NAMI Walks 2019

On Saturday, Sept. 21, 2019 at Guadalupe River Park, San Jose, 1000+ Walkers from San Mateo and Santa Clara Counties - NAMI members, friends, colleagues, general supporters and well-wishers - helped to fight the stigma associated with mental illness through their participation in NAMI Walks Silicon Valley. We hope you joined us! Throughout the newsletter are examples of some of the sights seen along the Walk. A fun time was had by all! A big thank you to everyone who participated. We couldn’t do it without you!

Walk participants, event sponsors and donors showed the community that for people living with a mental health diagnosis and their families, resilience & recovery is possible. A mental health diagnosis is a medical difficulty that should be talked about daily with as much ease as heart disease, cancer or diabetes are for example - instead of hidden away because of the stigma and the fears that surround it.

There is hope for recovery, but we need your help to continue to provide all our classes, support groups, general educational opportunities and Warm Line resource support - for family members and Peers - FREE of charge. Please help us help the community.

Access NamiWalks.org/Team/NeverWalkAlone2019 to make a donation.

Donations possible through Monday October 28th.

For 45 years, NAMI SMC has provided mental health support to families and individuals in the community. With one in four people receiving a mental health diagnosis, there are no longer 6 degrees of separation.

We need your help and support to thrive and grow! Please help us to reduce the stigma of mental illness & support our programs. Thank you!

Peer PALS Makes a Difference Testimonial

Before receiving my own Pal, Haruna, I had many fears around friendships. My only friends for the past five years were baristas. These relationships have clear boundaries and that allowed me to feel safe. Having gone so long without sustained friends, I didn’t know how to navigate the unknown territory of constructing relationships. To go from almost complete isolation, to make a six-month commitment of meeting someone for three hours every week and talking on the phone twice a week, terrified me. Although I felt scared, I knew that if I didn’t participate in the Peer Pal program it would be another case of my fears making my life smaller and smaller. I wanted to finally let myself feel vulnerable and uncertain. With all these fears in tow, I moved forward. This program gave me a safe place to practice being in friendship and this friendship was paramount to my healing. This program taught me that we don’t heal in isolation. My own sense of not being good enough isolated me from others. When I isolated myself from others, I felt further isolated from myself: Feeling disconnected from myself, all that was left was a sense of shame. Feeling ashamed, I isolated myself from others and the cycle of alienation was maintained. This cycle stopped...
when my Pal, Haruna, helped me develop a sense of compassion for myself and others. I developed a willingness to let myself be seen by others and I realized that just like me, others are lonely and want to be seen too.

This realization filled me with a sense of purpose. I realized that every time I feel nervous and vulnerable about meeting a new friend, there is a shared experience there. Just like me, someone else is willing to be vulnerable, so they can be seen and see others. This shared experience is intimacy.

These shared experiences are how I would describe my entire experience with Haruna. Just like me, she felt the effects of living with a mental health disorder. Just like me, she experienced trauma, loss and the pain of isolation. Just like me, she had relationship issues. Just like me, she was striving for a better way to live, one full of presence and wellbeing. This intimacy with Haruna healed my shame; she walked me home to myself and helped me walk towards others as well. I have been able to meet many new friends since my time with my Haruna because I know now that my shame, which maintained my isolation in the past, is actually my gift of humanness that I can give others; it’s the very thing that produces connection and love. This program gave me my life back. I’m deeply grateful for the Peer Pal Program.

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.

According to the World Health Organization, more than 800,000 people die by suicide a year, making it the principal cause of death among people fifteen to twenty-nine years old.

Six New NAMI Family-to-Family Teachers!

On Sept 7-8, NAMI San Mateo held a training for new Family-to-Family Teachers!

We are most grateful to our trainers Ruan Frenette and James Ramirez and to our volunteers – now newly Certified Teachers – for giving up their weekend in order to help us continue our mission to educate, guide, and support families in San Mateo County.

