Moving Forward in 2021

Happy New Year NAMI family and community. We hope all of you are doing well and staying healthy. We look forward to continuing to offer support, education and advocacy for our loved ones to the best of our ability. We could not do it without your support.

We have had an extremely unique and stressful year, to say the least. I have complete faith and hope that we will continue to come together, take care of ourselves and provide our community what they need and deserve. We will persevere. I have been inspired by so many family members and individuals suffering from mental health challenges in the past 34 years. This has profoundly influenced my life, personally, professionally and spiritually. I did not realize that connecting with NAMI San Mateo, so many years ago, would someday influence my journey, leading me to my life's work of advocating for those in need and educating those willing to grow. I am committed. I am blessed. I am humble and honored to lead and I also know that I cannot do this alone. We are volunteers who have chosen to serve as a board of directors of NAMI San Mateo.

We are saying farewell to Kathy Stern, a committed advocate, champion fundraiser and board member. She joined the board in 2018, was elected to vice chair in 2020, volunteered to be Walk Chair for the past three years and was instrumental in hiring our new Executive Director.

We have new leadership with our Executive Committee. Their commitment and dedication along with the board, executive director, staff and volunteers will continue to bring those struggling with mental health challenges the opportunity to thrive. We might have some growing pains in the process but I believe that we will collectively fight the good fight, reflect our mission and accomplish our goals.

Animo mi gente, Aho Mitakuye Oyasin, or “All My Relations” is a worldview of interconnectedness and oneness that deserves attention during these difficult times. Please see page 10 in the online version of this newsletter to learn more about this topic.

- Armando Sandoval, Board President

An Empathetic Ear

HAUOLI MAKAHIKI HOU!

Dear friends, with 3 months into my position as Executive Director for NAMI San Mateo I would like to share my personal story. A few facts: 37 years married to Chuck, my best friend, who I met at Westmont College. We have one child - David, 24 years old, who is a Catering Manager at a smokehouse restaurant in Tucson, AZ. Due to Covid, we have not seen him since Feb 2020. David came to us through adoption, being born on the island of Maui. I grew up on the island of Kauai and attended Kamehameha Schools at the age of 12 on the island of Oahu, so imagine our surprise to learn that a baby boy was born only a few days after returning from vacation on Maui!

In joining NAMI SMC, I quickly learned that individuals were identifying
In Service has made a significant impact to Rocio Cornejo, an Empathetic Ear…continued from page 1. It was a huge part of my healing. I am forever grateful to them.

To experience what I was going through without judgment can’t be emphasized enough. The incredible support I received from my husband and close friends can’t be underestimated. They understood the feeling of helplessness that I was experiencing. Also, it occurred during my son’s junior year in high school when it’s the most stressful with SAT’s and college applications. I was not able to assist him as I usually did.

I learned that it was a hormonal imbalance and my thyroid levels were too low. Amazingly, due to no follow up on my thyroid lab results, no medication was prescribed. The symptoms disappeared on its own.

I am thankful for this experience as it has provided me with some understanding of the feeling of helplessness that those diagnosed with a mental illness feel. The incredible support I received from my husband and close friends can’t be emphasized enough – his/their understanding allowed me to experience what I was going through without judgment was a huge part of my healing. I am forever grateful to them. - In Service - Twila

“In the depth of winter I finally learned that there was in me an invincible summer.” - Albert Camus

Coronavirus Updates
www.smchealth.org/coronavirus
www.cdc.gov/coronavirus

NAMI SMC Nov 18, 2020 General Meeting

If you were unable to attend our November 18, 2020 General Meeting, Crisis Intervention Team Program at work in our San Mateo County community, the video recording is available on our website at: https://youtu.be/vRbnQjB-6kI

In general presentations and video recording of our NAMI SMC General Meetings can be found at: www.namisanmateo.org/news-events

Spring of Hope

We are all familiar with the opening line of Charles Dickens’ A Tale of Two Cities, but given the year we have left behind, it may be more fitting that we recall the full passage.

“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair.”

In reflecting on the “worst of times”, we not only experienced a tumultuous time in our state and the nation but have experienced our own personal losses. As an organization, we have had our internal changes and growing pains.

To that end, I want to do a shout out to Loren Shea, Outreach/Warmline Coordinator and her husband Mark Gosen, Walks Manager – both decided to discontinue their employment with us. Though we are sad to see them go, they will continue to be part of our NAMI family. We wish them both much success in their future endeavors. Prior to joining the NAMI staff, Loren was an integral part of NAMI’s programs, in particular, our In Our Own Voice, sharing her lived experience to many, collaborating with Samuel Merritt and Stanford Medical School.

She was instrumental in guiding and advising on our Peer programs.

Mark has made a significant impact to NAMI SMC’s financial balance sheet as our inaugural Walks Manager; he created our online Gift Shop to make the beautiful NARSAD cards available to a wider audience of potential buyers; and led the Year End Appeal campaign with Kathy Stern and Debi Mechanic.

In looking ahead to 2021 and the “spring of hope”, I am very pleased to announce that Rocio Cornejo, has been promoted to Spanish Education Coordinator, along with her Peer PALS Coordinator role. She and I are excited to be expanding our classes and support groups to this underserved population in our San Mateo County community. We will be working closely with Claudia Saggese and Yolanda Ramirez of the San Mateo County Behavioral Health & Recovery Services Office of Consumer and Family Affairs in our implementation plans. Please join me in congratulating Rocio for a well-deserved promotion.

I am excited to report that we were awarded grant funding from NAMI National to offer Program Leader training for Bases y Fundamentos de NAMI (Basics), De Persona a Persona de NAMI (Peer to Peer), De Familia a Familia de NAMI (Family to Family), Conexion (Connections) and Family Support Group. This funding will allow us to offer our premier programs to a very underserved Spanish population in our San Mateo County community.

There is a lot of work to be done; and I look forward to reporting on our progress in future newsletter editions. As we build upon the great work done by many and in conclusion, I want to cite Mahatma Ghandi – “Be the change that you wish to see in the world.”

