a certification process and millions more a year to implement it. Advocates say the new federal money would help offset those costs. And, they say, the legislation would cement the bona fides of peer mentoring as an occupation.

Gov. Gavin Newsom has not declared his position on the current bill, but he has said that addressing the state’s mental health crisis is a top priority for his administration.

Dr. Thomas Insel, a former director of the National Institute of Mental Health whom Newsom named in May as a key mental health adviser, told California Healthline he supports the peer certification bill.

“For many people, having a connection to someone else who’s had this experience proves vital,” Insel said. “There may be nothing more healing than giving people an opportunity to help others.”

Italian Potato Salad:

By Anthony William #1 New York Times best-selling author of Medical Medium, Life-Changing Foods, Thyroid Healing, and Liver Rescue

Potatoes are not only delicious; they’re also packed full of healing nutrients and incredibly versatile. This Italian Potato Salad recipe gives you another fantastic way to enjoy this healing vegetable. It’s wonderful served immediately or as leftovers the next day. Enjoy it alone, with leafy greens, scooped into romaine or butter lettuce leaves, with veggie burgers, or any other way your family likes.

Potatoes are antiviral, antifungal and antibacterial. They have nutritional cofactors and coenzymes plus bioactive compounds to keep you healthy and assist you with stress. Potatoes are also a brain food that helps keep you grounded and centered.

Italian Potato Salad

Ingredients:
2 lbs baby potatoes, washed and halved
1 cup cherry tomatoes, halved
3 celery sticks, sliced
1/2 red onion, thinly sliced
1/2 cup pitted kalamata olives
1/4 cup fresh basil, chopped
1/4 cup fresh parsley, chopped
1/4 cup lemon juice
Sea salt, to taste
Black pepper, to taste

Directions:
Place the baby potatoes in a steamer or colander set over a pot of boiling water. Cover with a lid and steam for 15-20 minutes, until tender. Remove from heat and cool completely.

Place the cooled potatoes in a large bowl and add the cherry tomatoes, celery, red onion, olives, chopped basil and parsley, lemon juice, sea salt and black pepper. Toss until combined and serve.

Serves 4
- 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.

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Are you ...

✔ 60+ years of age or
✔ Disabled and receiving disability based benefits and
✔ Paying $35+ dollars a month for medical expenses?

If so ... you may qualify to receive a CalFresh medical expense deduction

To find out more call 1-877-847-3663

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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

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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)
Choline: A New Prenatal Supplement to Improve a Child’s Mental Health

Tues, Sept 10, 11 am - 12 pm

Presented by: M. Camille Hoffman, M.D., MSc

Choline is an essential nutrient that, amongst other things, plays a key role in the fetal brain developing well while still in the womb. Even so, one mother in five does not get enough choline in her diet during pregnancy. Our team has conducted clinical trials in which expectant mothers were given choline, via supplements, starting in the second trimester of pregnancy and continuing until birth. Results so far suggest that children born to mothers receiving choline supplements during pregnancy have significantly lower risk of developing serious brain disorders such as schizophrenia. Dr. Hoffman will discuss this and other dietary strategies that have evidence to suggest that they may help prevent serious mental illness in our children.

To register for this event go to: register.gotowebinar.com/register/6260989043095875596

Parent to Parent: Family Training on ADHD | Introduction to ADHD

Wed, Sept 4, 9 - 10:30 am

Do you feel lost when it comes to ADHD and its related issues and concerns? Upon completion of this training, you will understand:

- ADHD and its symptoms,
- myths and facts,
- an overview of how ADHD impacts brain functions,
- coexisting conditions and disorders that mimic ADHD,
- how to talk to your child about ADHD.

CHADD has developed this course to provide educational information and support to individuals and families who are dealing with ADHD and learning to navigate the challenges of ADHD across the lifespan.

To register for this event go to: register.gotowebinar.com/register/1167449751483138050

Eating Disorders, Anxiety and Compulsive Behaviors

Wed, Sept 18, 10 - 11 am

Presented by: Lacey Lemke, PsyD, and Kathleen Torres, LCSW

To register for this event go to: register.gotowebinar.com/register/1095068901319811083

Tobacco Use Disorder: The Neglected Addiction

Wed, Sept 11, 12 - 1:00 pm

Presented by: Andree Aubrey, MSW, LCSW, CTTS

Although tobacco use is the leading cause of preventable disease and death in the US and individuals with mental illnesses and substance use disorders have extremely high prevalence, it is usually overlooked in mental health and addictions treatment. This workshop will examine the benefits of tobacco cessation in improving depression, anxiety, affect and overall psychological quality of life and improvements in long term abstinence rates from alcohol or illicit drugs. Evidence based strategies, including a guideline based brief intervention of 3 minutes will be explored.

To register for this event go to: register.gotowebinar.com/register/6985150486912826113
Community Education Day for Psychosis
Saturday, October 19, 8:30AM – 3:00PM
Redwood City Community Activities Building
1400 Roosevelt Ave, Redwood City
Fee: This event is FREE
Parking: FREE
Lunch will be provided
Community Resource Tables

Topics to Include:

Compassion Focused Therapy for Psychosis (CFTp)
Dr. Charlie Heriot-Maitland, Balanced Minds,
University of Glasgow

“Cognitive Behavioral Therapy for psychosis: individuals, groups, and family interventions”
Kate Hardy, PsyD, INSPIRE Clinic, Stanford University

“Medication Overview”
Demian Rose, MD, UCSF Path Program

Trauma and Psychosis
Nichole Olson, PhD, INSPIRE Clinic, Stanford University

Cannabis and Psychosis
Daniel Mathalon, PhD, MD, UCSF Path Program

Exercise & Wellness
Jake Ballon, MD, INSPIRE Clinic, Stanford University

Advocacy and Community Involvement
Panel discussion with representatives from community agencies

Stakeholder Panel
Panel discussion with service users and family members
Bay Area Hearing Voices Network (BAHVN)
South Bay Project Resource (SBPR)

Registration:
southbayprojectresource.org/category/events/

Compassion Focused Therapy for Psychosis (CFTp) for Family Members and Peers
Sunday, October 13, 10:00AM – 5:00PM
Stanford University
Tresidder Memorial Union
459 Lagunita Dr, Stanford
This workshop is for family members and individuals with the lived experience!
Fee: This event is FREE
Parking: FREE
Cypress North & South Rooms
Snacks and refreshments will be provided
Seating is limited.

Registration:
southbayprojectresource.org/category/events/

10 TIMES MORE MENTALLY ILL PEOPLE IN PRISONS AND JAILS THAN STATE PSYCHIATRIC HOSPITALS

17 PERCENT OF JAIL INMATES WHO WERE HOMELESS IN THE PAST YEAR ALSO HAD A MENTAL HEALTH PROBLEM
Individuals with Schizophrenia WANTED for VA-Stanford Research

- We are looking for individuals between the ages of 18 and 55 to participate in a study seeking to discover the brain changes associated with schizophrenia.
- Participation will entail interviews, computer testing, and magnetic resonance imaging (fMRI/MRS).
- A confidential phone screen will be conducted to determine initial eligibility. Research participants will be compensated up to $135.
- For more information, please visit http://med.stanford.edu/yoonlab/

Interested? Call the Yoon Lab at (650) 849-1930 or email brain-research@stanford.edu

Principal Investigator: Jong Yoon, M.D.
For general information about participant rights, contact 1-866-680-2906.