Thank You for Making the First NAMIWalks San Mateo County Special

Thank you NAMI SMC community for making our very first NAMIWalks San Mateo County such a special day and for truly showing the strength of our local mental health community! On a day where we could not gather, TOGETHER, we helped Raise Awareness for Mental Health, Supported our San Mateo County Programs & Services, Remembered Loved Ones and Built Community.

During our first San Mateo County walk, we transitioned to a virtual event and we hoped to raise $40,000 for our programs and services. We had such thoughtful and compassionate supporters join these efforts, we ended up raising 160% of our goal!

On the day of the virtual walk, October 10, on World Mental Health Day, our NAMI SMC members, family, friends and mental health advocates all over San Mateo County and beyond chose to partake in any activities that were meaningful to them. Following the event, some participants shared stories of walking at different locations in SMC with signs while spreading awareness. They shared that it was such a positive feeling to have other community members stop them to tell their stories of mental health experiences.

Also, as part of the inaugural event, we shared a Mental Health For All video with Local Mental Health Leaders, Advocates and Supporters who shared their stories and discussed the importance of NAMI SMC services and programs to our community. Video speakers included, Congresswoman Jackie Speier, Scott Gilman (Director of Behavioral Health and Recovery Services for SMC Health), Nancy Magee (San Mateo County Superintendent of Schools), Lenny Mendonca (Former Chief Economic and Business Advisor to Governor Gavin Newsom) and NAMI SMC Supporters. We invite you to watch here – https://www.youtube.com/watch?v=F60rsQqn2AU

We are grateful, appreciative and thank everyone for the amazing support during our first local walk here in SMC. We look forward to doing it again next year. Thank you!

-Your NAMI San Mateo County Team

“There is no standard normal. Normal is subjective. There are seven billion versions of normal on this planet.” – Matt Haig

Jerry Thompson Retires!

Jerry Thompson has presided over our NAMI SMC board as president for 8 out of his 10 years as a board member. For much of that time he also filled the role of board secretary, writing up the minutes, playing a part in setting meeting agendas, and implementing action items approved by the board. All this while teaching and mentoring his many nursing students at Samuel Merritt College.

During this important period of growth our affiliate went from having two part time employees in 2010 to a full-time executive director and four part time staff in 2020. His intelligence and collaborative approach influenced all of us who worked with him, as well as the community we serve.

November is...
The kindness and compassion that he conveyed, not only through his words, but through the twinkle in his eyes, made all of us want to know him and help him serve and be a part of the NAMI community. He presided over our general meetings, “showing up” every time, almost without fail, to welcome, offer support, and remind us of the mission and values we share.

JERRY WILL RETIRE FROM OUR BOARD OF DIRECTORS, AND FROM HIS TEACHING POSITION AT SAMUEL MERRITT, EFFECTIVE NOVEMBER 30TH.

As we bid him farewell and wish him many new and exciting adventures, we want him to know how much he has meant to each of us. Those of us who remain will work to ensure that his work ethic and his singular dedication to the pursuit of our mission will be our compass. Here is a reminder of that mission once more:

“NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives”.

Thank you, Jerry for all you have done to help each of us build better lives. We will miss seeing you, and we hope you will stay in touch.

Affectionately, Your NAMI Family

Farewell to Amishi Patel & Helmer Donan

I am sad to announce that Amishi Patel and Helmer Doan are no longer with us. They were hired in March 2019 as Family Partners with the HOPE Program. This Program was a pilot, funded by a grant from San Mateo County through Heart & Soul. As with any pilot program, positions are time-limited and its sustainability depends on clients served and services provided. Unfortunately, due to the lack of client referrals, the need for the two positions could not be justified.

HOPE stands for Helping Our Peers Emerge: From Hospitalization to Healthy Community Integration. The Family Partner services is an optional service that is activated only at the request of the program participants. More information about Heart & Soul and all their programs can be found at https://www.heartandsoulinc.org.

We thank Amishi and Helmer for their dedication and support to the families that they assisted and we wish them the very best in their future endeavors.

-Twila Dependahl, Executive Director, NAMI SMC

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.

"I am not a product of my circumstances. I am a product of my decisions." - Stephen Covey

We are THANKFUL for our 5 new members to our Board of Directors.

Elizabeth Downard Her role as a Community Mental Health nurse for San Mateo County and NAMI support group facilitator have allowed her to collaborate with, and provide support, care, and advocacy for those living with mental illness and their families. Continuing as a NAMI Board member, her hope is to broaden the scope to encompass our community at large.

Donnakerrri Hofstetter has worked through family DBT, spent a lifetime understanding her family challenges with schizophrenia, Borderline Personality Disorder and Major Depression. She has spent 35 years with non profits in various disciplines of mental health, family, service and professional organizations. She is married with six grown children, five grandchildren and lives in San Mateo.

William Elting who after 30 years working and volunteering in the public education arena, has been focused on volunteering in the behavioral health community for several years. His passions are suicide prevention, and opposing mental health stigma. He is very excited to be joining NAMI in the role of a Board Member at a time when so many things around mental health are being re-imagined.

Waynette Brock is Chief Executive Officer, One New Heartbeat, Inc. Waynette is an Advanced Level WRAP Facilitator and leads the organizational team which has created an outreach modality that encompasses a broad range of services, specifically targeting high risk individuals, as well as anyone who wants positive life changes. Her hope is that together with selflessness and compassion we can assist those who experience mental health challenges and family members in the process of shifting towards wellness & recovery.

