**General Meeting**

**Wed, Sep 8, 2021**
7:00 - 8:30pm  Program

**Zoom Meeting Only**

"Reimagining Crisis Response for San Mateo County"

A joint presentation by William Elting, Board Treasurer and representatives from San Mateo County Behavioral Health and Recovery Services (BHRS) and StarVista

Registration is required

Instructions on how to register will be on our website.

https://namisanmateo.org/news-events/general-meetings

**NAMI San Mateo County General Meetings are free and open to the public. We welcome all who support our mission to improve the quality of life for people with mental illness and their families.**

**Peninsula Temple Sholom's “Let's Talk Mental Health Series”**

August 15, 3-4:30pm  See Page 9

**NAMIWalks A National Day of Hope Saturday, October 9, 2021**

**Mental Health Observance Days**

<table>
<thead>
<tr>
<th>August 8 – 14</th>
<th>National Health Center Week</th>
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<tbody>
<tr>
<td>September 1-30</td>
<td>National Suicide Awareness Prevention Month</td>
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<tr>
<td>October 9</td>
<td>NAMIwalks Your Way San Mateo</td>
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**Mental Health Emergency Response**

This article is intended to supplement information available from San Mateo County’s Department of Behavioral Health and Recovery Services (BHRS). The Mental Health Emergency Guidelines for Calling 911 brochure is available at [https://www.smchealth.org/mh911](https://www.smchealth.org/mh911). This brochure can be viewed online, printed out, or printed copies can be requested from BHRS.

**Be Prepared**

We also recommend that family members of those who have experienced mental health emergencies in the past, as well as those who anticipate possibly doing so in the future, review, download and complete (as much as possible) the Information From Family Member form, available at: [www.smchealth.org/sites/main/files/file-attachments/familyform_english.pdf](http://www.smchealth.org/sites/main/files/file-attachments/familyform_english.pdf). Keep this form current and have a few copies on hand to share with different agencies as HIPAA regulations prohibit agencies from sharing client information. It is also suggested that Psychiatric Advance Directives also be completed and ready in the event of a crisis.

**A Different Philosophy**

NAMI SMC is aware that there have been changes in the last year of how law enforcement responds to mental health emergencies. Details of these changes have not been formally announced and are currently being developed. They are a result of changes in legislation and case law. The changes are intended to reduce negative outcomes in mental health emergency responses, and to limit law enforcement liability when things don’t go well.

While it is generally agreed that the best practice is to have mental health experts respond to mental health emergencies, with, or even without law enforcement, the fact is that this service is in very short supply in San Mateo County. While we are fortunate to have Mateo Lodge, [www.smc-connect.org/locations/mateo-lodge-inc](http://www.smc-connect.org/locations/mateo-lodge-inc), that has been around for years, and is a veritable prototype for what is being done elsewhere now, they are small, under resourced and will only respond under very specific circumstances. There are also some pilot programs being initiated in four cities in the County that would send a clinician to mental health emergencies, but these are still in the early stages. Chances are it will still fall to law enforcement to respond to a mental health emergency call.

Law enforcement recognizes the need for safe and respectful responses to 911 mental health calls. For 16 years, SMC law enforcement, BHRS and NAMI have collaborated to conduct Crisis Intervention Team (CIT) training coordinated by the Sheriff’s Department. This week-long (40 hours) training is intended to educate law enforcement and related agency personnel to better respond to mental health emergencies. Almost all law enforcement in the County now have this training, but as it states in the BHRS brochure, when calling for a response to a mental health crisis, it is advisable to request officers who have CIT training.

**The Changes**

Especially if you have previously called for a mental health emergency response, you may notice that the current process will seem to develop slowly. Law enforcement is going to be more deliberate than in the past.

Officers may call you while enroute to confirm what they heard from the dis-

(Continued on page 3)
According to the CDC, 1 in 3 U.S. adults reported experiencing depression or anxiety since the pandemic began. With our collective mental health needs at an all-time high, NAMI's programs and advocacy are needed now more than ever. With your help, we are pleased to present NAMIWalks San Mateo County on Saturday, October 9, 2021.