-Twila Dependahl, Executive Director
NAMI’s In Our Own Voice speakers recap Peninsula Temple Sholom’s 2020 "Let’s Talk Mental Health" Zoom series in a big way

Much to our happy amazement, Peninsula Temple Sholom Let’s Talk Mental Health series reached a record number of viewers, thanks to Zoom. Kicking off the series in May was Ian Adamson from Mateo Lodge presenting Stories of Hope; Words of Wisdom, followed by our August program The State of Mental Health Services in San Mateo County.

October brought us NAMI’s In Our Own Voices program where Calvin, May and Tom inspired us with their stories of “Living Well With Mental Illness.” Hearing how they enhance their lives, stay hopeful, and find moments of joy, it occurred to me that all of us are the same, whether we are living with mental health challenges or not. Don’t we all want the same things - meaningful connections to people and worthwhile activities that make a difference in the world?

Creativity and positivity stood out in so many ways. Tom told us that “doing something for someone else makes me feel good.” He does this by participating in the “In Our Own Voices” programs. May gives back by continuing to learn about her illness and sharing that knowledge with others who have similar conditions. Calvin teaches classes for a Senior Community and interacts with attendees to ask how they are feeling and what they need that he might be able to help them with. All of them stated that this outreach gives their lives goals, purpose and meaning.

They also mentioned how isolated they felt until they were connected to NAMI where they found that sharing their stories made them realize they weren’t alone in having the experiences that had isolated them.

Here’s something else to think about: During this time of Covid every one of us is feeling more isolated and disconnected from the predictability of life than ever before. Reach out and make a difference in the lives of those who struggle with this as a daily part of their lives.

- Marsha Mayer and Judy Cohn, members of Let’s Talk Mental Health team

Peninsula Temple Sholom’s "Let’s Talk Mental Health" series launches their 2021 programs with a special presentation.

"RESTARTING OUR LIVES: FINDING JOY AGAIN"
Sunday, March 14, 3:00 - 4:30 on Zoom

Dr. Joshua Coleman is a Bay Area private practice psychologist who is often featured in articles and interviews including Psychology Today, the Atlantic, and CNN for his advice on relationships and parenting. He is a Senior Fellow with the Council on Contemporary Families.

Dr. Coleman will be addressing issues of the pandemic: how to deal with the uncertainty of our lives, how to trust that there’s a path ahead, do we deserve to feel joy when so many are suffering, how do we take steps to get back into the life we once knew.

Family to Family Register Online now!

After taking a break over the holiday season, NAMI SMC will once again offer the Family-to-Family course online using Zoom starting in January 2021. Once we can gather again safely, we will also offer the class in-person. This free, 8-session educational program is for family members, significant others and caregivers of people with severe mental health conditions. The program is taught by NAMI-trained family members who have lived experience, and includes presentations, discussions and interactive exercises. It is an evidenced-based program, establishing that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.

The group setting of NAMI Family-to-Family allows mutual support and shared positive impact—experience compassion and reinforcement from people who understand your situation. Sharing your own experience may help others in the class. In the program, you'll learn about:

- How to solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Supporting your loved one with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- Impact of mental health conditions on the entire family

Please register for a Family-to-Family class by completing the registration form at: http://bit.ly/3rGOR9y or email f2fcourse@namisanmateo.org.

NAMI 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
Volunteer Opportunities

NAMI SMC began from a group of parents who had to take matters into their own hands to get help and treatment for their children. Throughout its history, volunteers have been at the core of NAMI SMC and its mission - this continues to be true today. NAMI SMC is thriving today due to the countless hours of volunteers, past and present.

Based on my previous role as Volunteer Coordinator and Long-Term Care Ombudsman, I know the importance of the role of a Volunteer Coordinator. We are seeking a people person who is enthusiastic with great communication and Excel skills. As we build our infrastructure and capacity, we hope to convert this to a paid position.

Please consider the following opportunities of service to give back. Below are brief job descriptions. Email twila@namisanmateo.org for additional information.

Volunteer Coordinator – primary responsibilities include: oversee the volunteers, ensure they feel supported and that they have the resources needed to do their jobs; develop an ongoing strategy to acknowledge and recognize all volunteers; plan and conduct an annual volunteer recognition event; and maintain the volunteer roster. This can be shared by a few individuals.

Fund Development – we will be recruiting for a Development Manager but can also use assistance on our fundraising events and activities. A detailed job description will be posted by the end of January.

Warmline – individuals with good listening skills and an empathetic ear to answer calls which may include offering our education classes and support groups; providing resources available in the community.

SurveyMonkey Survey developer – with guidance from the Executive Director, develop online satisfaction surveys for our programs and recognition/acknowledgement surveys, to name a few.

Zoom Producer – with our classes and support groups going online, we need individuals comfortable with Zoom to assist the Program Leaders by managing the Chat Room and other technical duties.

Benefits of volunteering:

⇒ Volunteering connects you to others.
⇒ Volunteering is good for your mind and body.
⇒ Volunteering can advance your career.
⇒ Volunteering brings fun and fulfillment to your life.

For details on each Benefit, click below: www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm

New Additions to the Library

Why is Dad So Mad?
by Seth Kastle

Each year, NAMI recognizes individuals and organizations that advance NAMI’s mission to improve the lives of people affected by mental illness. The Max Gabriel Award recognizes a veteran who has demonstrated outstanding commitment to the mental health needs of other veterans.

"Why Is Dad So Mad?" is a narrative story told from a family’s point of view (mother and children) of a service member who struggles with PTSD and its symptoms. Many service members deal with anger, forgetfulness, sleepless nights, and nightmares. This book explains these and how they affect their Dad. The moral of the story is that even though Dad gets angry and yells, he still loves his family more than anything.

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

NAMI Training Calendar

Each newsletter will include a calendar of training programs for the current quarter. Since pre-registration is required for all our education classes, the San Mateo classes are full and closed for additional participants. Contact our Education Coordinators to sign up for future classes or click on the registration link.