Their efforts will enable future family members to navigate the turbulent waters of caring for a loved one with mental illness. Congratulations & Thank You!

Sept 22—General Meeting Review

Our September 25th General Meeting presentation, “Working Together Towards Recovery & Understanding”, featured speakers Bonnie McNamara, who talked about the Family Assertive Support Team (FAST) and Sahara Lirone, Peer Support Worker, who discussed her work with Assisted Outpatient Treatment (AOT).

Bonnie described the way FAST works with people with mental health conditions and their families that are having challenges with family dynamics. FAST provides a mobile support outreach team to families and individuals who may be in crisis, have transportation issues or are in danger of becoming homeless. Bonnie explained that FAST should not be seen as a “911” type of service but rather a resource that can work with the family to help to find resolution to family problems and help to keep the family unit together and support recovery. To find out more about FAST go to: smchealth.org/general-information/family-assertive-support-team-fast.

Sahara explained how AOT connects individuals with treatment that can help them get the care they need. AOT was developed from Laura’s Law, which helps to identify and direct individuals who can benefit from the support AOT offers. Sahara works collaboratively with the client to help coordinate their care. AOT can connect with those in need regardless of where they are, even if they are homeless or in jail. Often, AOT involves arranging case management through Caminar (caminar.org), which results in a holistic approach to help the client in their recovery. For more information on AOT go to: smchealth.org/general-information/assisted-outpatient-treatment-san-mateo-county.

Be sure to make to the next general meeting on Wednesday, November 20; it will be our Thanksgiving Gratitude Celebration!!!

In Our Own Voice
Presentation at Aragon High School

Telling her inspiring story and educating parents on how to support our teens during a mental health crisis, Rocío Cornejo, our PeerPal Coordinator, was the guest speaker at Aragon High School’s General Parent-Teacher-Student Organization (PTSO) meeting on September 18th. Counselors Jill Ma and Staysha Veal from Aragon’s Wellness Center presented as well about the mental health resources available on campus.

“Thank you for the wonderful presentation you gave last night. You had us all holding back tears. You are a powerful public speaker who seems to have found her calling. I know that you inspired a lot of parents to reach out to their kids and there is nothing more important in this world....”

...Note from Shana Callan, parent
Let’s Talk Mental Health
Topic: Spirituality and Mental Illness
Sunday, October 27, 3-5:00 pm
Peninsula Temple Sholom
1655 Sebastian Drive, Burlingame
650-697-2266
Speaker: Rabbi Eric Weiss
CEO Bay Area Jewish Healing Center in San Francisco
Rabbi Weiss will be sharing information, resources and wisdom from an eclectic viewpoint about the unique role that spirituality can play in helping those who are living with mental illness (as well as those who love and care for them) to cope, heal, and grow. Individuals seeking support and guidance, congregational members and clergy from all faith traditions, as well as those who may not identify with a religion, but who are open to considering the unique role that spirituality can play, are encouraged to join this important conversation.

Let’s Talk Mental Health Community Conversations are free and open to all teens & adults who are interested.

- Each session includes a question and answer period with the speakers, opportunities to enhance community connections with others.
- Participants are invited to observe and/or participate to whatever degree they are comfortable.
- Light refreshments served.
- NAMI materials will be available.

RSVP: Let us know if you would like to join us by sending an email to: marcib@comcast.net
sholom.org/event/lets-talk-mental-health-6/2019-10-27

Myth: People with mental health problems are violent and unpredictable.
Fact: The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3%-5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population. You probably know someone with a mental health problem and don’t even realize it, because many people with mental health problems are highly active and productive members of our communities.

World Mental Health Day 2019
Mental Health Promotion
And Suicide Prevention
October 10th
World Mental Health Day celebrates awareness for the global community in an empathetic way, with a unifying voice, helping those feel hopeful by empowering them to take action and to create lasting change. https://wfmh.global

Make a Difference
The Peer PALS 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. A Peer PAL and their peer enjoy activities together, and discuss and work on issues important to the peer. Thus, Peer PALS support their peer in their journey to recovery, engagement in the community, and a more meaningful life, and receive a small stipend for their work.