NAMIWalks is a vital fundraising component helping us to provide our programs to the community free of charge. It also expands our visibility in the community and helps us strengthen our community partnerships.

How Can You Get Involved?

We invite you to participate in this hybrid event by registering as a team captain or walker at: www.namiwalks.org/SanMateo.

On the day of the event, you can spend the day doing an activity of your choice. Some teams may gather to do a virtual yoga session, other teams may choose to meet up for a walk in the park or go on a morning bike ride. With NAMIWalks Your Way there are countless ways to participate!

Not Able to Participate?

If you are unable to join us on the day of the walk, there are still other opportunities to get involved. You can donate directly to the event, become a sponsor, or reach out to your employer/professional network to encourage them to sponsor the event!

⇒ To donate, simply go to namiwalks.org/sanmateo and click “Donate to This Event.”
⇒ To become a sponsor, go to namiwalks.org/sanmateo and check out the “Virtual Sponsor Fair” section.

All questions regarding the walk or sponsorships can be directed to Christina Carpio at walks@namisanmateo.org

NAMI SMC looks forward to seeing our community come together to fight the stigma of mental illness and celebrate a National Day of Hope!

Get Involved - 5 Ways

On July 16, 2021 NAMI National sent a press release titled NAMI Urges Swift Action to Reimagine Crisis Response Ahead of 988 Launch Next Year.

The complete article can be found at: https://www.nami.org/Press-Media/Press-Releases/2021/NAMI-Urges-Swift-Action-to-Reimagine-Crisis-Response-Ahead-of-988-Launch-Next-Year

Let’s Reimagine our Crisis Response in San Mateo County and...

Get Involved

Mental health advocates across the country have the power to demand that the crisis standard of care be offered in every community, to every person who needs it. You can help by making legislators aware of both the problem — our inadequate crisis system — and the solution. Here are five ways you can act today:

https://nami.quorum.us/crisisadvocacy

1. Sign NAMI’s petition to show your commitment to reimaging crisis response in your community.
2. Share your story to power our advocacy by telling us your own crisis response experience. The real-life experiences of people who’ve encountered good or bad crisis response help policymakers understand why change is needed.
3. Email your members of Congress to tell them to fund a crisis response infrastructure.
4. Learn about ways to influence your state policymakers. See if there is any current legislation in your state and connect with your NAMI State Organization to learn how they are supporting legislation and how you may get involved.
5. Recruit other advocates by posting on social media to demand a mental health response to mental health crises.

For the complete article, access the link below:
www.nami.org/Advocacy/Crisis-Intervention/988-Reimagining-Crisis-Response

Join us for A United Day of Hope

NAMIWalks will be a virtually virtual experience, united with NAMIWalks across the country. NAMIWalks Your Way means instead of putting one foot in front of the other, you get to put one feat in front of the other: participants get to use their creativity, with the main rule that we continue to advance towards our goal by leaps and bounds.

Take photos and videos and share your activity on favorite social media with the link to your walk fundraising page and the hashtag #NotAlone.

Together we can make a difference for people affected by mental illness!

“When one side only of a story is heard and often repeated, the human mind becomes impressed with it insensibly.”

- George Washington
patcher, and obtain more information. They may not come to the exact location where the mental health emergency is occurring, instead maintaining some distance so as not to immediately escalate the situation. You may need to leave the place where the situation is developing to meet with them a safe distance away. When doing this, it will be best to be prepared, with communication devices, relevant phone numbers (i.e. providers), the family member form, advance directives and other documents and information that might be relevant.

They will probably secure the area, call for back-up, and even wait for a supervisor to arrive. This is because they are assessing the “priority of life”. They will consider carefully whether the person is a threat to others, including you, and the officers themselves, before taking any action. In some instances, they may choose to not intervene at all. They cannot provide any assurances in terms of possible outcomes either. If law enforcement cannot engage with the person experiencing a mental health challenge, they may recommend that the reporting person contact behavioral health agencies and depart. This is called “disengagement”.