Carrie Du Bois has a mother and a son who suffer from dual diagnosis. She is an elected school board member for the Sequoia Union High School District. As a board member and community volunteer Carrie has been working to educate others about mental health, trauma informed learning and our most at risk students.

Hoarding disorder - occurs in an estimated 2 to 6 percent of the population and often leads to substantial distress and problems functioning. Some research show hoarding disorder is more common in males than females. It is also more common among older adults--three times as many adults 55 to 94 years are affected by hoarding disorder compared to adults 34 to 44 years old.

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

"Crisis Intervention Team (CIT) Program at work in our San Mateo County community"

Wednesday November 18, 2020
7pm - 8:30pm ZOOM

At our November General Meeting, we will host a panel discussion with mental health professionals from local crisis support teams who will discuss how they collaborate with law enforcement in San Mateo County to support those experiencing a behavioral health crisis through intervention and prevention.

The panel will address the approach, the roles and the support provided by SMC Crisis Intervention Training (CIT), the Field Crisis Collaborative Committee (FCCC), Psychiatric Emergency Response Teams (PERT) and the Family Assertive Support Team (FAST), along with NAMI San Mateo County’s collaboration efforts with each of these teams.

In addition to discussing the programs in place, our panel will cover the growth of these programs and how we can all work together as a community to ensure they continue to expand and have a positive impact.

Following the panel discussion, attendees are invited to ask questions and share their experiences.

We hope to have you join us for this very important and relevant discussion.

Overviews of SMC Crisis Intervention Teams

Crisis Intervention Training Academy Overview

Introduced in 2005, San Mateo County’s crisis intervention training (CIT) is part of a continuum of crisis services which aim to safely provide the best support possible to those in a behavioral health crisis.

Through collaborative community partnerships and intensive training, CIT improves de-escalation with tactical communication, active listening, identifies mental health resources for those in crisis, and ensures officer and community safety.

San Mateo County’s CIT program is a partnership between the National Alliance on Mental Illness San Mateo County (NAMI), the Sheriff’s Office and BHRS.

Field Crisis Collaborative Committee (FCCC) Overview

A community support system of San Mateo County that comes together once a month to review chronic cases and offers Law Enforcement direct support in the field and to experience collaboration firsthand by working with their local mental health professionals.

The FCCC is a voluntary coalition of San Mateo County law enforcement agencies, San Mateo County Behavioral Health Care and allied service providers who agree to meet for the purpose of assisting individuals struggling with mental illness, substance abuse, and co-occurring disorders who are at high risk of frequent welfare checks, homelessness, involuntary hospitalization or who are arrested for behaviors and activity related to their disabilities. The Work Group/Team is committed to assisting these individuals in obtaining evaluation, treatment, and ongoing services leading towards recovery and reducing recidivism for the benefit of both the individual and the community.

Psychiatric Emergency Response Team (PERT) Overview

The Psychiatric Emergency Response Team (PERT) consists of one Sheriff’s Detective and one Licensed Mental Health Clinician from Behavioral Health and Recovery Services. PERT reviews all Sheriff’s Office cases involving possible mental illness and conducts follow-up investigation when necessary, with the goal of connecting patients and families with services and resources that can help manage acute crisis, prevent tragic outcomes, and reduce hospitalizations and incarcerations. PERT also functions as the homeless liaison for the Sheriff’s Office and conducts regular outreach to the homeless population of San Mateo County. PERT functions in a consultative capacity to the Sheriff’s Office Crisis Negotiation Team, and provides consultation to the other law enforcement and behavioral health agencies in San Mateo County.

Mobile Support Team Overview

Mateo Lodge provides 24/7 outreach support services by the bilingual staff of the Mobile Support team. The Support Team addresses the immediate needs for crisis intervention, transportation, and homelessness or in danger of becoming homeless.

FAST – Family Assertive Support Team Overview

A mobile support team that provides: In-home outreach service that offers assessment, consultation, and support services to adults (age 18+) experiencing a severe mental health problem and their designated family members (broadly defined as individuals with close and enduring emotional ties). Consists of a therapist, family partners and peer counselor.

Special Thanks to Florian Davos

After three years of being a dedicated co-facilitator for NAMI’s Parents of Youth & Young Adult Support Group, Florian Davos has decided to step down as a leader to spend more time with her family and further relax in retirement.

With her background in Special Education and raising two children with mental health issues, Florian brought a valuable perspective to the group. She has guided numerous families on their challenging journey of raising children with behavioral health challenges and setting realistic expectations for the future. Her down to earth advice, compassionate listening, and warm heart will definitely be missed by all who have participated. Thanks again, Florian, for all your guidance and support! - Ginny Traub

If you or anyone you know has attended a support group and might be interested in "giving back" by co-facilitating the Parents of Youth Group, please send an email to parentsfyouyth@gmail.com or contact the NAMI San Mateo office at 650-638-0800 or nami@namisanmateo.org.

Announcing our new Board of Director Officers effective November 1, 2020!