For English (except Family-to-Family) - Jen Fuller education@namismanmateo.org

For Spanish - Rocio Cornejo rocio@namismanmateo.org

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Offered by NAMI Affiliate</th>
<th>Dates and Timeframes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Support Group</td>
<td>Inland Valley *1</td>
<td>Friday, Jan 22; 6-9pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Saturday, Jan 23; 9-4pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sunday, Jan 24; 9-4pm</td>
</tr>
<tr>
<td>Peer to Peer</td>
<td>San Mateo</td>
<td>January class full. Please register for a future class.</td>
</tr>
<tr>
<td>Family-to-Family</td>
<td>San Mateo</td>
<td>January class full. Please register for a future class.</td>
</tr>
<tr>
<td>Familia-a-Familia</td>
<td>San Bernardino *2</td>
<td>Saturday, Feb 6; 9am-6pm</td>
</tr>
<tr>
<td>Training</td>
<td></td>
<td>Sunday, Feb 7; 8am-5pm</td>
</tr>
<tr>
<td>Conexion</td>
<td>San Bernardino *2</td>
<td>Dates and time TBD</td>
</tr>
</tbody>
</table>

*1 www.namiinlandvalley.org/educational-programs
*2 www.namisb.org/support-meetings.html

Medical Terminology

Anorexia Nervosa - People with anorexia nervosa may see themselves as overweight, even when they are dangerously underweight. People with anorexia nervosa typically weigh themselves repeatedly, severely restrict the amount of food they eat, often exercise excessively, and/or may force themselves to vomit or use laxatives to lose weight. Anorexia nervosa has the highest mortality rate of any mental disorder.
In Memoriam of Raymond Mills

Raymond Mills was born September 23, 1952 to the late Jesse W. and Pinkie Mills in Fort Pierce, FL.

Upon completion of his high school graduation from Dan McCarthy High School in Fort Pierce, FL., Raymond continued his education by receiving Family Development Certification from Caldwell University in New York; the California basic advanced certification in alcohol and other drugs studies from UC Santa Cruz and a Human Service certification from Canada College in San Mateo.

Raymond loved the Lord and his dedication to His House was exemplified by his work as a co-founder and Executive Director for Voices of Recovery for more than ten years. As a person in long term recovery, Raymond exhibited leadership and support in the San Mateo County recovery community by serving on the Mental Health Services Act committee, as a member of the board of directors for Ravenswood Family Health Center, as a committee member for the East Palo Alto Community Service Area and as a member of the East Palo Alto Behavioral Health Advisory Group.

Ray’s leadership extended beyond San Mateo County as Voices of Recovery is a member of the National Planning Committee for Recovery Happens through the Substance Abuse and Mental Health Service Administration in Washington, DC on the National Planning and as a charter member in good standing with the Association of Recovery Community Organization (ARCO).

NAMI regrets the loss of this dedicated man.

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We are grateful for donations...

...with Gratitude
Farah’s Birthday Fundraiser for NAMI San Mateo County
Jason & Nelson Yee Mask Donations - (Gert McMullin AIDS Memorial Quilt Project)

...in Honor of
Calvin, Tom & May from Peninsula Temple Sholom “Let’s Talk Mental Health”
Cody Brunst from Mark Brunst
Sarah Intrieri from Patricia Fishel
Rona & Gail Kessler from Gerry Kessler
Chris Langston from The Langston-Harrill Family
All the NAMI Volunteers from Carl Engineer
Zachariah LeBlanc from Steve LeBlanc
Colette Marlin-Winter from Lisa Marlin-Winter
Fara Presto Chan Birthday from Ann Baker from Mike Goodkind
Peter Rothaug from Paula Rothaug
Susan Sanchez & Bonnie McNamara from John & Elizabeth Weatherby
Nounie Siy from Beth Beisecker
Jem Quesenbury & Family In the Spirit of Christmas giving from Cathi & David
Yaacov and Yury for healing and forgiveness to them and their families -Anonymous

...in Memory of
Max Heffernan supporting Max & John Walk Team from Erica Chan from Christine Thorsteinson from The Schubiner Family
Grandma DeLano from Kevin DeLano
Greg Mordecai from Julia Curry
Teresa Walker from William Walker

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

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From the Editor...

You may have been wondering what happened to the NAMI San Mateo Dec-Jan newsletter last month. After much discussion among board members and staff it was decided that because of all the responsibilities of day-to-day operations it would work out better for all those involved to publish the NAMI SMC newsletter on a quarterly basis.

The dates for completion of publication will be January 15th, April 15th, July 15th, and October 15th with mailings to go out soon after. Hopefully having more time in producing the newsletter will enable us to give you a more content rich newsletter.

We’d like to get more reader feedback on issues such as: 1) mental health events and activities going on in the community, 2) helpful tips on how to you deal with mental health issues either personally or for a loved one.

We've visited our website frequently to stay up-to-date on all the latest news of our NAMI chapter.

Comments or suggestions regarding this newsletter are welcomed. All correspondence will be kept confidential. Please send email to: namismcnewsletter@gmail.com

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To All Our Volunteers!

~ THANK YOU ~

We couldn’t do it without you!

General Meeting:
Mark Gossen

Warm Line Volunteer
Joey Berg, Brendon Byrne, Dan Conway, William Elting, Stephanie Eng, Nikki Hennessy, Michelle Kang, Audrey Kemp, MJ Kim, Leslie Liu, Patrice Massicotte, Emily Pomeroy, Kristina Xiang,

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

"You really can change the world if you care enough.”
- Marian Wright Edelman
**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](http://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](mailto:zochoa@smcgov.org)  
Please call 650-573-2544 with any questions.

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**BHRS Family Contacts**  
*Behavioral Health & Recovery Services*

Claudia Saggese  
Dir. Office of Consumer and Family Affairs  
650-573-2673

Yolanda Ramirez  
Family Liaison  
650-573-2189

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**Body Dysmorphic Disorder** is an obsessive-compulsive related disorder that has garnered some media attention recently. Contrary to the offhand way it sometimes referred to in the media, body dysmorphic disorder is a serious mental health condition with potentially severe consequences. Individuals with body dysmorphic disorder are preoccupied with what they see as flaws in their physical appearance. They believe they look ugly or abnormal. These flaws are not noticeable to others or only seem to others as very minor.