Law enforcement will also be very cognizant of whether there have been any penal code violations. In the absence of any criminal actions, they may not take any direct action with an individual who is “only” a threat to themselves. Under these circumstances, they may reach out to treatment team members, case workers, and others who are familiar with the person and their circumstances. They need to be careful not to “bring the risk” or “create a danger”. They do not want to initiate a sequence of events that results in force needing to be used, as that could put them at fault.

Also, be aware that law enforcement will be much less likely to enter any premises when responding to a suicide emergency call. It is very unlikely they will enter anyone’s home uninvited regardless of the circumstances, unless there has been a crime. Destruction of property within a dwelling, or even damage to the dwelling itself, is not a significant enough crime to warrant law enforcement entering a residence during a mental health emergency call.

They also may not enter even if invited, unless someone other than the person experiencing the crisis is in danger. If inside, they will not break down a door to gain access to someone, even if there is a possibility of a suicide attempt occurring. To prepare, have in mind what you might do in these circumstances. Also, if the call is for a response to your home, you might want to be ready to leave for the night in the event the premises cannot be made safe.

As difficult as it may be, it will be important to be patient, even though time may not be on the side of the person in crisis. Risks taken in the past to try to save someone are no longer considered justifiable under the law, or public scrutiny. Law enforcement is trying to balance their legal obligations with their moral obligations.

Continue to Call 911 in Crisis Situations

And, even though the law enforcement response may be different from what you have experienced in the past, and/or not meet your expectations, it is important that you continue to contact law enforcement in the event of mental health emergencies. Until/unless viable alternatives are developed and deployed, this is the appropriate course of action. The record and paper trail created by these contacts may be needed for other legal remedies, including conservatorships and restraining orders.

Planning and Preparation are Critical

In addition to the Information From Family Member form, there are other ways to prepare for mental health crises. Wellness Recovery Action Plans (WRAP) are a great tool.

You can learn more about these at: https://copelandcenter.com

Having a release form allowing your family member’s medical information to be shared with you is important as well. And remember, even if providers cannot talk to you, you can talk to them and provide crucial information. Have a conversation with your loved one with a mental health condition about services being very limited, and how their active participation in care is critical during these changing times.

Unfortunately, another thing to be prepared for is that if your loved one does get put on an involuntary hold (5150), and are taken to County General Hospital, chances are they will actually be hospitalized in another county! In-patient Psychiatric Unit beds, which were already in short supply, were cut last year in a cost saving measure. This could mean trips to Marin, Santa Clara or even Monterey County.

But it is still preferable that your loved one go to the hospital as opposed to jail. As part of your plan and preparation for a mental health emergency, when your loved one is able to collaborate with the family discussion, plan for treatment or hospital psych. emergency before illness escalates to the degree of needing to call 911. A call for emergency response should be a last resort, after other options with providers, case workers and other available professionals have been exhausted.

Join Us at NAMI SMC

A reminder that NAMI SMC is the leading organization in San Mateo County for supporting family members of people who experience psychiatric emergencies, and other mental health challenges. We offer Family to Family classes and specialized support groups, but most importantly, a community of people with shared experience navigating a mental health system that is, at best, challenging.

And always, if you know someone who is in a suicidal crisis or emotional distress, please reach out for 24/7 confidential crisis support: call 650-579-0350 (or 1-800-273-8255) or text “BAY” to 741741.

Contributors are: Twila Dependahl, Liz Downard, William Elting, Ruan Frenette, Pat Way

NAMI Ending the Silence was presented to:
⇒ On May 17, 6 presentations were made to the 10th graders at Uplands High School as part of their sophomore Health and Wellness curriculum.
⇒ On July 21 and 22, presentations were made to middle school and high school students who are part of the migrant education in San Mateo County.

To our presenters who made this happen, see With Gratitude on page 5 of this newsletter. For more info go to: https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Ending-the-Silence
STAFFING AND OFFICE UPDATE

Effective July 2, our office staff is comprised of:
1. Rocio Cornejo - Peer PALS and Spanish Programs Coordinator
2. Christina Carpio - Marketing and Events Coordinator
3. Lobat Omidvari - Office Administrator

Debi Mechanic resigned on Wednesday, June 16. Debi has wanted to focus on enjoying her retirement and spending time with her family. We wish her well in her retirement and thank her for her commitment to NAMI SMC.