“Peer PALS helps to alleviate my loneliness because without my PAL, I would be isolated without any social support.”

“She has supported me so much through my recovery and has encouraged me to seek help when I need it.”

If you would like information on this opportunity OR would like to request the support of a PAL, please contact Rocio at 650-638-0800 or peerpals@namisanmateo.org

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.

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.
We ask, “What is a thought?” We don’t know, yet we are thinking continually.
— Jetsunma Tenzin Palmo

Compassion Focused Therapy for Psychosis for Family Members and Peers
Sunday, October 13, 10:00AM - 5:00PM
Stanford University, Tresidder Memorial Union, Cypress North & South Rooms, 459 Lagunita Dr, Stanford.
This workshop is for family members and individuals with lived experience! Snacks and refreshments will be provided. Seating is limited. This event is FREE.
Registration:
southbayprojectresource.org/category/events

New Additions to the Library
Welcome to the Jungle, Revised Edition: Facing Bipolar Without Freaking Out
By Hilary Smith
“I wrote Welcome to the Jungle because it’s the book I should have been given when I was diagnosed.” Bipolar disorder is one of the most commonly diagnosed psychiatric conditions among teens and twentysomethings, yet there are few books out there written specifically for this demographic.
This revised edition comes with a new foreword by the author, a revised and expanded discussion on diagnosis, an updated chapter on medication, a new chapter on alternative approaches, a revised and expanded chapter on symptoms, and updated resources. New research on the causes and risk factors for bipolar disorder are also included along with tools for observing patterns and making gentle changes to daily routines that can have a profound effect.
Going bravely where no other bipolar book has gone before, Welcome to the Jungle offers devastatingly on-target, honest—and riotously funny—insights into living with bipolar and answers some of the hardest questions facing people newly diagnosed with bipolar disorder.

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.

Community Education Day for Psychosis
Saturday, October 19, 8:30AM - 3:00PM
Redwood City Community Activities Building
1400 Roosevelt Ave, Redwood City
Lunch will be provided. This event is FREE.
Topics to Include:
• Compassion Focused Therapy for Psychosis (CFTp)
• Cognitive Behavioral Therapy for psychosis: individuals, groups, and family interventions
• Medication Overview
• Trauma and Psychosis
• Cannabis and Psychosis
• Exercise & Wellness
• Advocacy and Community Involvement
• Stakeholder Panel Discussion
Bay Area Hearing Voices Network, Inspire Clinic, South Bay Project Resource, Stanford Medicine, UCSF
Registration:
southbayprojectresource.org/category/events/
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. (also see Support Groups on page 7) Courses are FREE, comprehensive, and popular. Gain skills and understanding in an interactive, supportive environment.

♦ Basics—For parents and caregivers of children and adolescents with mental illness.

♦ Family to Family—For relatives of an adult family member with mental illness. Class meets once a week for 12 weeks.

♦ Peer to Peer—Better living skills for people with mental health issues taught by people with mental health issues.

♦ Provider—for Mental Health and AOD professionals, para-professionals and all others serving individuals with serious mental illnesses and their families. CMEs pending approval for qualified attendees.

Please contact us to set up an in-house program for your organization.

To All Our Volunteers!

~ THANK YOU ~

We couldn't do it without you!

Newsletter Mailing: Mary Beaudry, Jane Cummings, Tom Curran, Ron Dugrenier, Sally Mayer, Russ Levikow, Howard & Clancy Stein, Trish Miller, Prithviaraj Pal

Office Support: Jane Cummings, Jennifer Fuller

Health Fairs: Alan Cochran, Jennifer Fuller, Maureen Rabbitt, Lily Arapeles

...and to all of our Fantastic Support Group Leaders!