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**Did you know?**

“We can evade reality, but we cannot evade the consequences of evading reality.” - Ayn Rand

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**San Mateo County Mental Health Emergency Numbers**

**Police:** 911  
Tell the dispatcher you are calling regarding a person who has a mental illness. Request a CIT (Crisis Intervention Team) trained officer and/or someone who has experience in dealing with the mentally ill. For non-emergency situations, call your local police department.  
HELPFUL: Tips to prepare yourself for a 911 call are available on the BHRS website. Download “Mental Health Emergency” at [www.smchealth.org/MH911](http://www.smchealth.org/MH911) or visit the blog: [https://smcbhrsblog.org](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](https://namisanmateo.org).
<table>
<thead>
<tr>
<th><strong>SUPPORT GROUP MEETINGS</strong></th>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
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<tr>
<td><strong>NAMI Cordilleras MHR Center Family Group,</strong> meets 1st <strong>Monday</strong> of the month (2nd if 1st is a holiday) from 6:30-8pm. To register, email: <a href="mailto:cordilleras6765@gmail.com">cordilleras6765@gmail.com</a></td>
</tr>
<tr>
<td><strong>NAMI Connections for Peers 18 &amp; Over,</strong> meets <strong>every Monday</strong> from 7-8:30pm. Join Zoom Meeting: <a href="https://us02web.zoom.us/j/84589731115?pwd=WGxpVEJYWkJXR01oN3RBNmZqSjBXdz09">https://us02web.zoom.us/j/84589731115?pwd=WGxpVEJYWkJXR01oN3RBNmZqSjBXdz09</a> Dial In: +1 669 900 6833 Meeting ID: 845 8973 1115</td>
</tr>
<tr>
<td><strong>Café para Padres</strong> ultimo Martes de cada mes. Clinica Shasta, Contacte a Yolanda Ramirez al 650-599-1047.</td>
</tr>
</tbody>
</table>
Membership / Donation Form

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

☐ Individual Member ($40)*  I would like to donate: ☐ $50 ☐ $75 ☐ $100 ☐ $250
☐ Household Member ($60)*  Other $ _____________
☐ Open Door Member ($5)*  In ☐ Honor of ☐ Memory of 

☐ Renewal or ☐ New Membership  Amount Enclosed: $ __________
* A portion of your membership is sent to NAMI National and to NAMI California

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

Name ________________________________
Address ________________________________
City/State ________________________________ Zip __________
Phone (_____) ________________________________ E-mail ________________________________

Pay by: ☐ Check ☐ Visa ☐ MC  Credit cards charged to billing address.
Credit Card# ________________________________ Expires __________ 3 Digit code __________
Amount $ __________ Signature ________________________________

How did you hear about NAMI? __________________________________

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

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

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

A special thanks to all our wonderful volunteers for keeping our programs running during the COVID pandemic.
We couldn’t do it without you!
Q and A Corner (NAMI SMC)

Q: I’ve heard that Proposition 19 recently passed. How might it affect my family?

A: Yes, Proposition 19 has passed in California, and it mainly affects HOUSING. Housing is a huge issue in the Bay Area for everyone, especially in the mental health community, so please read this carefully!

The main benefit of Proposition 19 is that it allows individuals age 55 or older to buy a new residence of greater or equal value to their current residence in any California county and transfer the low property tax base from the current residence to the new residence. This is wonderful for many of our elderly friends and family!

But the way this tax break will be paid for is devastating to many families. Under current law, a parent can transfer a residence and up to $1 million of assessed value of non-residences to their children and pass along the low tax bases of the properties. Children can inherit the properties and continue to pay the low property taxes their parents paid. This is called “Proposition 58,” and this is what is SEVERELY restricted under Proposition 19.

Proposition 19 only allows a parent to transfer a residence to a child who makes the property his or her own residence once it is inherited. Non-residences no longer qualify for the Proposition 58 exclusion for reassessment when transferred from parent to child. Ugh!

Proposition 19 becomes effective on February 16, 2021. It appears that transfers of residences and non-residences made before February 16, 2021 will still qualify for the full Proposition 58 exclusion from reassessment. You might be tempted to transfer your properties to your children now, before Prop 19 becomes effective – but if you make such a transfer, you could miss out on the opportunity to get a full step-up in the cost basis of the house upon death for capital gains purposes! Also, the Board of Equalization has not yet provided clarification on many aspects of this proposition. So one must tread very carefully when taking planning steps. We suggest you contact an estate planning attorney to determine if an early transfer of property might be appropriate for your situation.

Find Affordable Housing With These Online Tools.

- [http://smchousingsearch.org](http://smchousingsearch.org)
- [https://hotpads.com](https://hotpads.com)
- [https://www.gosection8.com](https://www.gosection8.com)
- [https://www.midpenhousing.org](https://www.midpenhousing.org)
- [https://www.mercyhousing.org](https://www.mercyhousing.org)
- [https://www.craigslist.org](https://www.craigslist.org)
- [https://hiphousing.org](https://hiphousing.org)
- [https://bridgehousing.org](https://bridgehousing.org)

A New Partner for Police: Mental Health Professionals to Respond to 9-1-1 Calls for People in Crisis

Licensed clinicians to embed with police in Daly City, San Mateo, Redwood City and South San Francisco

Jan. 12, 2021

Redwood City – Health professionals will team with police to help people in a mental or behavioral health crisis in San Mateo County’s four largest cities.

The pilot program approved today by the San Mateo County Board of Supervisors seeks to defuse volatile 9-1-1 calls and provide appropriate care for non-violent individuals.

The licensed mental health clinicians will join law enforcement officers in Daly City, San Mateo, Redwood City and South San Francisco as they respond to individuals in a mental or behavioral health crisis. The County and cities expect to have the clinicians embedded in the departments by April.

