General Meeting

Wed, Sept 23
7:00 - 8:30pm Program

**Zoom Meeting Only**

”Help and hints for parents of youth with the challenges of mental illness”

**Guest Speakers:**

Mary & Victor Ojakian
Suicide Prevention Awareness

Ginny Traub & Florian Davos
Parents of Youth Group Facilitators

Join us as our panel shares some of their lived experiences with issues that parents face raising youth and young adults with mental illnesses.

See page 9 for more details.

Join Zoom Meeting
https://us02web.zoom.us/j/81444487084
Meeting ID: 814 4448 7084
One tap mobile
+16699006833,,81444487084# US (San Jose)
+12532158782,,81444487084# US (Tacoma)

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.

NAMI Walks

A NATIONAL DAY OF HOPE

SATURDAY, OCTOBER 10, 2020

JOIN US FOR NAMIWALKS SAN MATEO COUNTY

As you likely know, mental health advocacy is as important as ever and NAMI San Mateo County's FREE programs and services are such a critical part of the response to the current situation here in San Mateo County. For example, since March, we’ve doubled the number of weekly peer support groups we host and have experienced an increase in attendance. Another example is that our Family-to-Family class has experienced an increase in demand and due to this increase, we are adding classes!

These services would not be possible without such thoughtful supporters. To help fund our services and to promote mental health awareness, we are hosting our very own walk this year on Saturday, October 10.

In previous years, we partnered with NAMI Santa Clara for NAMIWalks, which was always such a special day. This year, by hosting our own local walk, we are excited at the chance to expand on San Mateo County’s community involvement, by including our residents, local organizations, local businesses and schools.

During such unique times, the in-person walk we are familiar with has transitioned to a Virtual Walk, but we are working to make the virtual experience as special and impactful as possible. We would love to have you join us! Please register at https://namiwalks.org/sanmateo.

Not able to participate? You can also Donate or Sponsor. To help with your efforts in the NAMI Walks fundraising please see page 19 of this newsletter issue. Please do not hesitate to contact us if we can help answer any questions, if you have any suggestions, or if you simply want to chat about the walk at walks@namisanmateo.org. Thank you for your support!

“There are three needs of the griever: To find the words for the loss, to say the words aloud and to know that the words have been heard.” - Victoria Alexander

Personal Story of Hope & Understanding

Right off of the bat, I am not going to call what I live with "issues", so I am going to call them "seeds." There will be a "growth" theme here, so just humor me.

I have lived with depression since my teens, and now as an adult, a few more seeds have sprouted inside. Anxiety has decided to burst through, which causes breathing problems daily. This year, I finally came to terms with the fact that while I lost some weight during my weight loss journey, I gained an eating disorder.

The pandemic certainly did not help keep my mental weeds from growing, but what has happened and continues to happen to people like George Floyd and Breona Taylor has created an entire hillside of negativity.

(Continued on page 2)
Yet, with all of the anger and sadness, I realized I needed to be a part of something bigger. That hopelessness turned into passion, which turned into action (see, there’s that “growth” I mentioned. And this time, it’s a positive one!). I donated, signed petitions, and checked out websites to see what kind of help I could offer. Then a television commercial for NAMI came on. A sense of purpose blossomed right away, and this is why I decided to look into the organization and see how I could attach myself to a very important topic that hits so very close to home.

This is why I walk with NAMI—because I live it and believe it is long overdue that we invest in each other, and fight to make sure there are more resources for those who have seeds of their own. Those who carry the things we cannot see need to know they too can thrive and grow in the right soil. I know organizations like NAMI can provide that.

-Michelle Trayer
NAMIWalks San Mateo Team “Peace Of Mind”

www.namiwalks.org/index.cfm?Fuseaction=donorDrive.participant&participantID=321127

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. For more information, please call 650-638-0800.

This year NAMI’s national focus is on reaching our young people. Beginning the conversation and intervening early, when signs first occur, are critical to recovery. Those of us in NAMI who have experienced the catastrophic impact of a loved one’s diagnosis of mental illness are in the best position to help those facing it now. You can help by writing or telling your story.

To learn more about how your voice can be heard, go to www.namisanmateo.org/get-involved/become-a-volunteer.

“Place your hand over your heart, can you feel it? That is called purpose. You’re alive for a reason so don’t ever give up.”

Art With Impact

NAMI San Mateo partnered in August with Art With Impact, a nonprofit organization that uses the arts to reduce stigma around mental health issues. Art With Impact partners with college campuses across North America to lead virtual Movies for Mental Health workshops, and features local community organizations as part of their events. Loren Shea, our NAMI San Mateo Outreach Coordinator, represented NAMI San Mateo on a panel of five lived experience speakers representing community resources for a virtual event hosted by Skyline College.

The event included interactive discussions, viewing and responding to several short films. The film and media chosen for the workshop was intended to initiate dialogue on the topic of mental health. It aimed to reflect on how the messages we receive from the media influence our perceptions of mental illness. Events such as these, greatly reduce stigma around mental health issues and mental illness, creating a culture in which we can speak openly about our experiences. For information on future events like this visit: https://artwithimpact.org

General Meeting Recap from July 22nd
By Kathy Stern

Felton Institute’s family support specialist, Mike Krechevsky, joined our July general meeting via Zoom and outlined the BEAM approach to treating first episode psychosis in teens and young adults up to age 25. Bipolar Disorder Early Assessment and Management (BEAM) is a new and evidence-based program developed by Felton Institute to diagnose and treat bipolar disorder. As a family member himself who spent his working career in the corporate world and playing saxophone on the side, Mike conveyed a passion for his 2nd career, working with families and committed caregivers as they come to terms with the diagnosis if bipolar in their young loved ones.

His presentation began with 2 questions he asks every person he meets for their first counseling session. “On a scale of 1 – 10 how would you rate your child’s intelligence (not just good grades or high achievements, but emotional or social general intelligence)? On the same scale, how would you rate your child’s creativity level? Almost unanimously, the parents answer with 9 or 10 to both questions. Mike identifies these positive traits as aligning very often with a mood disorder as these gifted young people try to make sense of their world.