◊ Armando Sandoval, President
◊ Kathy Stern, Vice President
◊ Elizabeth Downard, Secretary
◊ William Elting, Treasurer
Understanding Rules
ensure our adult kids living
–
We need everyone who cares
group of NAMI
–
-51 families answered Yes.
can
-Cyclical varia-
66 families answered No.
At our NAMI San Mateo 2021 Kickoff
melinda@melindahenning.com
are
56 families answered No.
where will our adult kids live, and who will
or
JO92048@aol.com
Please
our efforts
we
SOLUTIONS for
we have books and
–
-Image 24x719 to 67x767-
-Image 313x34 to 579x78-
-Image 315x144 to 401x173-
-Image 479x390 to 578x532-
-Image 503x144-

SOLUTIONS for Supportive Homes
Showcasing the Best!
January 27, 2021

SOLUTIONS for Supportive Homes is a group of NAMI San Mateo parents working to increase the supply and the quality of affordable permanent supportive homes in our communities. At our NAMI San Mateo 2021 Kickoff General Meeting, we will be showcasing some of the inspiring solutions we’ve discovered.

So many of us have been helping our adult children for decades through their tumultuous journeys with mental illness and mental health care, and so many of us have exhausted our resources doing so. Now in our later years, we are truly worried: where will our adult kids live, and who will help them when we are gone?

We want to close the glaring gap in the continuum of quality mental health care we envision – the dearth of affordable permanent supportive homes – which is sabotaging the entire health care system, draining public funds, exhausting caregivers, and tragically costing lives.

Members of Solutions for Supportive Homes have been researching successful models for supportive homes across the country, and we’ve found many: purpose built multi-unit buildings with onsite services, shared residences with visiting services, motel conversions and tiny house villages with on-site employment opportunities, clubhouse-affiliated homes, supported scattered-site apartments, parent-funded equity share arrangements, and more. There are links to some of these on our website. We’ve also been building relationships with service providers and actively advocating with our county and state elected officials.

We see that there are many possibilities for developing more homes, but we are told again and again that our efforts to make lasting change will be effective only when our voices are louder and only when we show up and speak up in much larger numbers. We need everyone who cares about this issue to join us.

Last year, 69 NAMI San Mateo families responded to our survey in which we asked 3 questions:

- Do you have an adult child living with you at home who is not capable of living independently?
  ⇒ 51 families answered Yes.

- Is your adult child able to provide for their own housing, food, clothing, and other necessities without your help?
  ⇒ 66 families answered No.

- Do you have the financial resources necessary to ensure that your adult child will have housing and support when you pass away?
  ⇒ 56 families answered No.

This means that at least 56 adults – our own kids – are at imminent risk of homelessness when their family caregivers die.

We know there are solutions. And yet, only a small group of us is actively working to create them. SOLUTIONS for Supportive Homes absolutely needs EVERY voice. Please join us.

Get in touch with us at and tell us about your needs and your interests and be sure to attend (virtually) our presenta-
tion on January 27, 2021. You will be inspired to see what’s possible.

Working together, we can ensure our adult kids living with persistent mental illnesses can be safe and cared for and can live with dignity in their home communities.

For more information please email
Carolyn Shepard at JO92048@aol.com or
Melinda Henning at melinda@melindahenning.com

SOLUTIONS for Supportive Homes
www.solutionsforsupportivehomes.org

New Additions to the Library
Laws We Need to Know: Understanding Rules & Programs for Persons with Mental Illness.
by Baron L. Miller, J.D.

Those suffering from mental illness and their supporters need to understand and access complex rules and programs. As a knowledgeable attorney cannot be called every time a question arises, this book provides a ready reference tool. The author, Baron Miller, is a practicing attorney in San Francisco and long-time NAMI Member. He has been dealing for decades with legal issues affecting persons with mental illness. With straightforward and comprehensible language he explains applicable laws and legal processes, and includes citations to laws for use by attorneys and all others who want a more in-depth knowledge of them.

Both as a legal professional with expertise in the subject matter presented, and as a parent of an adult with schizophrenia, Mr. Miller has a thorough understanding of the effects of mental illness and of the needs of those connected to it. With that knowledge he has written a book that advances our ability to care for each other and for ourselves.

For more information about the author go to:
www.baronmillerlaw.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.

Circadian Rhythms - Cyclical variations in physiological and biochemical function, level of sleep-wake activity, and emotional state. Circadian rhythms have a cycle of about 24 hours, ultradian rhythms have a cycle that is shorter than 1 day, and infradian rhythms have a cycle that may last weeks or months.

Medicare.gov
Mental health support is available for you
NAMI Education Programs
Learn, Find Support, and Increase Understanding
To be added to the Wait List, call 650-638-0800 or email us at education@namisanmateo.org

PRE-REGISTRATION IS REQUIRED
Sign up for the evidence-based education class that fits your need. (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 8 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.

Myth: You need a diagnosis before you can address your mental health.
Fact: Like most things in life, mental health is a complex continuum where people can find themselves at extremes, or somewhere in the middle. Though a diagnosis isn't a requirement to take care of your mental health, it's important to talk to doctors or health-care providers about mental health concerns as they arise. Early recognition can diminish negative impact and increase opportunities for support.

NAMI SMC Resource Guide
NAMI San Mateo is happy to announce we have expanded our resource guide! Through the efforts of our dedicated 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!

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

We are grateful for donations...
...with Gratitude
A special thanks to all our wonderful volunteers for keeping our programs running during the COVID pandemic.

We couldn’t do it without you!

...in Honor of
Mary Ann Lawson from Jane Lawson
Kathy’s Hope Walk Team from Leda Lomibao
NAMI Teachers from Gregory M. Dotson

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, Dan Conway, William Elting, Stephanie Eng, Nikki Hennessey, Audrey Kemp, Leslie Liu, MJ Kim, Patrice Massicotte, Emily Pomeroy, Kristina Xiang,

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

“IT’s not what happens to you, but how you react to it that matters.” - Epictetus

WE ARE GRATEFUL FOR DONATIONS...