“The goal of the immediate response will be to de-escalate the crisis and to support the safety of the individual in crisis, those around the individual, and all responding to the incident,” said Scott Gilman, director of County Health’s Behavioral Health and Recovery Services.

“The clinician will then assess the person suspected to be in mental health crisis and determine the best course of action” that can include a wide array of options including calling a person’s personal mental health professional, Gilman said.

Under the two-year agreement approved Tuesday, clinicians will work a 40-hour week with hours and availability based on each city’s needs. Clinicians will work in each city to build relationships and will be deployed by trained 9-1-1 dispatchers with the goal of being in the field able to respond.

If police determine the scene is safe, the clinician will assess the individual and, in collaboration with officers, help identify opportunities for intervention and care.

“Compassionate approach”

“The timing couldn’t be better as public safety incidents involving individuals with mental and behavioral health issues have soared during the pandemic,” said David J. Canepa, president of the Board of Supervisors.

“This is the compassionate approach to take and I have no doubt it will better the relationships between law enforcement and the public that can sometimes be strained,” he said. handys: [www.smcgov.org/press-release/new-partner-police-mental-health-professionals-respond-9-1-1-calls-people-crisis](http://www.smcgov.org/press-release/new-partner-police-mental-health-professionals-respond-9-1-1-calls-people-crisis)

[https://findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)

SAMHSA Behavioral Health Treatment Services Locator, a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.
The International Council of Thirteen Indigenous Grandmothers represent a diverse mixture of women of prayer. Each Grandmother, a leader in her community, having devoted their long lifetimes to prayer and action.

We, the International Council of Thirteen Indigenous Grandmothers represent a global alliance of prayer, education and healing for our Mother Earth, all Her inhabitants, all the children, and for the next seven generations to come. We are deeply concerned with the unprecedented destruction of our Mother Earth and the destruction of indigenous ways of life.

We believe the teachings of our ancestors will light our way through an uncertain future. We look to further our vision through the realization of projects that protect our diverse cultures: lands, medicines, language and ceremonial ways of prayer and through projects that educate and nurture our children.
**Involved Dads Make a Difference for Disadvantaged Teens**

MONDAY, Dec. 21, 2020 -- Dads matter: New research shows how attentive, involved fathers can really boost the mental well-being and behavior of teens from low-income families.

The study looked at 5,000 U.S. children born between 1998 and 2000, and their fathers’ involvement with them between ages 5 and 15.

That included activities such as feeding, playing, reading, helping with homework and providing non-cash items, such as clothes, toys, food and other necessities.

The researchers also assessed behavioral and emotional problems among the children, including crying, worrying, fighting, bullying and skipping school.

Teens whose fathers paid more attention to them had fewer behavioral and emotional problems, according to the Rutgers University-New Brunswick study published recently in the journal Social Service Review.

The findings suggest that more engagement by fathers in low-income families could help boost their kids’ mental well-being to levels similar to those of kids from wealthier families.

"On average, children in lower socioeconomic status families tend to have more behavior problems and their fathers have lower levels of overall involvement than those in higher socioeconomic status families," said study lead author Lenna Nepomnyaschy, associate professor of social work.

Fathers with lower levels of education, less-skilled jobs and lower wages may find it difficult to play a significant role in their children's lives due to social and economic changes over recent decades, she said in a university news release.

Those changes have led to the loss of manufacturing jobs, a decline in union power and criminal justice policies associated with higher rates of imprisonment, particularly among men of color, the study authors noted.

Policymakers, researchers and the public need to push for wage, employment and criminal justice policies that give low-income men more opportunities to spend time with their children and improve their well-being, the team concluded.


**Your life purpose is your contribution**

Some people feel hesitant about pursuing their life purpose because they worry that it sounds like a self-serving or selfish quest. However, true purpose is about recognizing your own gifts and using them to contribute to the world— whether those gifts are playing beautiful music for others to enjoy, helping friends solve problems, or simply bringing more joy into the lives of those around you.

Richard Leider, a nationally-ranked coach and purpose expert, says that “genuine purpose points to the end of a self-absorbed, self-serving relationship to life.” When your authentic purpose becomes clear, you will be able to share it with the whole world.
January 13, 2021

To Whom It May Concern:

California has a large population of people with intellectual and/or developmental disabilities. Recent COVID-19 studies have identified several groups within this population as being at high risk of COVID-19 complications and related fatalities. The purpose of this letter is to clarify that family members of certain people are “health care workers” pursuant to the State of California’s Vaccination Plan (https://covid19.ca.gov/vaccines/#When-can-I-get-vaccinated), and thus are prioritized for COVID-19 vaccination within Phase 1A.

These family members include those who care for people with any of the following conditions. This list is not necessarily exhaustive:

- Cerebral palsy
- Down Syndrome
- Epilepsy
- Specialized health care needs, including dependence upon ventilators, oxygen, and other technology

The eligibility of these family members can be ascertained by documentation from their California regional center, verifying the qualifying condition of the member of their household who has an intellectual or developmental disability. A list of regional centers is available here: https://www.dds.ca.gov/rc/listings. Alternatively, a family member may choose to present medical documentation of the qualifying condition of the member of their household who has an intellectual or developmental disability.

We hope this letter clarifies the eligibility of certain family members for the COVID-19 vaccine pursuant to Phase 1A of the State’s Plan, and thereby assists in protecting the health of Californians most at risk from COVID-19 impacts.