Bipolar disorder is the 6th leading cause of disability in the world. With early intervention and treatment, individuals can learn to manage their bipolar symptoms in a way that allows them to achieve their personal life goals, to form meaningful relationships, and live full lives.

Peer specialist Phil Hershon, joined the conversation to describe his approach to working with the young people in the BEAM program. Sharing his lived experience and encouraging adherence to the program, identifying goals, and talking openly about their experience seemed to take a page from the NAMI playbook and our effective peer support programs.

The Felton Early Psychosis Programs are innovative, strengths-based treatment models for community settings launched in 2008, originally with a view to effectively and stably remitting schizophrenia. It grew out of a partnership with the University of California San Francisco to review effective new approaches to schizophrenia and borrowing from successful programs operating in England, Australia, Maine, and Oregon. The BEAM Program for bipolar is modeled after this Early Psychosis model.

Felton Institute’s (up to) 2-year program focuses on recovery with an interdisciplinary team. Their approach includes therapy, medication as a bridge to recovery with a “low and slow” philosophy, peer counseling conducted by those with lived experience, psychoeducation, and employment counseling, including guiding some to pursue a higher level of education.

While each Felton Early Psychosis Programs location varies slightly, based on specific county rules, Felton Early Psychosis Programs is dedicated to working with any Client in order to offer services to anyone eligible for treatment, regardless of their ability to pay. Each Felton Early Psychosis Program accepts MediCal and also offers a sliding scale for those who need it.

Congratulations to Rocio Cornejo

Rocio has been chosen by the San Mateo County Mental Health & Substance Abuse Recovery Commission to receive the 2020 Tony Hoffman Community Mental Health Service Award. This award is given to individuals, professionals, and businesses that have made an extraordinary difference in the lives of people with mental illness and to consumers/clients who, in their journey of recovery, are able to give back to their peers or the community.

All of us that are involved in the behavioral health and recovery services community congratulate you and we are honored to present you with this award.

Sincerely - Sheila Brar, Chair

NAMI SMC Update

Time for an update several months since Shelter in Place and 2 months since our office move. The very good news is that all of us are able to work remotely thanks to laptops for everyone and all documents moved to the Cloud for easy remote access. Support Groups, Connection, and classes are all working well online. We are so happy that what was a bit of a challenge at the beginning has worked out and no one has to drive in rush hour traffic and all can easily participate in these sessions. It is certainly looking like virtual meetings and sessions will be our only option for awhile, so we are so pleased and appreciative that all have persevered, staff, trainers/facilitators, and volunteers, to make this all successful.

Current priorities are the upcoming Virtual Walk and planning additional Connections and other sessions, now that we have more trainers. In fact, 11 people completed the recent Connections training...AND we have other trainings planned in the near future for other session leaders.

Working as a team with staff, Board, trainers/facilitators, volunteers, and members is what has made us successful. Thanks so much everyone!

Jan Cohen - Interim Executive Director

Q&A With Ellen Cookman

Q: I have mental health challenges but don’t qualify for public benefits. Do I need a Special Needs Trust?

A: This question was posed to me recently by a lovely woman in her 50’s with a mental health diagnosis who had recently received an inheritance from her father. She had had trouble holding down a job all her life, but her application for disability benefits was still denied. She wanted to know if she needed a special needs trust to hold her inheritance?

The answer, as with many things in the law is: it depends!

In this woman’s situation, two types of trusts could provide the protection she may need. With a revocable trust, someone else could act as trustee and manage her money during her lifetime, protecting the trust funds in case she has a manic episode and is tempted to mismanage her money, or her health declines over the years. However, the assets in the revocable trust would disqualify her for needs-based public benefits such as SSI and Medi-Cal.

In comparison, this woman could qualify for needs-based public benefits in the future if a special needs trust were established. A special needs trust is more restrictive than a revocable trust in two major ways: (1) the woman could never act as trustee of her own trust, and (2) the trustee should not distribute cash directly to her.

But does she really need a special needs trust? We looked at scenarios where she might need to reapply for Medi-Cal in the future: some mental health care providers only accept Medi-Cal, and some group homes would require her to be eligible for Medi-Cal in order to live in the home. In addition, Medi-Cal covers the cost of long-term nursing home stays, while Medicare and other programs only provide partial coverage. If she didn’t need these services in the future, a revocable trust might be more appropriate. Since she did not believe she would need the services provided by Medi-Cal in the future, she ultimately decided that a revocable trust was the right choice for her.

In estate planning, one size does not fit all! If you or a loved one has mental health challenges and are receiving a settlement or inheritance, you should talk with a special needs planner to figure out which type of trust would provide the best financial protection and security for you.

Ellen answers estate planning-related questions in our monthly NAMI San Mateo Newsletter. Please email your questions to outreach@namismanmateo.org and look for answers in future newsletters!

Myth: People with a mental illness should be isolated from the community.

Fact: Most people with a mental illness recover quickly and do not need hospital care. Others may have short admissions to hospital for treatment.

Only a very small number of people with mental illness (less than 1 in 1000) need hospital care. Improvements in treatment over recent decades mean that most people live in their communities, and there is no need for the confinement and isolation that was commonly used in the past.

Why Census 2020 is Important

One of the most powerful things you can do for yourself, your family, and your community is to participate in the census. Your participation helps make sure there is enough funding for the programs and services that we all rely on like parks, schools, public transportation, housing, hospitals, and more. If communities are undercounted, they will not have the resources they need or a voice in the policy decisions that affect them.

To discover more reasons why you should participate in Census 2020 and to answer the US Census Bureau’s 2020 census questionnaire go to:

https://cmo.smcgov.org/census-2020-san-mateo-county

Myth of Fact

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Medicare.gov

Mental health support is available for you

https://cmo.smcgov.org/census-2020-san-mateo-county
New Name for Housing Group

The Mental Health Housing Advocacy Group has changed their name to SOLUTIONS for Supportive Homes, Inclusive living environments for adults with special mental health and cognitive needs.