Don’t forget that you have until the end of December to maximize your charitable impact through the transfer of non-cash assets to NAMI while at the same time, possibly reducing your taxes.

Don’t lose your capital gains to taxes – maximize your contributions to NAMI !!!

Let us tell you how - email Twila Dependahl at twila@namisanmateo.org

ADDITION OF NEWS/EVENTS ON OUR WEBSITE
We are pleased to announce that with the September General Meeting, we are posting video recordings of the presentations; and if applicable, the presentation slides.

For the very well attended General Meeting in September on Youth Suicide Attempter: What You Should Know and the Parents of Youth Group Presentation, both presentations and the video recording can be found at:
https://namisanmateo.org/news-events/general-meetings

Don’t lose your capital gains to taxes – maximize your contributions to NAMI !!!

Let us tell you how - email Twila Dependahl at twila@namisanmateo.org

MYTH OR FACT

NAMI SMC Resource Guide

NAMI SMC is happy to announce we have expanded our resource guide! Through the efforts of our dedicated 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!
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 rochoa@smcgonv.org
Please call 650-573-2544 with any questions.

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

“We don’t see things as they are, we see them as we are.”  - Anais Nin

Quick Survey for your consideration!
Older Adults Connections!

We are considering starting a Connection Meeting for Older Adults, age 55+.
If you are age 55+ and would be interested in participating, please send your name, email address, and phone number to Jen at education@namisanmateo.org or to Twila at twila@namisanmateo.org along with your answers to the questions below.
1. How often would you like to meet: once a month? 2 times per month? Or every week?
2. What would be your ideal days/times to meet?

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

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.
**Give a Meaningful Gift this Holiday Season**

Support NAMI SMC by purchasing Note Cards and NAMI Jewelry

It's the Season of Thanks and in a year when it’s been challenging to connect with family and friends, a special greeting card or hand-crafted jewelry will be a thoughtful and meaningful surprise.

During November and December we’ll be selling these beautiful note cards created by and on behalf of individuals with a mental health diagnosis. These cards include original artwork on the front along with the artist’s name and state on the back of each card.

We will also be selling NAMI Jewelry, designed by Mike Warner, the owner and family member of Wild Bryde Jewelry. These beautifully hand-crafted collections of silver and gold plated earrings, pins, pendants and bracelets feature the NAMI signature “grass roots” symbol.

We can change the way the world see’s mental illness!

All proceeds support NAMI San Mateo County.

In the coming weeks we will share more details on how to purchase these one-of-a-kind items through our website or in-person.

If interested in more information, please email nami@namisamnateo.org or call 650-638-0800
Membership / Donation Form

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

- Individual Member ($40)*
- Household Member ($60)*
- Open Door Member ($5)*

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

□ Renewal or □ New Membership

Amount Enclosed: $_______

□ My Company has a Matching Gift Program: ________________________________ (company name)

Name________________________________________

Address________________________________________

City/State__________________________ Zip____________

Phone __________________________ E-mail____________________

Pay by: □ Check □ Visa □ MC Credit cards charged to billing address.

Credit Card#________________________ Expires___________ 3 Digit code______

Amount $________________ Signature____________________

How did you hear about NAMI? ____________________________________________

Please check all that apply: I/we am/are □ Family □ Individual □ Friend

□ MH Professional □ Business or Agency

Your membership in NAMI San Mateo County is tax deductible to the extent allowed by law.

Our Tax ID number is 94-2650681.

Thank you for being a part of the NAMI SMC family!
Caring for Yourself and Your Loved Ones with Mental Illness

DURING A PANDEMIC

59%
of Americans believe that COVID-19 is having a serious impact on their day-to-day lives*

36%
reported that COVID-19 is having a serious impact on their mental health*

*Courtesy of American Psychiatric Association

For your loved one with a mental illness, the amount of distress during a pandemic can exacerbate already existing symptoms and increase:

- Paranoia
- Delusions
- Anxiety
- Depression
- Hallucinations
- Cognitive Impairments
- Disorganization

HOW TO SUPPORT AN INDIVIDUAL WITH MENTAL ILLNESS

- Make sure they have proper information and are not misinformed.
- Consider moving an isolated person back into your home if it is safe and possible to do so.
- Increase your support network.
- Ensure your loved one has remote access to mental healthcare including phone & telehealth. Ask to be included on some of the meetings if possible.
- Encourage your loved one to stay on medication.

- Ask physicians to give the maximum safe number of pills that are covered by insurance – don’t wait until the last day for pills!
- Stress the importance of sleep.
- Make sure firearms are removed or strongly secured.
- Minimize the amount of alcohol, marijuana, and other substances in the home.
- Encourage the use of online support groups.
- Know how to access mental health crisis services if necessary.

IF YOU OR SOMEONE YOU KNOW IS IN A MENTAL HEALTH CRISIS IN MARYLAND, CONTACT THE MARYLAND HELPLINE AT 2-1-1 AND PRESS 1, OR TEXT YOUR ZIPCODE TO 898-211

Data from "Coping in the Time of Pandemic: Caring for Yourself and Your Loved Ones with Mental Illness" by Dr. Mark Komrad & Dr. Patti Friedman

Find more Coronavirus (COVID-19) resources at http://namimd.org/coronavirus_resources

NAMIMaryland  NAMIMaryland  NAMIMaryland  www.namimd.org

NAMI Maryland
info@namimd.org
1-877-878-2371
410-694-0051
Friends, Thank You!