Sincerely,

[Signature]

“Building Partnerships, Supporting Choices”
The More You Know, The More You Can Help

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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<tbody>
<tr>
<td>Wed, Jan 20,</td>
<td>Trauma in the 21st Century <a href="https://www.amitahealth.org/services/behavioral-medicine-institute/professional-education/workshops-and-programs">https://www.amitahealth.org/services/behavioral-medicine-institute/professional-education/workshops-and-programs</a></td>
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<tr>
<td>8 am - 9 am</td>
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<tr>
<td>Wed, Jan 20,</td>
<td>ADHD and Curbing Impulsive Spending to Help Your Relationship <a href="https://chadd.org/events-calendar">https://chadd.org/events-calendar</a></td>
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<tr>
<td>4 pm - 5 pm</td>
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<tr>
<td>Thu, Jan 28,</td>
<td>The Impact of Trauma on Brain Development <a href="https://www.amitahealth.org/services/behavioral-medicine-institute/professional-education/workshops-and-programs">https://www.amitahealth.org/services/behavioral-medicine-institute/professional-education/workshops-and-programs</a></td>
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<td>10 am - 11 am</td>
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<tr>
<td>Fri, Jan 29,</td>
<td>ADHD Medication and College Students: Prevent Misuse, Abuse, and Diversion <a href="https://chadd.org/events-calendar">https://chadd.org/events-calendar</a></td>
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<tr>
<td>4 pm - 5 pm</td>
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<tr>
<td>Tue, Feb 9,</td>
<td>How Brain Circuits Function in Health and Disease: Understanding Brain-wide Current Flow</td>
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<tr>
<td>11 am - 12 pm</td>
<td><a href="https://www.bbrfoundation.org/events">https://www.bbrfoundation.org/events</a></td>
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<tr>
<td>Wed, Feb 10,</td>
<td>Ask the Expert: Finding More Happiness for Both Partners When One Person has ADHD</td>
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<tr>
<td>4 pm - 5 pm</td>
<td><a href="https://chadd.org/events-calendar">https://chadd.org/events-calendar</a></td>
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<tr>
<td>Wed, Mar 3,</td>
<td>Your Next Steps: College and Career Prep for Young Adults with ADHD</td>
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<tr>
<td>4 pm - 5 pm</td>
<td><a href="https://chadd.org/events-calendar">https://chadd.org/events-calendar</a></td>
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<tr>
<td>Tue, Mar 9,</td>
<td>Sensory Challenges and Anxiety in Children with and without Autism</td>
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<tr>
<td>11 am - 12 pm</td>
<td><a href="https://www.bbrfoundation.org/events">https://www.bbrfoundation.org/events</a></td>
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<tr>
<td>Wed, Mar 17,</td>
<td>Gender Discrepancies in Presentation of Autism Spectrum Disorder</td>
</tr>
<tr>
<td>11 am - 12 pm</td>
<td><a href="https://www.amitahealth.org/services/behavioral-medicine-institute/professional-education/workshops-and-programs">https://www.amitahealth.org/services/behavioral-medicine-institute/professional-education/workshops-and-programs</a></td>
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<tr>
<td>Tue, Apr 13,</td>
<td>Addiction: Science Drives New &amp; Novel Treatments</td>
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<tr>
<td>11 am - 12 pm</td>
<td><a href="https://www.bbrfoundation.org/events">https://www.bbrfoundation.org/events</a></td>
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<td>Free Online “Mental Health and Wellness” on Eventbrite. <a href="https://www.eventbrite.com/d/online/free--events--this-month/mental-health-and-wellness">https://www.eventbrite.com/d/online/free--events--this-month/mental-health-and-wellness</a></td>
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Quoted in the Winter 2021 issue:

Albert Camus [https://iep.utm.edu/camus](https://iep.utm.edu/camus)
Ayn Rand [https://aynrand.org](https://aynrand.org)
Voices of Recovery San Mateo County Groups on Zoom

Weekly Zoom Schedule

**MONDAY**
Peer to Peer Support Group 5:30 - 7:00 PM
Zoom ID: 757 803 277

**TUESDAY**
Health and Wellness 4:30 - 5:30 PM
Zoom ID: 491 127 624
Peer to Peer Support Group 6:00 - 7:30 PM
Zoom ID: 669 189 156

**THURSDAY**
Health and Wellness 4:30 - 5:30 PM
Zoom ID: 491 127 624
Peer to Peer Support Group 6:00 - 7:30 PM
Zoom ID: 669 189 156

For more information please email: info@vorsmc.org or visit our website: VORSMC.org
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
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
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
Mental Health Observance Days

National Compliment Day

National Compliment Day on January 24th offers a wonderful way to brighten someone’s day or to give credit for a job well done! Give an extra compliment annually on January 24th and any time one is deserved.

A compliment has a powerful effect. It can instill confidence in a child, or validate someone’s hard work. A compliment not only improves the receiver’s mood, but it also says something about the giver. It tells them you noticed. Whether we recognize someone’s achievement or their classic style, a compliment can go a long way.

To give a great compliment, first be sincere. People have a way of knowing when we are fake. If you don’t mean it, it’s worse than getting a thoughtless birthday gift.

Complimenting character versus a new haircut are different rewards. The first says you respect the person and the other tells them you paid attention. Sometimes the receiver needs to hear one or the other, or both.

Humans beings like to be unique, original. Strive to give a compliment about what makes a person stand out above the rest. Take the time to reflect on what you admire about the person.

HOW TO OBSERVE #NationalComplimentDay

Make sure to compliment someone. Share the compliments you receive that make your day. Do they improve your day? Make a list of different ways to give a compliment and use #NationalComplimentDay to post on social media.

s: www.nationaldaycalendar.com/national-compliment-day-january-24

National Eating Disorders Awareness Week

The goal of National Eating Disorders Awareness Week (#NEDAwareness) is to shine the spotlight on eating disorders by educating the public, spreading a message of hope, and putting lifesaving resources into the hands of those in need.

Eating disorders are serious but treatable mental and physical illnesses that can affect people of all genders, ages, races, religions, ethnicities, sexual orientations, body shapes, and weights. National surveys estimate that 20 million women and 10 million men in America will have an eating disorder at some point in their lives.

While no one knows for sure what causes eating disorders, a growing consensus suggests that it is a range of biological, psychological, and sociocultural factors.

s: www.nationaleatingdisorders.org

NATIONAL RANDOM ACTS OF KINDNESS DAY

Each year on February 17th, National Random Acts of Kindness Day grows in popularity. It is celebrated by individuals, groups and organizations nationwide to encourage acts of kindness.

The movement of Random Acts of Kindness inspires people every day. As a favorite celebration for many, people everywhere are enjoying doing these acts of kindness. Not only do the acts of kindness bring joy to the receiver, but they spread positive reactions to the giver, too!