Jen Fuller’s last day was July 1. Keep her in your thoughts and prayers as she focuses on her health. We thank Jen for her commitment and dedication in ensuring all interested individuals who needed our programs were attended to.

On June 21, Lobat Omidvari filled the role as Office Administrator and can be reached at our general email address - nami@namisanmateo.org. As Office Administrator, Lobat will be monitoring and responding to emails sent to this address. Lobat will also assume the program administrative duties that Jen was responsible for. Join me in welcoming Lobat to the team!! We are thrilled to have her as part of the NAMI family. After 36 years at Franklin Templeton, Lobat is at last able to get into the mental health field that has been her passion since getting her degree in psychology.

In mid-March we brought on Christina Carpio as our Marketing and Events Coordinator. She will serve as our NAMI Walks manager, where her degree in Communications (with an emphasis in Advertising and her work experience) assures she brings the right skills and qualifications to the role. In addition, Christina is working to improve the data integrity of our internal database, that houses memberships and donor contributions; she also maintains our website. She has become an integral part of our team. Her email address is walks@namisanmateo.org.

Rocio Cornejo, who was hired in January 2017 to coordinate our Peer PALS program was promoted to Spanish Programs Coordinator effective January 1, 2021. She has done an incredible job to expand our programs in our Hispanic/LatinX community. With her coordination, a Spanish Basics Program Leader training was completed in mid-April with ten graduates. On the training calendar, we have a Spanish Basics being offered in July and September. We are in the process of translating into Spanish our Mental Health 101 presentation for our community outreach. We appreciate all Rocio’s efforts and I am excited to see the continued expansion for this underserved population.

Regarding our new office location, we have not fully returned to the office despite County restrictions being lifted. Due to the configuration of the office space, our office phones are not fully functioning. Per Hjartoy, a NAMI family member is graciously offering his consultation on finding a new phone platform which will resolve our manual WarmLine call forwarding issue and offer flexibility on how the office staff can be reached. Once the telecom solution has been identified and implemented an update will be provided.

With the office move and transfer of the phone lines, we have dedicated the 650-638-0800 as the NAMI SMC WarmLine as this is the number that is most known in the community. The second phone line 650-638-0802 has been activated so that it is now the direct line into the office. We thank William Elting, Board Treasurer and Advocacy Committee Chair and Brendan Byrne for the supervision/training and scheduling, respectively, of the WarmLine operators.

Due to limited space, we are still in boxes but you are welcome to visit the office suite - just let one of us know to arrange your visit in advance.

I am awaiting a response from the Property Manager regarding the conference room availability located at our building. More to come on when we will be able to conduct in-person classes and support groups.

Should you have any questions, feel free to reach me at either the cell number 650-439-0597 or the office number 650-638-0802.

In Service and Gratitude, Twila

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Federal Resources

Some federal agencies offer resources for identifying health care providers and help in finding low-cost health services. These include:

- **Substance Abuse and Mental Health Services Administration (SAMHSA):** For general information on mental health and to locate treatment services in your area, call the SAMHSA Treatment Referral Helpline at 1-800-662-HELP (4357). SAMHSA also has a Behavioral Health Treatment Locator on its website that can be searched by location.

- **Health Resources and Services Administration (HRSA):** HRSA works to improve access to health care. The HRSA website has information on finding affordable healthcare, including health centers that offer care on a sliding fee scale.

- **Centers for Medicare & Medicaid Services (CMS):** CMS has information on its website about benefits and eligibility for mental health programs and how to enroll.

- **The National Library of Medicine (NLM) MedlinePlus:** NLM’s website has directories and lists of organizations that can help in identifying a health practitioner.

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Medical Terminology

Thought disorder (TD) - is any disturbance in cognition that adversely affects language and thought content, and thereby communication. A variety of thought disorders were said to be characteristic of people with schizophrenia. A content-thought disorder is typically characterized by the experience of multiple delusional fragments. The term, thought disorder, is often used to refer to a formal thought disorder.