As part of the inaugural NAMIWalks San Mateo County event on October 10, 2020, Local Mental Health Leaders, Advocates and Supporters shared their stories and discussed the importance of NAMI SMC services and programs to our community. We invite you to watch.

Watch Here -> https://www.youtube.com/watch?v=F60rsQqn2AU

Speakers include:

⇒ Congresswoman Jackie Speier
⇒ Scott Gilman - Director of Behavioral Health and Recovery Services for SMC Health
⇒ Nancy Magee - San Mateo County Superintendent of Schools
⇒ Lenny Mendonca - Former Chief Economic and Business Advisor to Governor Gavin Newsom
⇒ NAMI SMC Supporters

Thank you NAMI SMC community for making our very first NAMIWalks San Mateo County such a special day! We truly appreciate all of the thoughtful supporters who helped us Raise Awareness, Support our Programs, Remember Loved Ones and Build Community.

If you would still like to donate to our first NAMIWalks San Mateo County, you can support us here:

Please contact us with any questions at walks@namisanmateo.org

Thank you for all the thoughtful support!

Your NAMI San Mateo County Team
Phase2Careers is proud to present, not one, but two uplifting and inspirational keynote speakers:

- Award-winning author, Amy Collette. Her book, The Gratitude Connection: Embrace the Power of Thanks, describes how she turned her life around through embracing gratitude, and she will share her experiences with us in her presentation.

- Purvi Shah, the CEO of the Kids and Art Foundation, which she founded after her son was diagnosed with Acute Lymphoblastic Leukemia (ALL), a rare form of cancer. Founding the organization gave her life meaning and she will share her poignant story with us.

Go to: www.phase2careers.org

NAMI SMC offers Ending the Silence Presentations. A Mental Health Awareness Program for Youth.

NAMI is delighted to announce an interactive presentation that helps teens to learn about the warning signs of mental health conditions as well as what steps they should take to find support for themselves or their friends. One in five teens ages 13-18 experience a mental health condition in a given year and 80% of them are not currently receiving treatment.

NAMI Ending the Silence is an interactive presentation that includes a young adult living with mental illness who shares their journey of recovery. Teens will have the opportunity to ask questions and gain understanding of an often misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

Please email our Education Coordinator to schedule a presentation: education@namisanmateo.org

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.

CalAble: a savings and investment plan offered by the state of California to individuals with disabilities. https://calable.ca.gov

Coronavirus Updates

www.smchealth.org/coronavirus
www.cdc.gov/coronavirus
Everyone has their own song. A sequence of melodies and rhythms which make sense to us as individuals and which guide us through our lives. Unfortunately, the turmoil of 2020 has made many of us feel out of tune and has forced us to rethink our societal norms. This shifting landscape can be particularly difficult for our safety and service providers to navigate as result of the special professional demands they face.

Planning to Thrive (P2T) is an approach that recognizes the impact of culture on our perception in these fluid times and rises to meet the challenges we face through implementation of a three-part plan which includes: working “left of bang”, winning by design, and building a culture of personal and organizational wellness. In the end, the goal is to help you find the sound within yourself which allows you to not just survive, but thrive.

Marc “Junk” Junkerman is an active law enforcement commander with over 27 years of experience in assignments such as Patrol, Special Operations/SWAT, Special Investigations, and Warrant Apprehension. He has been involved in various peer and community behavioral health support roles since 2006 with a special focus on front end wellness advocacy since 2016. This has led to the development of his “Planning to Thrive (P2T)” program which he has been honored to deliver to various audiences across the country as an International Critical Incident Stress Foundation (ICISF) faculty member. “Junk” holds a BA in Psychology from Lebanon Valley College and an MS in Organizational Management from Johns Hopkins University. He is also a United States Army veteran.

The webinar will be held Monday, December 7, 2020 at 9:00 - 10:00 am PST

Register now at: https://attendee.gotowebinar.com/register/1445670184479811340
### SUPPORT GROUP MEETINGS