We are continuing to work as a group of parents and professionals to create supportive and affordable housing solutions for our adult children and others with mental health and cognitive challenges. We have been meeting by Zoom on Monday nights, so you are invited to join us from the comfort of your own home.

We have been exploring different property management options and possible properties, including outside of San Mateo County. This is a group of impassioned individuals and we would love to have more of you join us.

If you are interested in learning more about what we do, you can contact Carolyn Shepard at 650-595-5635 or e-mail J092048@aol.com.

See page 11 of this newsletter for more information.

Education Updates

We are starting up two new Family-to-Family courses, one on Wednesday evenings and one on Tuesday evenings. By doubling up, we can get to more people on our waiting list. We also hope to get out one more Family-to-Family class in October that will end just before the Christmas holiday.

We are taking sign-ups now! Sign up via our website or e-mail Jen at education@namisannamateo.org.

Without someone providing the technical support, we would not be able to run our classes. We are thankful for all our teachers and producers and especially those providing double duty! You are such a wonderful blessing!

Our Peer-to-Peer class that started July 9th is almost finishing up and will conclude on September 3rd. We’re excited for our first group of Peer-to-Peer COVID graduates!

Congratulations to our latest Connection Training Graduates!

Congratulations graduates!

John Butler, Ellen Darnell, Helmer Donan, William Elting, Dana Foley, Audrey Kemp, Kira Liess, Michael Lim, Charo Martinez, Loren Shea, Calvin Shelton

NAMI Releases Free Online Class for Parents of Children with Mental Illness Video

NAMI Basics OnDemand is an online version of the in-person NAMI Basics: a free, six-session education program for parents, caregivers and other family members who provide care for youth aged 22 or younger who are experiencing mental health symptoms.

Register at: https://basics.nami.org

New Additions to the Library

Hidden Valley Road: Inside the Mind of an American Family
by Robert Kolker

The heartrending story of a midcentury American family with twelve children, six of them diagnosed with schizophrenia, that became science’s great hope in the quest to understand the disease.

Don and Mimi Galvin seemed to be living the American dream. After World War II, Don’s work with the Air Force brought them to Colorado, where their twelve children perfectly spanned the baby boom: the oldest born in 1945, the youngest in 1965. In those years, there was an established script for a family like the Galvins—hard work, upward mobility, domestic harmony—and they worked hard to play their parts. But behind the scenes was a different story: psychological breakdown, sudden shocking violence, hidden abuse. By the mid-1970s, six of the ten Galvin boys, one after another, were diagnosed as schizophrenic. How could all this happen to one family?

What took place inside the house on Hidden Valley Road was so extraordinary that the Galvins became one of the first families to be studied by the National Institute of Mental Health. Their story offers a shadow history of the science of schizophrenia, from the era of institutionalization, lobotomy, and the schizophrenogenic mother to the search for genetic markers for the disease, always amid profound disagreements about the nature of the illness itself. And unbeknownst to the Galvins, samples of their DNA informed decades of genetic research that continues today, offering paths to treatment, prediction, and even eradication of the disease for future generations.

With clarity and compassion, bestselling and award-winning author Robert Kolker uncovers one family’s unforgetable legacy of suffering, love, and hope.

For more information about the author go to...

http://robertkolker.com

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.

CalAble: a savings and investment plan offered by the state of California to individuals with disabilities.

https://calable.ca.gov

Visit our NAMI Jewelry store

https://shop.wildbryde.com/NAMI-Custom-Jewelry_c81.htm

“You cannot make yourself feel something you do not feel, but you can make yourself do right in spite of your feelings.” - Pearl S. Buck
We are grateful for donations...

...with Gratitude
Family-to-Family: Jen Souza & Ammi Rostin
Walk Leadership: Kathy Stern

...in Honor of
Peying Lee from Antony Ho
Sophie’s Bat Mitzvah from Rosalynn R. Lai
Ginny Traub & Walk Team Visa Strong Sales from Alexander & Martha Huberts

...in Memory of
Peter from Paula Rothaug

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

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

General Meeting:
Jean Perry Verley - Tech Support

Warm Line Volunteer
Brendon Byrne, William Elting, David Le, Leslie Liu, Patrice Massicotte, Linda Olmos, Emily Pomeroy, Samuel Merritt Nursing Students

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

Did You Know?

Obsessive-compulsive disorder (OCD) is an anxiety disorder in which people have recurring, unwanted thoughts, ideas or sensations (obsessions) that make them feel driven to do something repetitively (compulsions). The repetitive behaviors, such as hand washing, checking on things, or cleaning, can significantly interfere with a person’s daily activities and social interactions.

Many people have focused thoughts or repeated behaviors. But these do not disrupt daily life and may add structure or make tasks easier. For people with OCD, thoughts are persistent and unwanted routines and behaviors are rigid and not doing them causes great distress. Many people with OCD know or suspect their obsessions are not true; others may think they could be true (known as poor insight). Even if they know their obsessions are not true, people with OCD have a hard time keeping their focus off the obsessions or stopping the compulsive actions.

Techies Wanted!

Are you technologically savvy? NAMI is looking for tech volunteers to help run our Zoom programs. We are in need of a “producer” to help run tech for our Peer-to-Peer Program.

To find out more, please email Jen, our Education Coordinator, at education@namisanmateo.org.

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”

Helen Keller

Quoters in the September issue:
Victoria Alexander https://victoriaalexander.com
Pearl S. Buck https://pearlsbuck.org
Helen Keller https://en.wikipedia.org/wiki/Helen_Keller
NAMI SMC Resource Guide

NAMI San Mateo is happy to announce we have expanded our resource guide! Through the efforts of our lovely volunteers, and suggestions from our community we have added several new resources to our county resource guide. New additions can be found on our website under “Find Support/NAMI SMC Resource Guide and Useful Links”

https://namisanmateo.org/support/local-services

We hope to continue to extend our outreach efforts to support anyone affected by mental health challenges and their families as well as better understand availability of resources within our community. If you have suggestions for local resources we’d love to hear from you!