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“If you love life, don’t waste time, for time is what life is made up of.” - Bruce Lee
Peer PALS

As with our other various programs, Peer PALS faced new challenges with the arrival of the pandemic. By far the biggest challenge was taking a program that revolved entirely on person-to-person interactions (one of the main reasons folks signed up) and transfer it to a completely virtual platform.

While our world has drastically changed, the sentiment behind Peer PALS matches remains the same - encouraging a mentoring support system in our mental health community. Today, the Peer PALS program continues to serve community members facing mental health challenges, with bi-weekly phone interactions, video calls - and yes even in-person, albeit socially distanced outings.

This program, developed by NAMI Santa Clara County (SCC) and started by NAMI San Mateo in August 2017, matches PALS, or mentors with peers who can use the support of someone who has “been there.” Because PALS have the experience of mental illness in common with their peer, they are in a unique position to relate to and understand their peer’s experience.

If you would like information on this paid position OR would like to request the support of a PALS, please contact Rocio at 650-918-0293 or rocio@namisanmateo.org


-Rocio Cornejo, Peer PALS & Spanish Education Coordinator

Vision y Compromiso San Mateo Roundtable

With the launch of our Spanish programs this year, we have been fortunate enough to have received a warm welcome from various organizations. One of them being Vision y Compromiso, a non-profit dedicated to providing peer-driven, culturally competent supportive services to the Latino community across California. In fact, VyC takes special consideration in training Promotores, or Promoters, who specialize in engaging community members in wellness practices and healthy family dynamics. Thus, we were excited when VyC reached out to us in order to collaborate on identifying key mental health needs of the Latino population.

One such event we were invited to was VyC’s Latinos and Mental Health Service Provider Roundtable. This virtual meeting, which took place on April 20, 2021, focused on bringing together mental health providers and organizations in San Mateo County in order to discuss thoughts and experiences on the obstacles faced by Latino, immigrant, and refugee communities.

We focused on the following:

- Address cultural values and beliefs of Latino immigrants and/or refugees.
- Address the need to support individual and family engagement and empowerment, increase social support, and promote resilience and recovery.

This is just one of the significant steps NAMI SMC is taking towards being a productive and supportive entity in our Latino community. Together we strive to become a part of the solution and not the problem!

-Rocio Cornejo, Peer PALS & Spanish Education Coordinator

Spanish Basics & Spanish Programs

Since receiving a NAMI national grant to launch Spanish programs in our San Mateo affiliate, we have been steadily working towards providing more Spanish support programs. As a matter of fact, since our Train the Trainer Spanish Basics class in April, we are planning two Spanish Basic classes for our Latino community. I am also happy to report that our two instructors, Lupita and Lourdes, are recent graduates of our training! Our first class will be taught during the summer (July 12 - August 16th), and we have 13 participants who have registered.

Following this class, we will quickly jump into our fall edition with Spanish Basics classes starting in September and finishing up in October. It should also be noted that Spanish Basics has been able to exist and operate with the never-ending support of Yolanda Ramirez, Claudia Saggese, and Charo Martinez, from BHRS, office of OFCA. Together they have supported our instructors and have built a solid foundation for our classes, past and present.

We hope this is only the beginning of a very fruitful Spanish year at NAMI!

-Rocio Cornejo, Peer PALS & Spanish Education Coordinator

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

In Our Own Voice

In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained individual speakers share compelling personal stories about living with mental illness and achieving recovery.

www.namisanmateo.org/support/for-individuals-with-a-mental-health-diagnosis

Visit www.namica.org to get the latest update on legislative activity pertaining to Mental Illness.
Introducing our new Board Members

Chelsea Bonini

I am grateful for the opportunity to join the NAMI San Mateo County Board of Directors. As a longtime advocate for equitable education, mental health awareness and inclusive communities, my work has been closely aligned with NAMI’s mission.

I look forward to supporting NAMI’s educational programs, family supports, and advocacy initiatives for adolescents and adults in San Mateo County, and I am hopeful that we can expand our focus to better support children with early psychiatric symptoms and diagnoses. In furtherance of this work, I will bring my unique perspectives as a former kindergarten & first grade teacher and school board member, and as an attorney, a member of the San Mateo County Commission on Disabilities, and as a San Mateo County Board of Education Trustee to my service on the NAMI Board.