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Frequency</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NAMI Cordilleras MHR Center Family Group</strong></td>
<td>1st Monday</td>
<td>6:30-8pm</td>
<td>To register, email: <a href="mailto:cordilleras6765@gmail.com">cordilleras6765@gmail.com</a></td>
</tr>
<tr>
<td><strong>NAMI Parents of Youth &amp; Young Adults</strong></td>
<td>2nd Monday</td>
<td>7-8:30pm</td>
<td>To register, email: <a href="mailto:parentsofyouth@gmail.com">parentsofyouth@gmail.com</a></td>
</tr>
<tr>
<td><strong>NAMI Connections for Peers 18 &amp; Over</strong></td>
<td>Every Monday</td>
<td>7-8:30pm</td>
<td>Join Zoom Meeting: <a href="https://zoom.us/j/903824415?pwd=TVFhMExvaENnRWJjK2tZYU1ydWhKUT09">https://zoom.us/j/903824415?pwd=TVFhMExvaENnRWJjK2tZYU1ydWhKUT09</a> ID: 903 824 415 Password: 983074</td>
</tr>
<tr>
<td><strong>Café para Padres</strong></td>
<td>2nd &amp; 4th Tuesdays</td>
<td>8-8:30pm</td>
<td>Contact a Yolanda Ramirez at 650-599-1047.</td>
</tr>
<tr>
<td><strong>NAMI San Mateo Medical Center Support Group</strong></td>
<td>3rd Tuesday</td>
<td>6:30-8pm</td>
<td>To register, email: <a href="mailto:charleswoods.nami@gmail.com">charleswoods.nami@gmail.com</a></td>
</tr>
<tr>
<td><strong>NAMI South County Family Support Group</strong></td>
<td>2nd Tuesday</td>
<td>6-7:30pm</td>
<td>To register, email: <a href="mailto:southcountyNFSG@gmail.com">southcountyNFSG@gmail.com</a></td>
</tr>
<tr>
<td><strong>NAMI Spanish-Speaking Support Group</strong></td>
<td>2nd Tuesday</td>
<td>6-7-30pm</td>
<td>To register, email: <a href="mailto:csaggese@smcgov.org">csaggese@smcgov.org</a> or call (650) 573-2673.</td>
</tr>
<tr>
<td><strong>NAMI Jewish Family &amp; Services Support Group</strong></td>
<td>2nd Tuesday</td>
<td>6:30-8pm</td>
<td>To register please complete the submission form at <a href="https://bit.ly/pas-fsg">https://bit.ly/pas-fsg</a> or visit: <a href="https://namisantaclara.org">https://namisantaclara.org</a></td>
</tr>
<tr>
<td><strong>NAMI Stanford Family Support Group</strong></td>
<td>4th Tuesday</td>
<td>7-8:30pm</td>
<td>To register please complete the submission form at <a href="https://bit.ly/4-w-stan-fsg">https://bit.ly/4-w-stan-fsg</a> or visit: <a href="https://namisantaclara.org">https://namisantaclara.org</a></td>
</tr>
<tr>
<td><strong>DBSA Mood Disorder Support Group</strong></td>
<td>For persons with uni- and bi-polar disorders, mania, depression, or anxiety; family members welcome.</td>
<td>1-2:30pm</td>
<td>Meets every Tuesday from 7-9pm. Contact at 650-299-8880 (leave a message) or <a href="mailto:info@dbsaSanMateo.org">info@dbsaSanMateo.org</a>.</td>
</tr>
<tr>
<td><strong>Individuals Living With Their Own Mental Illness</strong></td>
<td>Every Tuesday</td>
<td>1-2:30pm</td>
<td>Redwood City - Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x1111</td>
</tr>
<tr>
<td><strong>Parent Chat</strong></td>
<td>2nd &amp; 4th Tuesdays</td>
<td>8pm</td>
<td>More info: 408-363-1572 or email: <a href="mailto:speaking@sfdbsa.com">speaking@sfdbsa.com</a>.</td>
</tr>
<tr>
<td><strong>Jewish Support Group</strong></td>
<td>open to all denominations</td>
<td>6:30-8pm</td>
<td>Info: Trudy 650-208-9116</td>
</tr>
<tr>
<td><strong>NAMI Connections for Peers 18 &amp; Over</strong></td>
<td>every Thursday</td>
<td>7:30-8:30pm</td>
<td>Join Zoom Meeting: <a href="https://zoom.us/j/903824415?pwd=TVFhMExvaENnRWJjK2tZYU1ydWhKUT09">https://zoom.us/j/903824415?pwd=TVFhMExvaENnRWJjK2tZYU1ydWhKUT09</a> ID: 903 824 415 Password: 983074</td>
</tr>
<tr>
<td><strong>Coastside Dual Diagnosis Group</strong></td>
<td>Every Thursday</td>
<td>5pm</td>
<td>Info: call 650-726-6369</td>
</tr>
<tr>
<td><strong>Body Image &amp; Eating Disorders</strong></td>
<td>Every Thursday</td>
<td>6:30-8pm</td>
<td>Open to family and friends. RSVP required. More info: 408-356-1212 or email: <a href="mailto:info@edrcsv.org">info@edrcsv.org</a></td>
</tr>
<tr>
<td><strong>H.E.L.P.</strong></td>
<td>Every Thursday</td>
<td>6:30-7:30pm, 7:30-8:30 prayer</td>
<td>Menlo Church, Garden Court. Info: call Jane Clark 650-464-9033.</td>
</tr>
<tr>
<td><strong>Chinese Family Support Group</strong></td>
<td>2nd Friday</td>
<td>6:30-8pm</td>
<td>For more info &amp; registration, contact Tammy Vuong, ASW at 650-454-4711 or <a href="mailto:QVuong@smcgov.org">QVuong@smcgov.org</a></td>
</tr>
<tr>
<td><strong>Korean Support Group</strong></td>
<td>4th Friday</td>
<td>12:30-2:30pm</td>
<td>Call for location: Kyu, 408-712-1149.</td>
</tr>
<tr>
<td><strong>Obsessive-Compulsive Foundation of SF Bay Area</strong></td>
<td>3rd Saturday</td>
<td>1:30-3:30pm</td>
<td>Seton Medical Center. Info: 415-273-7273; <a href="http://www.ocdbayarea.org">www.ocdbayarea.org</a>.</td>
</tr>
<tr>
<td><strong>Chinese Language Family Support Group</strong></td>
<td>Cantonese/Mandarin</td>
<td>7:30-8:30</td>
<td>Call Alice at 650-573-3571 for information.</td>
</tr>
<tr>
<td><strong>Japanese Education &amp; Support Group</strong></td>
<td>For info call (415) 474-7310.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Consumer Support Groups, Heart and Soul</strong></td>
<td>650-232-7426 or visit <a href="http://www.heartandsoulinc.org">www.heartandsoulinc.org</a>.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cluttering &amp; Hoarding Support Groups, Workshops, and Private Consultations</strong></td>
<td>contact Emily Farber, MSW, 650-289-5417, <a href="mailto:efarber@avenidas.org">efarber@avenidas.org</a>.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
BAHVN Online Support Group Meetings