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

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: https://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 https://namisanmateo.org.

MHSARC Meetings  Open to the public
(Mental Health & Substance Abuse Recovery Commission)
The MHSARC (1st Wed, 3:30-5pm) is conducting their meetings on Zoom now.
For the Zoom link, please see the month's agenda on www.smchealth.org/mental-health-substance-abuse-recovery-commission
The Children and Youth Committee Meeting: 3rd Wed, 4-5pm.
For the meeting link, please contact Ziomara Ochoa at zochoa@smcgov.org
Please call 650-573-2544 with any questions.

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 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 https://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

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

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 https://careasy.org/NAMI-San-Mateo-County or call 877-999-8322 to make your donation. Thank You!
NAMI ONLINE SUPPORT GROUPS

Zoom Meetings Only

Online Family Support Groups (supporting a loved one with a mental illness):

-NAMI San Mateo Medical Center Support Group meets 3rd Tuesdays from 6:30-8pm.
   To register, email charleswoods.nami@gmail.com

-Cordilleras MHR Center Family Group meets 1st Monday of the month from 6:30-8pm.
   To register, email cordilleras6765@gmail.com

-Parents of Youth and Young Adults (ages 6-26) meets 2nd Monday of the month from 7-8:30pm.
   To register, email parentsofyouth@gmail.com.

-South County Family Support Group meets 2nd Tuesday of the month from 6-7:30pm.
   To register, email southcountyNFSG@gmail.com.

-Spanish Speaking Support Group meets 2nd Tuesday of the month from 6-7:30pm.
   To register, email csagesse@smcgov.org or call (650) 573-2673.

- NAMI Jewish Family & Services Support Group (Palo Alto) meets 2nd Tuesday of the month from 7-8:30pm. To Register please complete this https://bit.ly/pa-fsg or visit: https://namisantaclara.org/classes/support-groups-3

- Stanford Family Support Group meets 4th Tuesday of the month from 7-8:30pm.
   To register, email georgiavk@gmail.com

Online Peer Support Groups (those with a mental illness)

- Connection meets Mondays & Thursdays from 7-8:30pm. To register, email NAMI@namisanmateo.org or call the office at (650) 638-0800.

See pages 12 & 13 for a list of other support groups.
**Virtual NAMIWalkSanMateoCounty 2020**
Sept 10 | see page 1

**General Meeting - ZOOM**
“Parents Of Youth With Mental Illness”
Sept 23 | see page 1

NAMI Newsletters online at: [www.namisanmateo.org/about-us/newsletters-2](http://www.namisanmateo.org/about-us/newsletters-2)

Upcoming Events Calendar
[www.namisanmateo.org/event](http://www.namisanmateo.org/event)

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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?

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

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

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

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

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**NAMI San Mateo County**

2755 Campus Drive, #210
San Mateo, CA 94403
650-638-0800 / FAX: 650-638-1475
nami@namisanmateo.org
[www.namisanmateo.org](http://www.namisanmateo.org)

Office open: 9am-3pm, M-F (or by appt.)

**Board of Directors:**

- Jerry Thompson, RN - President
- Carol Gosho - Treasurer
- Liz Downard, Donnakeri Hofstetter
- Kelly Powers, Armando Sandoval
- Kathy Stern

**Advisory Board:**

- Dr. Cam Quanbeck, Pat Way, Steve Way

**Office Staff:**

- Jan Cohen - Interim Executive Director
- Rocio Cornejo - Peer PALS Coordinator
- Helmer Donan - HOPE Project, Family Partner / Peer Mentor
- Jen Fuller - Education Coordinator
- Debi Mechanic - Volunteer Coordinator
- Amishi Patel - HOPE Project, Family Partner
- Loren Shea - Outreach Coordinator

**News Staff:**

- Ron Dugrenier, Kim Nobles, Jamie Spenser Thompson, Kathy Stern
Help and hints for parents of youth with the challenges of mental illness

At this General Meeting session, attendees will learn about, and get to share, some of the unique challenges of meeting the educational and emotional needs of children with mental illness as they transition to adulthood, with the goal of facilitating their independent management of their illness, as well as what has worked for families. One portion of the meeting will focus on youth suicide attempters and helpful hints on how to prevent them from doing this. Attendees will also learn about what the Parents Of Youth and Young Adults Support Group can offer, especially in times of stress, ie during COVID 19, as well as available information from the HEARD Alliance and it’s Toolkit.

Our first speakers will be the Ojakians. Since the loss of their son, Adam, to suicide in 2004, the Ojakians have been dedicated to increasing awareness of suicide prevention, particularly for Transition Aged Youth or TAY (youth ages 15 to 24 years old). They will tell their story, followed by an explanation of youth suicide attempter data in San Mateo County. They will share concepts and techniques regarding suicide attempts and provide or direct attendees to key materials, including national publications and the HEARD Alliance and its Toolkit (K-12 TOOLKIT FOR MENTAL HEALTH PROMOTION & SUICIDE PREVENTION). We want everyone to know about safety plans/planning.

The next portion of the meeting will feature the Parents of Youth and Young Adults Support Group that was created to meet a need in the community, led by Ginny Traub and Florian Davos. Having a child diagnosed with a mental illness leads one down a path of fear, worry, and a feeling of helplessness. Our healthcare system offers very little to parents in terms of education and support. Many are also paralyzed by the societal stigma surrounding mental illness, feeling uncomfortable sharing and seeking support from family and friends.

The POYG fills that void in a safe and non-judgmental environment. The group is facilitated by parent volunteers, trained by NAMI. They are not mental health professionals yet they have years of experience as parents of children with mental health challenges. The group provides parents a safe environment to express their grief and fears for their children and a means to move through this initial emotional stage towards understanding, acceptance, and advocacy. Ginny and Florian will share some of their lived experiences with issues parent's face raising young and young adults with mental illnesses including: 504's, IEP's, alternative education, 5150's, inpatient and outpatient treatment programs, suicide attempts, kids turning 18, refusal to take medications, residential treatment centers, transitioning to college, and the roller coaster ride of recovery and the successes that make it all worthwhile.