We are grateful for donations...

...in honor of

Family-to-Family Teacher
Jen Souza - from Elizabeth Hagman

...with gratitude to

Book Donation: from Julie Hoffman
“Sunshine from Darkness: The Other Side Of Outsider Art”

This beautiful book features 18 wonderful and talented artists that make up the NARSAD family. On display in our office.

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

To the Editor...

I attended the recent NAMI Walks event that took place in San Jose on September 21st. I was originally going to go there with someone that day but the night before the event they decided not to. On the day of the event I thought "should I or shouldn't I go." I felt I lost my mojo for doing the walk. I forced myself to go which turned out to be the best decision I could have made.

During the walk, I stuck up a conversation with a woman who runs a family support group in the South Bay and has a child who is diagnosed with the same condition as my child. We talked for over an hour about the various problems we encounter when taking care of a loved one with mental illness and how we handle those problems. She told me about the various methods she has been using with her child to move him forward in life. I learned a lot from her and am now incorporating some of those methods into my child's treatment.

The bottom line is that by making connections with others going through similar situations, it not only gives you room to vent your frustrations but opens you up to new ideas on how to care for your loved one.

Please send any comments or suggestions you may have regarding this newsletter to: namismcnewsletter@gmail.com
MHSARC Meetings  Open to the public
(Mental Health & Substance Abuse Recovery Commission)
FULL COMMISSION MEETINGS
1st Wednesday, monthly: 3:30pm-5pm
Health Services Building, Room 100
225 W. 37th Ave. San Mateo
Time/locations vary, call 650-573-2544 or 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

BHRS Family Contacts
Behavioral Health & Recovery Services
Claudia Saggese  Yolanda Ramirez
Dir. Consumer Affairs  Family Liaison
650-573-2673  650-573-2189

NAMI Connection
National Alliance on Mental Illness
EVERY Monday of the month • 7:00-8:30pm
NAMI office, 1650 Borel Place, #130, San Mateo
Connection provides persons with mental health conditions a gathering of respect, understanding, encouragement and hope. The group is led by trained individuals who are experienced at living well with mental illness.
No registration is required. Just drop by; we look forward to meeting you. Contact 650-638-0800 or education@namisanmateo.org with any questions.

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 smchealth.org/MH911 or visit the blog: 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 namisanmateo.org.

Shopping Supports NAMI SMC
Sign up NOW!  Tell a friend!
Always start at smile.amazon.com and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases.
When you log in, please choose “NAMI San Mateo County” as your charitable organization; from there, proceeds from 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 careasy.org/NAMI-San-Mateo-County or call 877-999-8322 to make your donation. Thank You!

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

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

Peninsula Veterans Affairs Center
Are you a vet or know one who needs help, is experiencing PTSD and/or other symptoms? Call 650-617-4300 or visit 345 Middlefield Road, Bldg. 1; Floor 1, Menlo Park
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NAMI San Mateo County
1650 Borel Place, Suite 130
San Mateo, CA 94402

RETURN SERVICE REQUESTED

Time Value

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

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

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

Upcoming Events Calendar
www.namisanmateo.org/event

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.)

Board of Directors:
Jerry Thompson, RN - President
Carol Gosho - Treasurer
Alan Cochran
Jessica Frihart, RN
Kelly Powers
Armando Sandoval
Kathy Stern

Advisory Board: Dr. Cam Quanbeck, Pat Way, Steve Way

Office Staff:
Helene Zimmerman - Executive Director; Lee Nash - Education Coordinator;
Debi Mechanic - Volunteer Coordinator

News Staff: Pam Derish, Ron Dugrenier, Kim Nobles, Kathy Stern
For more info go to: mhspirit.org
**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 Mental Health Services Act (MHSA) units for adults with mental health challenges. Behavioral Health and Recovery Services (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.

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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.