"I was a recipient of the kindness but more glad to be a contributor!" (Unknown)

Our research found that the Random Acts of Kindness Foundation celebrates Random Acts of Kindness Week. The Random Acts of Kindness Foundation is an internationally recognized non-profit organization founded upon the powerful belief in kindness and dedicated to providing resources and tools that encourage acts of kindness.

In New Zealand, where this day originated, Random Acts of Kindness Day is celebrated on September 1st. However, it is also recognized by some on other days throughout the year. Nevertheless, doing random acts of kindness is something that can be done every day of the year.

HOW TO OBSERVE #RandomActsOfKindnessDay

Make a note to do nice things throughout the day. Are you looking for ideas? We’ve collected a few that will get you started.

- Pay for the coffee or meal of the person in front of you in line.
- Leave a kind note for someone, no explanation needed.
- Share words of encouragement. You never know who might need them.
- Put your skills to work for someone in need. For example, offer to create a résumé for someone seeking a new job.
- Drop off a load of groceries at the local food pantry.
- Mail a “thinking of you” card to someone you’ve not to talk to in a while.
- Order a bouquet of flowers to be delivered to anyone in the hospital. That means, call the florist and tell them to pick a hospital or nursing home and deliver flowers to the person the front desk thinks needs it the most. It could be a sick child, an elderly person with no family or college student down on their luck.
- Send a thank you note to the local fire department, police departments or any military personnel.
- Just smile.
- Share your random acts of kindness using #RandomActsOfKindnessDay to post on social media.

s: www.nationaldaycalendar.com/national-random-acts-of-kindness-day-february-17
s: www.randomactsofkindness.org/rak-day
### Self-Injury Awareness Day

Self-Injury Awareness Day on March 1st each year focuses on increasing education and support on a misunderstood problem.

When someone causes deliberate self-injury or harm, the action is an indication of emotional distress. Approximately 4% of Americans self-harm with a majority of those being college students according to research from the Journal of American Board of Family Medicine. The day is designed to help friends and family recognizes the signs and to help those in emotional distress find help. There is help and support to be found.

Self-injury occurs in many forms, including cutting, scratching, punching and ingestion of chemicals. Those who self-harm do so for a variety of reasons. Some of them include coping with fear, stress, anxiety or to induce positive feelings.

People who self-injure may try to hide their injuries. Their clothing may not fit the season. Other signs may include:
- unexplained cuts, burns or bruises
- inability to handle emotions
- avoiding relationships
- problems with relationships
- issues at work, home or school
- poor self-esteem

Resources and support are available to help understand and treat self-injury. Seeking a professional consultation is an important first step.


### World Bipolar Day

The vision of World Bipolar Day (WBD) is to bring world awareness to bipolar conditions and to eliminate social stigma. Through international collaboration, the goal of WBD is to bring the world population information about bipolar conditions that will educate and improve sensitivity towards the condition.

WBD will be celebrated each year on March 30th, the birthday of Vincent Van Gogh, who was posthumously diagnosed as probably having a bipolar condition.

WBD is an initiative of International Bipolar Foundation (IBPF) in collaboration with the Asian Network of Bipolar Disorder (ANBD) and the International Society for Bipolar Disorders (ISBD).

For those living with bipolar disorder, World Bipolar Day offers an opportunity to connect with others as well as assistance in gaining access to valuable resources and relationships that can improve their lives through treatment.

s: [www.ibpf.org/learn/programs/world-bipolar-day](http://www.ibpf.org/learn/programs/world-bipolar-day)

### World Autism Awareness Day


Joined by the international community, hundreds of thousands of landmarks, buildings, homes and communities around the world come together on April 2, Autism Awareness Day, to Light It Up Blue in recognition of people with autism and those who love and support them.

Autism-friendly events and educational activities take place all month, aiming to increase understanding and acceptance of people with autism, foster worldwide support and inspire a kinder, more inclusive world.

Join us for World Autism Awareness Month to help us spread kindness and autism awareness!

s: [www.autismspeaks.org/world-autism-awareness-day](http://www.autismspeaks.org/world-autism-awareness-day)

### National Stress Awareness Day

National Stress Awareness Day takes place the day after taxes are due—a day on which there may be a lot of stress. The day also takes place during Stress Awareness Month.

On National Stress Awareness Day, we focus on this leading health problem and raise awareness about the causes and cures of it. It is a day when people recognize their own stress, and figure out what steps they are going to take to overcome it.

s: [www.stress.org.uk](http://www.stress.org.uk)

### International Day of Happiness

The General Assembly of the United Nations in its resolution 66/281 of 12 July 2012 proclaimed 20 March the International Day of Happiness, recognizing the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world and the importance of their recognition in public policy objectives. It also recognized the need for a more inclusive, equitable and balanced approach to economic growth that promotes sustainable development, poverty eradication, happiness and the well-being of all peoples.

The resolution was initiated by Bhutan, a country which recognized the value of national happiness over national income since the early 1970s and famously adopted the goal of Gross National Happiness over Gross National Product. It also hosted a High Level Meeting on “Happiness and Well-Being: Defining a New Economic Paradigm” during the sixty-sixth session of the General Assembly.

Manage COVID-19 Stress with Headspace

COVID-19 is impacting people across our country, and here in California. This can add significant stress to your life. San Mateo County Behavioral Health and Recovery Services is here with you to help manage stress, concern or anxiety by introducing Help@Hand™ and the digital solution, Headspace.

What You Feel Is Ok

Sudden and dramatic changes can cause a wide range of emotions

- Loneliness from staying home
- Worry about family and friends
- Concern for your own health
- Questions about what comes next
- Stress from supporting your children, older adults, or other folks with special needs
- Anxiety from job loss, paying bills or food insecurity

YOU ARE NOT ALONE

Use Headspace

Free if you live, work or go to school in San Mateo County

Use your smartphone, computer or tablet

Work at your own pace

Available for you 24 hours, 7 days a week

Get Started Now

www.headspace.com/san-mateo-county
Meet Headspace

Stress less. Move more. Sleep soundly. Headspace is an app you can use on a smartphone, tablet, wearable, smart speaker or desktop to explore guided exercises, videos and articles. Access the tool whenever, wherever you are to help manage stress from the COVID-19 crisis. Available in English, Spanish, French and German.