Bios of our speakers on Suicide Prevention are:

Mary Ojakian: 30 year career as a registered nurse, working both for Stanford Hospital and the Palo Alto Medical Foundation. Mary served on the American Foundation for Suicide Prevention Board of Directors for Northern California and Santa Clara County Mental Health Services Act Prevention and Early Intervention Advisory Committee. Also, Mary is a member of the Santa Clara County Suicide Prevention Oversight Committee (SPOC) and the SPOC Intervention Work group. She is a founding member of the HEARD Alliance, a group of health care professionals “working to enhance the community’s ability to promote well-being, to treat depression and related conditions and to prevent suicide in adolescents and young adults.”

Victor Ojakian: a certified project manager and previous City of Palo Alto City Council Member and Mayor. Vic serves on several boards, including the National Alliance on Mental Illness – Santa Clara Affiliate (NAMI – SCC) and co-chairs Santa Clara County Suicide Prevention Oversight Committee (SPOC). Vic has also served on a federal agency committee, Suicide Prevention Resource Center (SPRC) Steering Committee.

Bios for our Parents of Youth and Young Adults speakers, our long time POY Support Group facilitators, Ginny Traub and Florian Davos:

Ginny Traub recently retired from a Finance career at Visa. She first attended the Parents of Youth Support Group 10 years ago when her oldest daughter was first diagnosed at 16 with a mental illness and then Ginny became a regular attendee of POYG except while attending NAMI's Family to Family sessions. As her daughter improved, she took on the role of co-facilitator of POYG, during which time her younger daughter was diagnosed with different mental health challenges, also at 16. It's been a journey of 10+ years of experiences she can share. Both girls are living well independently, working towards a purposeful future.

Florian Davos is a retired Speech and Language Pathologist having worked with adults in a healthcare setting and later in our public school system. When it became apparent how significant her children’s issues were, the inpatient and outpatient programs did include some ‘family therapy’ engagement, but were primarily designed to support her children’s needs. Her background in Special Education helped her to accept and see their lives through a different ‘lens’…to determine realistic expectations and to accept that their path and journey would be very different than those of their peers. It helped Florian to listen more carefully and understand that her verbal and non-verbal responses would be closely scrutinized by her kids.

She has a 27 year old son with diagnoses of Bipolar Disorder Type II, Generalized Anxiety Disorder, Chronic Depressive Disorder, and ADHD-Inattentive Type. She also has a 23 year old stepdaughter with Asperger’s Disorder and secondary depression and anxiety. She was referred to NAMI after one of her son’s hospitalizations. She attended the POYG and took the Family to Family 12-week course. When one of the POYG facilitators moved out of the area, she joined Ginny as co-facilitator.

September 23rd NAMI SMC ZOOM General Meeting

Go to: [https://us02web.zoom.us/j/81444487084](https://us02web.zoom.us/j/81444487084)

Meeting ID: 814 4448 7084

One tap mobile

+16699006833,,81444487084# US (San Jose)
+12532158782,,81444487084# US (Tacoma)
**Suicide Prevention: Know The Signs, Make A Difference**

National Suicide Prevention Week is coming up, beginning Sunday, September 6th. This comes at a particularly crucial time as ongoing social distancing has increased the dangers of isolation for a large number of community members. Accordingly, building awareness about risk signs for suicide and providing education about resources available is more important than ever.

Nationwide, suicide has been a growing concern for some time. The CDC notes that suicide rates have increased by 30% since 1999. Of those deaths, 46% have a known mental condition.

**Risk Factors**
A number of risk factors can contribute to the likelihood of a suicide attempt, including:

- A family history of suicide or previous suicide attempts
- Substance abuse
- Access to firearms
- Chronic mental illness or a serious physical health condition
- A history of trauma or abuse
- Prolonged stress
- A recent tragedy or loss

**Groups At Higher Risk**
Research shows that suicide rates are particularly high within certain demographic groups.

1. **Youth and teens**: Suicide is the second most common cause of death among youth ages 10-24. Three underlying causes within this group are:
   - Cyberbullying or bullying
   - Sexual orientation
   - Local epidemics of suicides or “suicide clusters”

   With the loss of structure and routine provided by many school and sports activities, cultivating good mental health in children and adolescents is particularly important.

2. **Middle-aged men**: Suicide is also the #2 cause of death in men under age 44, but male stereotypes deter many from seeking treatment. Additionally, warning signs are often overlooked as part of day-to-day stress, since depression in men often presents itself as irritability, difficulty sleeping, or loss of interest in typical activities.

   With many currently out of jobs or working remotely for the foreseeable future, stress levels are higher than ever.

3. **First responders**: High levels of on-the-job stress paired with the prevalence of post-traumatic stress disorder (PTSD) are top areas of concern for this demographic. Additionally, concern over risking one’s standing at work has created a troubling trend with first responders. More law enforcement officers and fire fighters die by suicide than in the line of duty, a number that continues to rise.

4. **Veterans**: Like first responders, the Veteran population is heavily impacted by PTSD. Additionally, as weapons used in military conflicts have become more sophisticated, we have seen an increase in traumatic brain injuries (TBIs).

   Many TBIs have a lifelong impact on physical function, behavior and personality and overall mental health. The suicide rate for Veterans is 1.5 times higher than for non-Veteran adults over 18.

**Warning Signs**
The good news is that we can educate ourselves to prevent the loss of life. There are a number of common warning signs for suicide to look for:

- Increased drug and alcohol use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior
- Talking about suicide, particularly if they have a plan
- Giving away important possessions
- Changes in sleep patterns

Keeping in regular contact with loved ones at high risk through phone calls, video and texts can help you determine if they enter a period of distress.

**Bring In Support**
If you are concerned, ask your loved one if they are thinking about suicide. Being direct shows that you are open to a conversation. Focus on listening and empathizing; don’t minimize their thoughts or attempt to provide a quick solution. During the conversation, try to determine if they have a plan established, which would indicate a more imminent risk. It is a myth that asking someone if they are considering suicide will actually give them the idea to do so.