The SF Bay Area Hearing Voices Network (BAHVN) is a non-profit organization consisting of individuals who hear voices, see or sense things others don’t, and have other extreme or unusual experiences and beliefs. For more information contact our website: www.bayareahearingvoices.org

Monday Meetings:
BAHVN separate support groups for adults, family members, and transitional age youth (TAY, age 18-24) are now online. The 3 separate Support Groups meet Mondays from 6 to 8 pm.
To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page to the Monday group.

Tuesday Meeting:
BAHVN in partnership with HealthRIGHT360 of San Francisco offers an online adult support group Tuesday evenings from 6 to 8 pm led by trained facilitators with lived experience in the mental health system. HealthRIGHT360 is a family of integrated health programs that provides compassionate care and treatment to over 38,000 individuals a year through more than 70 distinct and culturally competent programs in 13 California counties, including San Francisco. For more information related to the HV group please call (1-415-814-9756).
To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page to the Tuesday group.

Wednesday Meeting:
BAHVN, in partnership with the Mental Health Association of San Francisco (MHASF), offers an online adult support group Wednesday evenings from 6-8 pm. The MHASF is a peer-led social justice community dedicated to progressive mental health issues for the past 70 years. The MHASF Peer-Run Warm Line (1-855-845-7415) is a non-emergency resource for anyone in California seeking emotional support. They provide assistance via phone and webchat on a non-discriminatory basis to anyone in need.
To enter the on-line support group meeting go to our website: www.bayareahearingvoices.org and click on the link at the bottom of the page to the Wednesday group.
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](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](https://support.zoom.us/hc)
Join the Everyday Moments of Mindfulness (EMMI) Study

Researchers at UCSF are looking for women ages 30-60 who have experienced early life stress to participate in the EMMI study. We will examine how daily mindfulness and compassion practices may change your well-being in everyday life.

- Practice daily for 1 month using the EMMI app
- Attend two 1-hour meetings with the UCSF study team
- Answer daily questionnaires via the EMMI app
- Earn up to $200 for your participation

Questions? Contact us at emmistudy@ucsf.edu

Find out if you’re eligible by taking a 3-minute survey at ucsfemmi.org!
SOCIAL DISTANCING DURING CORONAVIRUS

Social distancing is an action encouraged by public health officials to stop or slow down the spread of a highly contagious disease. This information is being provided to help you understand what you are being asked to do by the Health Officer.

STOP THE SPREAD OF CORONAVIRUS (COVID-19)

If you must be in a public space, maintain 6 feet of distance from others.

How Social Distancing Helps our Healthcare Facilities Care for Everyone

What are social distancing measures?
Social distancing measures are taken to restrict when and where people can gather to stop or slow the spread of infectious diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events. When in public spaces it is important to stay 6 feet away from other people.

Why would social distancing measures be used?
Since the start of the spread of coronavirus, social distancing measures will be used early on to slow the spread of the disease and provide our community with the valuable time needed to be better prepared.

What can I do?
Practicing good hygiene habits such as washing your hands and covering your cough will help to stop or slow the spread of many diseases. For additional resources to keep safe, please visit www.smchealth.org/coronavirus.

It is important to follow any social distancing instructions from San Mateo County Health. Please stay informed and plan ahead.

IMPORTANT RESOURCES DURING THE COVID-19 PANDEMIC
For questions or concerns, please dial 2-1-1
For more information about health issues and emergency preparedness, please visit the following websites:
County Health: www.smchealth.org/coronavirus
San Mateo County: www.smcgov.org

Dial 2-1-1 for non-emergency, non-medical calls
smchealth.org/coronavirus
PARTICIPANT CRITERIA

We are looking for participants who:

• Are at least 18 years of age
• Have a diagnosis/prominent symptoms of OCD
• Are regularly taking medication for OCD

We reluctantly cannot accept any participants who:

• Have any brain lesions or other clinically significant abnormalities
• Are pregnant
• Have any non-MRI safe implants
• Have a history of epilepsy or seizures

If you are interested in learning more about TMS, or have any questions or concerns about our study, please contact us below.

CONTACT US

Nick Bassano
Research Coordinator

tmsocdstudy@stanford.edu

Transcranial Magnetic Stimulation (TMS) for Obsessive-Compulsive Disorder (OCD)

Brain Stimulation Lab
Stanford Psychiatry and Behavioral Services 401 Quarry Road
Stanford, CA 94304

www.med.stanford.edu/bsl

Participant’s rights questions, contact 1-866-680-2906.
WHAT IS TMS?

Background
Transcranial magnetic stimulation (TMS) is an FDA-approved, non-invasive form of brain stimulation for treatment-resistant depression.

About the TMS Technology
Our study utilizes the Magventure Magpro System. More information can be found at www.magventure.com

We are using an accelerated stimulation protocol which is not FDA-approved but has been deemed as non-significant risk by the FDA.

Procedure
During your TMS treatments, you will be awake and sitting in a chair. A magnetic device is placed over your head (pictured left). This device transmits magnetic waves to brain regions linked to OCD by research.