GET 24/7 ON-LINE SUPPORT

**STRESS & ANXIETY**
- Anxiety
- Stress
- Panic
- Anger
- Change

**PERSONAL GROWTH**
- Patience
- Acceptance
- Grief
- Kindness
- Appreciation

**MOBILITY & SPORT**
- Mindful walking
- Running
- Motivation
- Concentration
- Training

**PRODUCTIVITY & WORK**
- Focus
- Prioritization
- Balance
- Productivity
- Creativity

**PHYSICAL HEALTH**
- Mindful eating
- Cravings
- Pain management
- Cancer
- Pregnancy

**SLEEP**
- Sleepcasts
- Sleep music
- Wind downs
- Sleep course
- Nighttime SOS

Headspace is being offered to San Mateo County residents through the Help@Hand project, which is funded by the Mental Health Services Act through Prop 63. More information on Help@Hand can be accessed at HelpatHandCA.org.
Feeling overwhelmed? Learn how to respond to daily stressors in a new way!

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

Find out if you're eligible by taking a 3-minute survey at ucsfemmi.org!

Questions? Contact us at emmistudy@ucsf.edu
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.

---

**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

---

**SAN MATEO COUNTY HEALTH**

Dial 2-1-1 for non-emergency, non-medical calls
smchealth.org/coronavirus
Want to Know How to Help a Friend?

STUDENT GUIDE TO MENTAL HEALTH

KNOW THE 10 COMMON WARNING SIGNS

1. Feeling very sad or withdrawn for more than two weeks
2. Seriously trying to harm or kill oneself or making plans to do so
3. Severe out-of-control, risk-taking behaviors
4. Sudden overwhelming fear for no reason
5. Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
6. Seeing, hearing or believing things that are not real
7. Repeatedly using drugs or alcohol
8. Drastic changes in mood, behavior, personality or sleeping habits
9. Extreme difficulty in concentrating or staying still
10. Intense worries or fears that get in the way of daily activities

START THE CONVERSATION

“IT worries me to hear you talking like this. Let’s talk to someone about it.”

“I’ve noticed that you haven’t been acting like yourself lately. Is something going on?”

“I’ve noticed you’re [sleeping more, eating less, etc.], is everything ok today?”
OFFER SUPPORT

I really want to help, what can I do to help you right now?

Would you like me to go with you to a support group or a meeting? Do you need a ride to any of your appointments?

Let’s sit down together and look for places to get help. I can go with you too.

BE A FRIEND

BE PATIENT, UNDERSTANDING AND PROVIDE HOPE.

Your friend may feel alone; check in regularly and include your friend in your plans.

Learn more about mental health conditions.

Avoid saying things like “you’ll get over it,” “toughen up” or you’re fine”.

Tell your friend that having a mental health condition does not change the way you feel about them.

Tell your friend it gets better; help and support are out there.

GET ADVICE

You may want to reach out to someone to talk to about how you’re feeling or to get advice on how to help your friend. Consider talking to a:

FAMILY MEMBER
TRUSTED FRIEND
SCHOOL COUNSELOR OR ADVISOR
TEACHER OR COACH
FAITH LEADER

s: https://nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Want-to-know-how-to-help-a-friend.pdf
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

Stanford Medicine
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.

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

Medicare.gov

Mental health support is available for you

If you're feeling anxious or depressed during these stressful and uncertain times, make sure you call your doctor or a healthcare professional.

Medicare covers a number of services to support you, including outpatient mental health services like a depression screening, individual and group psychotherapy, and family counseling.

Counseling services via telehealth may be available to you. Be sure to check, as some healthcare providers and plans are reducing or waiving the amount you pay for telehealth visits during the COVID-19 pandemic.

Always take care of your mental health, and call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Visit Medicare.gov or CDC.gov for more information.
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.

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
# Patient Bill of Rights: Mental Health Insurance

Guide to insurance for mental health care.

## Mental Health Parity

State and federal laws require insurance companies to offer similar benefits for mental health and physical health, a concept known as parity. With few exceptions, insurance plans should make it just as easy to get mental health care as physical health care.

**Laws that protect your right to mental health care:**

- *The Affordable Care Act* (federal law)
- *California’s Mental Health Parity Act*
- *California Senate Bill SB855* (2020)

> Health plans must ensure that requirements, such as copayments, deductibles, treatment limitations, number and frequency of visits, applied to mental health or substance use disorder benefits are not more restrictive than requirements applied to most of the medical and surgical benefits. *(DMHC)*

## Access to Care

You also have rights related to access to care — there are laws your insurance company must follow. If you're having trouble getting adequate care in a timely manner, here are some of your rights to know about:

- You have the right to schedule a mental health appointment with a provider who accepts your insurance within 10 days
- You have the right to receive a plain language summary of your mental health benefits
- You have the right to request a provider (or translator) who speaks your native language
- Insurance companies must provide written information in your native language
- Insurance companies must pay or respond to your health claims within 30 days (45 days for an HMO plan)

## A Note About Inpatient Care

If you are receiving voluntary or involuntary inpatient mental health care, like in a hospital, you have additional rights under the *Lanterman-Petris-Short* *(LPS)* Act. For more on your rights, see the Department of Health Care Services’ patient handbook.

**DHCS Patient Handbook**


## Where you can learn more about your rights

You can learn more about your health care rights and your rights to mental health treatment on the Department of Managed Health Care’s website.

**DMHC.CA.gov**
Warmline

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

(650) 638-0800 Mon to Fri 9AM-5PM

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 9am-5pm. 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 trained volunteer operators.

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

The newsletter covers items of interest within the local and broader mental health community as well as events.

The newsletter is sent via email to all active members on our NAMI SMC membership list four times a year, 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/news-events

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.