Your ability to be calm is important. Try not to raise your voice, move slowly and be patient. Reassure them that there are resources available, and that you want to help them connect with those services. This can involve contacting a suicide prevention line (1-800-273-8255) searching for local resources, or offering to call their insurance company. If you can, remove dangerous items such as guns, knives, or pills.

NAMI has put together a resource guide for navigating a mental health crisis that can be useful.

If you suspect someone is in danger, do not hesitate to contact 911. And remember, you are not alone. NAMI has resources for loved ones and caregivers as well.

To help reduce stigma and promote education during Suicide Prevention Awareness Month, learn more here: [www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month](http://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month)

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**National Suicide Prevention Lifeline**

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

[1-800-273-8255](tel:+18002738255)

[https://suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
**SOLUTIONS for Supportive Homes:**

**Showcasing the Best Vision and Action to Create Quality Supportive Homes**

By Melinda Henning

Save the date! Our January 27, 2021 NAMI/SMC general meeting will launch the new year with an interactive virtual meeting for all community stakeholders to focus on increasing the number and the quality of permanent supportive homes in our communities. We’ll showcase several effective models for inclusive supportive living and help answer key questions: What’s the optimal group size, and who does better living solo? What are key support services? How does the built environment influence wellness? What’s the role of community, and how is it created? What revenue models ensure sustainability?

Let’s face it: too many people believe that the problems of people living with lifelong mental health conditions are intractable. But that is not true. UNLESS we fail to provide the one foundation that all human beings need for wellness: a safe and stable affordable home, along with reasonable social supports to thrive in the community.

Too many people also believe that the problems of developing quality supportive homes are insurmountable. But that is not true. There are SOLUTIONS: purpose-built multi-unit buildings with onsite health and social services; shared cooperative houses with visiting services; groups of units set aside in larger affordable developments and linked to local services; motel conversions; equity share arrangements; community land trusts; mixed population tiny home villages; and mini therapeutic communities with onsite employment opportunities; all have proven effective to prevent homelessness and enable recovery. Their benefits accrue to the entire community. They can be replicated. Innovative financing strategies are available. And no single investment can do more to advance mental health care than investment in quality, affordable, supportive homes.

What’s been holding us back? I believe high land costs are less a factor than they are an excuse. Have we become so disheartened that instead of envisioning and aiming for the ideal, we’ve become stuck in “heads in beds” thinking, settling for what’s totally inadequate, or worse? If we can’t see the solution, we can’t create it. So let’s figure out what we really want. Then let’s get together to work to create it.

Our SOLUTIONS for Supportive Homes action and advocacy group began with a group of NAMI parents worried about their adult children at risk of homelessness. Where will they live, and who will help them when we are gone? We are on task to fill the gap in quality permanent supportive homes where people can advance their recovery and live with dignity in their home communities. Please join us. This issue ultimately impacts everyone.

Our SOLUTIONS for Supportive Homes action and advocacy group began with a group of NAMI parents worried about their adult children at risk of homelessness. Where will they live, and who will help them when we are gone? We are on task to fill the gap in quality permanent supportive homes where people can advance their recovery and live with dignity in their home communities. Please join us. This issue ultimately impacts everyone. Contact me at my email address above or Carolyn Shepard J092048@aol.com, and please send any information on quality supportive homes you’ve discovered anywhere.

With vision, determination, and collaboration, we can build a wise and compassionate full continuum of mental health care which values every life, which appreciates the resilience required to rebound from multiple disappointments again and again, and which stands by every individual at every life stage and level of wellness.

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Melinda Henning is a NAMI/SMC parent and former Board Member, active in housing issues for over 10 years. You can contact her at Melinda@MelindaHenning.com

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**Zoom Help Center**

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video.

**Joining a Meeting**

1. Go to https://zoom.us/join
2. Enter your designated Meeting ID (The Meeting ID can be a 9, 10, or 11-Digit number). The Meeting ID should be provided by the host. * If dialing by phone dial 1 669 900 6833 and when prompted enter the Meeting ID.
3. If prompted for a password enter the one that was assigned to the specific meeting you’re attending.
4. You’re in!

**ZOOM Help Center:** https://support.zoom.us/hc
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.

Other Support Groups... Please call ahead for COVID 19 details

Café para Padres, ultimo Martes de cada mes.
Clinica Shasta Yolanda Ramirez al 650-599-1047

DBSA Mood Disorder Support Group for persons with uni-and bi-polar disorders, mania, depression, or anxiety; family members welcome. Tuesdays, 7-9pm
Contact at 650-299-8880 (leave a message) info@dbsaSanMateo.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. Info: Trudy 650-208-9116 or Donna at 650-823-0997.

Jewish Support Group (open to all denominations), for those with mental illness and families and friends. 2nd Wed, 6:15-8:30pm For info, call Carol Irwin 408-858-1372

Coastside Dual Diagnosis Group, development for clients in all stages of recovery. Thursdays at 4-5pm Half Moon Bay. For info 650-726-6369.

Body Image & Eating Disorders, Thursdays, 6:30-8pm Menlo Park.
Open to family and friends. RSVP required: emlycaruthersmft@gmail.com.
More info: 408-356-1212 or e-mail: mailto:info@edrcsv.org.

H.E.L.P. for those with a mental illness and/or supporters. Thursdays, 6:30-7:30pm, 7:30-8:30 prayer. Menlo Church, Menlo Park. Info: Jane Clark 650-464-9033.THURSDAY

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 Info: 415-273-7273; www.ocdbayarea.org. FRI/SAT

Chinese Family Support Group (in English, Cantonese, & Mandarin) meets 2nd Friday, 6:30-8pm.
For more information & registration, contact Tammy Vuong, ASW at 650-454-4711 or email QVuong@smcgov.org

Japanese Education & Support Group, call (415) 474-7310 for information.
Consumer Support Groups, Heart and Soul 650-232-7426 for days & addresses,
or visit http://www.heartandsoulinc.org.