Potential Side Effects/Risks
The stimulation is generally painless. However, common side effects may include discomfort at the stimulation site, headache, and/or fatigue. The potential risk of TMS is seizure, but this is quite rare with an incidence rate of one in every 100,000 cases (1:100,000).

STUDY BACKGROUND
TMS has shown to be an effective form of treatment in individuals with treatment-resistant depression.

By using a form of TMS termed theta-burst stimulation (TBS), we hope that this will result in a more effective treatment by producing faster symptom reduction.

Standard FDA-approved protocols involve a 3-minute stimulation session 5 days a week for a total of 6 weeks.

We are trialing a novel form of accelerated TMS, where we will deliver ten 10-minute sessions per day, for up to 10 days.

TARGET BRAIN REGIONS
This study will compare the efficacy of TMS for OCD at two distinct brain regions. Participants will be randomized into one of two study groups, and receive stimulation at either the DMPFC and R-OFC. Both brain regions have been linked to OCD by research.

Dorsal Medial Prefrontal Cortex (DMPFC)
Right Orbitofrontal Cortex (R-OFC)

Superior View
Medial View

Patients that don’t respond to their study region will have the option to receive stimulation at the other region.
### 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](https://basics.nami.org)

---

### Upcoming Free Webinars

**All times shown are in Pacific Time.**

<table>
<thead>
<tr>
<th>Date / Time</th>
<th>Topic / Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Nov 10, 11 am - 12 pm</td>
<td>Not Feeling It: Adolescent Depression and Reward Processing Gone Awry - <a href="https://www.bbrfoundation.org/events">BBRH</a></td>
</tr>
<tr>
<td>Tues, Nov 3, 9 am - 10 am</td>
<td>Creating an ADHD-Friendly Home Environment - Multi-Session Course - <a href="https://chadd.z2systems.com/np/clients/chadd/event.jsp?event=1359">CHADD</a></td>
</tr>
<tr>
<td>Mon, Nov 16, 9 am - 10 am</td>
<td>Depression - Out of the Darkness and Into the Light - <a href="https://register.gotowebinar.com/register/7433512652681214479">NAMI Maryland</a></td>
</tr>
<tr>
<td>Tue, Dec 3, 11 am</td>
<td>Solving for Sleep: The Foundation of Improved Health Outcomes - <a href="https://www.thenationalcouncil.org/webinars/sleep-the-foundation-of-improved-health-outcomes">National Council For Behavioral Health</a></td>
</tr>
<tr>
<td>Mon, Dec 7, 9 am - 10 am</td>
<td>Finding Music Within the Noise: A Plan to Thrive During Troubling Times - <a href="https://register.gotowebinar.com/register/1445670184479811340">NAMI Maryland</a></td>
</tr>
<tr>
<td>Tue, Dec 8, 11 am - 12 pm</td>
<td>Using Genetic Maps of the Brain to Understand Autism &amp; Related Psychiatric Illnesses - <a href="https://www.bbrfoundation.org/events">BBRH</a></td>
</tr>
<tr>
<td>Month of Nov</td>
<td>Free Online “Mental Health and Wellness” Eventbrite Listings in November. - <a href="https://www.eventbrite.com/d/online/free--events--this-month/mental-health-and-wellness">www.eventbrite.com/d/online/free--events--this-month/mental-health-and-wellness</a></td>
</tr>
</tbody>
</table>

---

**Quoted in this issue:**

Matt Haig  [http://www.matthaig.com](http://www.matthaig.com)
Anais Nin  [https://theanaisninfoundation.org](https://theanaisninfoundation.org)
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
WHAT ARE THE HOLIDAY BLUES?

In a survey on the Holiday Blues

64% say they are affected
and 24% say the holidays affect them a lot.

So, what are they?
The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

This might include:
- Fatigue
- Tension
- Frustration
- Loneliness or isolation
- Sadness
- A sense of loss

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.

Tips for avoiding the Holiday Blues

- Stick to normal routines as much as possible.
- Get enough sleep.
- Take time for yourself, but don’t isolate yourself. Spend time with supportive, caring people.
- Eat and drink in moderation. Don’t drink alcohol if you are feeling down.
- Get exercise—even if it’s only taking a short walk.
- Make a to-do list. Keep things simple.
- Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.
- Set a budget for holiday activities. Don’t overextend yourself financially in buying presents.
- Listen to music or find other ways to relax.

Remember

The holiday blues are short-term. Be patient. Take things week by week or day by day.

Learn more at http://www.nami.org/holidayblues
Warmline

LEARN ABOUT UP TO DATE RESOURCES IN OUR COMMUNITY THROUGH OUR WARMLINE!

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

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 M-F 9-5. 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 Warm Line Peer operators.

NAMI San Mateo County produces its newsletter ten times a year.

The newsletter covers items of interest within the local and broader mental health community as well as events. 
Below you will find the current issue, along with back issues for your reading pleasure.
The newsletter is sent via email to all active members on our NAMI SMC membership list at the end of each calendar month, or sent via postal mail to those members who do not have computer access, or prefer a physical copy.
Anyone – members and non-members – can view the current Newsletter by visiting our website at https://namisanmateo.org/about-us/newsletters-2

We welcome input for the newsletter, and actively seek volunteers to help with the production and mailing components. If you are interested in participating, please be in touch via email to nami@namisanmateo.org, or by phone at 650-638-0800