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

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**Family-to-Family Teachers Needed**

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

Training is provided. Please contact the NAMI office at 650-638-0800 for details or email us at nami@namisanmateo.org

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**Friends and family can be important influences to help someone get the treatment and services they need by:**

- Letting them know you are available to help
- Helping them access mental health services
- Learning and sharing the facts about mental health, especially if you hear something that isn’t true
- Treating them with respect.
- Refusing to define them by their diagnosis or using labels such as "crazy".

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Visit [www.namica.org](http://www.namica.org) to get the latest update on legislative activity pertaining to Mental Illness.

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Check out Wellness Matters, the SMC BHRS newsletter [www.smchealth.org/wm](http://www.smchealth.org/wm).

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Visit our NAMI Jewelry store [www.shop.wildbryde.com/NAMI-Custom-Jewelry_c81.htm](http://www.shop.wildbryde.com/NAMI-Custom-Jewelry_c81.htm)

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The brain is like Velcro for bad experiences and Teflon for good experiences - Rick Hanson Ph.D.
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.
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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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
- 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
Deep Brain Stimulation for Treatment-Resistant Depression: A Progress Report

Tues, Oct 15, 11 am - 12 pm

Presented by: Helen S. Mayberg, M.D.

It is now almost 15 years since researchers first used a method called Deep Brain Stimulation (DBS) to treat major depression that has not responded to conventional therapies. Subsequently, follow-up studies have made steady progress, both technically, in terms of how the treatment is targeted in the brain, as well as in identifying which patients are most likely to benefit. Close monitoring of patients has improved our ability to understand effects of DBS over the long-term, and to link these with changes at the level of neural circuits. This work brings us ever closer to a more comprehensive understanding of illness and recovery.

To register for this event go to: register.gotowebinar.com/register/192902017476783884

When You and Your Child Have ADHD – Strategies and Treatment Options that Help with Everyday Parenting Challenges

Thur, Oct 10, 4 - 5 pm

In this third session of our educational series, sponsored by Takeda Pharmaceutical Company, you will learn strategies and treatment options that help with everyday parenting challenges. Eva, the mother of a child with ADHD, will share her tips for distractibility, impulsivity, procrastination, and organization. Her presentation will help all parents learn more about ADHD.

To register for this event go to: register.gotowebinar.com/register/5713157376747828995

Involving Families in Community Mental Health, A Win-Win Proposition

Wed, Oct 9, 11 am

The National Council has partnered with the Family-Run Executive Director Leadership Association (FREDLA) to showcase Viewpoint Health – a community-based organization that has been integrating parent/family peer support into behavioral health service delivery for more than 10 years – and the Georgia Parent Support Network – a grassroots, family-run organization that works to create a network of support for parents of children living with behavioral health needs. This webinar will highlight the importance of parent/family peer support and the on-the-ground perspective of communities putting it into practice for those they serve.

To register for this event go to: register.gotowebinar.com/register/4115548290356801548

Genetics of Substance Use Disorder and Neurotransmitter Solutions

Wed, Oct 9, 12 - 1:00 pm

Presented by: Lyle Fried, CAP, ICADC, CHC

Recently released genetic testing specific to Reward Deficiency Syndrome (RDS) now allows us to test for predispositions to specific substances, as well as impulsive and compulsive behaviors, and a spectrum of mental health disorders. With this testing we can also propose targeted precision solutions to restore neurotransmitter homeostasis through neuro-nutrients for each person’s specific DNA profile. With proper neurotransmitter balance, cravings, impulsions, compulsions, behaviors, and moods can be addressed and thereby further enhance the success rates for recovery from SUDs as well as prevent the journey into initial substance use disorders. Relapse prevention and general prevention can be greatly aided through this precision approach to neurotransmitter homeostasis.

To register for this event go to: register.gotowebinar.com/register/2585156740697913345

"When the facts change, I change my mind. What do you do?" – John Maynard Keynes