Cluttering & Hoarding Support Groups, Workshops, and Private Consultations-Groups/programs. Emily Farber, MSW, 650-289-5417, efarber@avenidas.org.
ZOOM Chinese Family Support Group

家庭互助组

Purpose: To provide psychoeducation & support on mental health, and to share community resources.
宗旨: 每月一次的会议，提供心理教育和社区资源

Target audience: Family members of mental health clients
参加对象: 心理健康患者的家庭成员

Free Participation. Group will be conducted in English, Cantonese, & Mandarin
免費參加，活動將用廣東話和普通話主持

Location 地址: ZOOM

Time 时间: 6:30pm-8:00pm

Date 日期: Second Friday of each month 每月的第二个星期五

Facilitators: 演讲者
Que Phan Vuong (Tammy), ASW
Tessa Kwan, AMFT
(650)454-4711
qvuong@smcgov.org

Find Affordable Housing With These Online Tools.

- http://smehousingssearch.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
Each year, NAMI CA hosts the Spring State Capitol and Bebe Moore Campbell Advocacy Days, to provide a platform for passionate advocates to engage with lawmakers on important policies aimed at improving the quality of life for people with mental illness.

This year, we are combining events to honor the voices of diverse communities and family members in one virtual Advocacy Day. Please join us to engage state policy makers with the goal of eliminating stigma and providing better mental health outcomes for our diverse communities and family members!

THURSDAY,
SEPTEMBER 10, 2020
8:30 AM TO 1:30 PM PT

To register go to:
https://namica.org/events/advocacyday2020

For more information please contact
Alex Fuentes at intern2@namica.org
NAMI CALIFORNIA 2020 CONFERENCE
October 12-13 2020
Free Virtual Event!

Keynote Speakers

Thomas Insel, M.D.
Special Counsel to
Governor Newsom on
mental health

Sandra R. Hernández, M.D.
President and CEO of the
California Health Care
Foundation

Virtual Offerings

State of the State Address, Exhibits,
Workshops, Networking Opportunities,
Plenary Tracks + More!

For free registration and more information:
www.namica.org/conference
Today’s climate has forced many of us to work remotely away from our colleagues, and practice physical distance from friends and loved ones. For the safety and well-being of all, we have decided to move our annual conference to a virtual platform.

**Conference Information**

Our virtual conference presents the unique opportunity for meaningful discussion, and the ability to reflect and connect with peers statewide as we continue our annual tradition of gathering as a NAMI California community. We hope that our virtual event reaches new members within our community and creates opportunities for engaging discussions within the virtual platform.

All workshops will be recorded and available a few days after the NAMI California 2020 Annual Conference has ended, so you will be able to view any missed concurrent sessions.

Please consider sharing this news with your colleagues, friends and family members. **Here’s a flier to share** with your colleagues and here’s a link to share: [https://namica.org/events/2020-annual-conference](https://namica.org/events/2020-annual-conference)
Cancellation Information

Will My Registration Fee Be Refunded?

Yes, we are refunding 100% of your registration fee, including any administrative fees. Click here to receive your full refund. We will begin processing registration refunds as soon as possible, but due to the high volume, please allow at least 30 days from when the request was submitted. www.surveymonkey.com/r/5YMKXHK

Can I donate my registration payment to NAMI California?

Yes. Click here to donate your registration payment to NAMI California. Staff will send you a donation acknowledgement for tax purposes.

How can I cancel my hotel room reservation?

If you had a room reserved at the Sacramento Hyatt Regency, the hotel will automatically be canceling all rooms in the block. We ask that you do not contact the hotel to cancel your reservation. The hotel will cancel all reservations and send confirmation notices to the email addresses they have on file.

Are you refunding flights or other travel costs?

Please contact your carrier directly as soon as possible regarding a refund for any booked travel. Each carrier has its own policy regarding cancellations and whether refunds or credit will be issued. If you purchased travel insurance, please contact your provider for information and next steps.

Thank you for your patience as we navigate through this new process. We look forward to networking virtually with you this year!

REGISTER TODAY

https://41339.thankyou4caring.org/nami-ca-annual-conference-2020
I AM NOT SICK, I Don't Need Help!

LEAP ONLINE TRAINING
Join Dr. Amador—3 Hour Live with Q&A

Learn the #1 reason people with serious mental illness refuse help & how to create trusting relationships that lead to treatment & recovery.

Sept 16 or Oct 17
REGISTER TODAY!
LFRP.org/online-trainings
Cost $130-150

NAMI San Mateo Discount
$100 Ticket · Code: NAMISM100
How to Raise $500 IN SEVEN DAYS

1. Sponsor yourself first. $25

2. Ask 4 family members to sponsor you for $25 each. $100

3. Ask 5 co-workers to contribute $15 each. $75

4. Ask 4 friends to contribute $25. $100

5. Ask 5 neighbors to sponsor you for $15 each. $75

6. Ask your boss for a company contribution of $50. $50

7. Ask 3 businesses you frequent to donate $25 each. $75

Like any other health crisis, it’s important to address a mental health emergency quickly and effectively.

This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and so much more.

www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis
Greetings Nami,

I wanted to request your help in getting nominations from the Nami community since it's that time of year again! Now – more than ever – there are heroes among us! We invite you to nominate a colleague, property owner/manager, or organization who has gone above and beyond to support one or more clients in finding or keeping housing. The deadline for nominations is **September 14th**.

To submit a nomination please print and complete the form on the next page. Mail or text a photo of the completed form per instructions listed on the form.

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**13th Annual Housing Hero Awards**

Honoring our community partners and colleagues who have demonstrated exceptional leadership in providing and/or maintaining housing for individuals in San Mateo County with mental health and/or co-occurring challenges.

[https://www.smchealth.org/event/13th-annual-housing-heroes-awards-ceremony](https://www.smchealth.org/event/13th-annual-housing-heroes-awards-ceremony)

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**9AM Tuesday, October 20th 2020**

Awards Presentation at the San Mateo County Board of Supervisors’ Meeting

[https://sanmateocounty.legistar.com/Calendar.aspx](https://sanmateocounty.legistar.com/Calendar.aspx)

Organized by the San Mateo County Change Agent Housing Committee
San Mateo County
★ Change Agent Housing Committee ★
Proudly Presents:

THE 13TH ANNUAL HOUSING HEROES AWARDS

Has someone helped you find or keep housing?

Lack of stable housing can make recovery from co-occurring substance abuse and mental health issues an endless struggle. We invite you to nominate a person (landlord, property manager, case manager...) or a program that has helped individuals with co-occurring issues find or keep housing in San Mateo County.

★Please Complete Electronically or Print Clearly★

1) Your name & info: Name __________________________ Phone __________________________

2) Name of person you want to nominate: ____________________________________________

   (Program and/or Job Title)

   How do you know this person? ______________________________________________________

3) Please share why you feel this person (or program) has demonstrated exceptional service providing housing to you, or to the co-occurring / recovery community?

   _______________________________________________________________________________

   _______________________________________________________________________________

   _______________________________________________________________________________

4) If your nomination is selected would you like to help present the award? □ Yes  □ No
   (this may be done either in person, or via video - we can help with this!)

PLEASE RETURN FORMS TO:  
Nomination Deadline: SEPTEMBER 14TH

Danielle Lacampagne
262 Harbor Blvd, Bld A, Belmont, Ca 94002
Email: DLacampagne@smcgov.org
Fax: 650-369-1501 or
Text photo: (of form to) 650-649-9508

Awards Ceremony will be held:
9am Tuesday, October 20th, 2020, at the
San Mateo County Board of Supervisors’ Meeting (Virtual)
## Upcoming Free Webinars

All times shown are in Pacific Time.

<table>
<thead>
<tr>
<th>Date / Time</th>
<th>Topic / Registration Link</th>
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| Tues, Sep 8, 11 am - 12:30 pm | **Assessing and Managing Adolescent Suicidal Behavior: New Approaches** - *BBRH*  
| Wed, Sep 16, 7 am - 8 am | **Suicide Assessment in the Time of COVID: Interventions/strategies to assess children & adolescents in remote learning** - *Amita Health*  
https://register.gotowebinar.com/register/1860877659107939344 |
| Thu, Sep 17, 11:15 am - 12:15 pm | **Understanding the Role of Resilience in Gender and Sexual Minority Communities** - *Mental Health America*  
www.mhanational.org/events/understanding-role-resilience-gender-and-sexual-minority-communities |
| Thu, Sep 17, Fri, Sep 18 10 am - 4 am | **Virtual Workshop: Social Disconnection and Late-Life Suicide: Mechanisms, Treatment Targets, and Interventions** - *National Institute of Mental Health*  
https://www.nimhsocialdisconnection.com |
| Fri, Sep 18, 8 am - 9 am | **Getting Past “I’ve got this, No!”: Overcoming Resistance to Assessment and Treatment** - *Amita Health*  
https://register.gotowebinar.com/register/4670084788279171087 |
| Fri, Sep 25, 7 am - 8 am | **Promoting Emotional Wellness In The Workplace** - *Amita Health*  
https://register.gotowebinar.com/register/1667813312875206416 |
| Month of Sept | **Free Online “Mental Health and Wellness” Eventbright Listings in September.**  
www.eventbrite.com/d/online/free--events--this-month/mental-health-and-wellness |
NAVIGATING a mental health CRISIS

WARNING SIGNS of a Mental Health Crisis

- Trouble with daily tasks like bathing, brushing teeth, changing clothes
- Sudden, extreme changes in mood
- Increased agitation
- Abusive behavior to self and others, including substance use or self-harm
- Isolation

- Symptoms of psychosis, like difficulty recognizing family or friends, hearing voices, seeing things that aren’t there
- Paranoia

WHAT TO DO in a Mental Health Crisis

IF YOU ARE WORRIED that your loved one is in or nearing a crisis, seek help. Make sure to assess the immediacy of the situation to help determine where to start.

- Is the person in danger of hurting themselves, others or property?
- Do you have time to start with a phone call for guidance from a mental health professional?
- Do you need emergency assistance?

If the situation is life-threatening, call 911 and ask for someone with mental health experience to respond, like a Crisis Intervention Team.

www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide
**DBT Center of Silicon Valley**

A DBT Support Group for Loved Ones of Someone with Borderline Personality Disorder

Cost: $75/group

3 month initial commitment required

When: 2nd & 4th Tuesday of the month, 6 to 8 pm.

Where: Online

For whom: Residents of CA. First group begins 9/8

Facilitated by Stephanie Heintz, LMFT

DBT-Linehan Board of Certification, Certified Clinician™

To sign up, contact Stephanie@dbtcentersv.com
Volunteers who hear voices, see visions, or have other unusual perceptions or beliefs needed for paid online research study

The Emotion and Social Interaction (ESI) Lab in the Department of Psychology at UC Berkeley is recruiting volunteers to participate in research to learn about life during the COVID-19 pandemic. We know the ongoing pandemic has changed lives in many ways, and we want to hear how it has impacted you.

You may be eligible for this study if you:
- Are between the ages of 18-65
- Are proficient in the English language
- Have access to a computer
- Have internet access
- Have an email address
- Have a quiet, relatively private space in your home to complete the survey

The study survey is completely ONLINE, and can be completed at your convenience. It should take approximately 1 hour to finish, and you will receive $15 for your participation.

If you are interested, please call 415-691-7650 or email COVID19.esi.berkeley@gmail.com
NAMI San Mateo County

WARMLINE

(650) 638-0800
Mon to Fri
9AM-3PM

LEARN ABOUT UP TO DATE RESOURCES IN OUR COMMUNITY THROUGH NAMI SAN MATEO’S WARMLINE!

In our best efforts to support the people we care about during this challenging time, NAMI SMC has kept our WarmLine open during business hours. When you call, you will receive suggestions and help in navigating services in your area. Resources like housing agencies, crisis intervention hotlines, food banks and NAMI's online support groups are all accessible with the guidance of our NAMI WarmLine operators.