My goal is for all children, adolescents and adults with mental illness and other disabilities to be able to access a seamless and coordinated system of supports that will ultimately lead to more equitable and inclusionary opportunities and better outcomes in our schools, communities, and workplaces.

Kate Phillips

Hello members, I’m so enthusiastic to be part of this organization. I have a passionate interest in learning about mental health and illness and advocating for awareness, research and reform. My own journey with mental health issues began five years ago when I was first diagnosed with bipolar 2 at almost fifty years old. I want to make NAMI better known in our community and country and to use my experience to spread awareness, help others and reduce stigma.

I am an author with a PhD from Harvard in American literature and history, so perhaps I’ll be able to use my writing experience to further our cause. Since at young age I have been very involved with community volunteering, and because of my recent experience and resulting expertise, NAMI is now the focus of my volunteer efforts.

Virginia Chang-Kiraly

Mental health is very important for a person’s well-being. During the pandemic, a light was shined on the need for resources to support the broad range of mental health and mental illness. NAMI provides support for those diagnosed with mental illness and their families, and provides public education to reduce the negative stigma of mental illness. I experienced the consequences of mental illness when two of my teachers were killed by those who suffered from mental illness, one of whom was shot in the classroom by a classmate. I have also seen, first hand, the mental anguish experienced by first responders who do search and rescue and recovery work and understand how our heroes also need resources to allow them to do their jobs safely for themselves and their families. Further, mental illness that has resulted in a suicide or abuse leaves a family bereft with unanswered questions, self-blame, and shame, so support must be given to family members, as well. I want to be part of the board of NAMI San Mateo to ensure that resources for mental health and mental illness are available to all who need them. To me, mental health and mental illness are about overall health.

Introducing Our Expanded Advisory Council.

Welcome to our new members of the Advisory Council. Our illustrious members join Dr. Cameron Quanbeck, MD and Pat Way.

◊ Ian Adamson, CEO, Mateo Lodge
◊ Scott Gilman, BHRS Director, San Mateo County
◊ Per Hjartøy, CEO, Actius Inc.
◊ Michael Lim, MHSARC Commissioner and ACCESS Ambassador
◊ Sally Mayer, Mental Health advocate
◊ Sharon Roth, prior Board Member of NAMI National, CA and SMC

Look for their bios in our next newsletter!

Suicide Prevention Awareness Month September 2021

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

September is Suicide Prevention Awareness Month — a time to raise awareness on this stigmatized, and often taboo, topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

Throughout the month of September, NAMI will highlight “Together for Mental Health,” which encourages people to bring their voices together to advocate for better mental health care, including a crisis response system. NAMI wants any person experiencing suicidal thoughts or behaviors to have a number to call, a system to turn to, that would connect them to the treatment and support they need.

Crisis Resources:

- If you or someone you know is in an emergency, call 911 immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255)
- If you’re uncomfortable talking on the phone, you can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.

Learn more at: https://bit.ly/3j8vAdz
We are grateful for donations...

...with Gratitude
Basics Teachers: Mercedes Marquez, Alejandra Escobedo and BHRS Coordinator, Yolanda Ramirez
Peer-to-Peer Teachers: Rachel Day and Patrice Massicotte
Family-to-Family Teachers: Ginny Traub and Jean Perry (Class 3) Ammi Rostin and Jen Souza (Class 4)
Ending the Silence Presenters: Bonnie McNamara, Ginny Traub and Jeffrey Mark Leavitt

...in Honor of
Sahara Lirone with gratitude for her Peer Support Work from Kathleen McCann

...in Memory of
Riley Wachhorst from Maria and Brian Wachhorst
George Culores from Calvin D Shelton
Sylvia Cole from Kawika Cole
NAMI San Mateo County appreciates those who send donations that honor loved ones. Our sincere gratitude!

To All Our Volunteers!
~ THANK YOU ~
We couldn’t do it without you!
Connections Support Group Facilitators:
John Butler, Ellen Darnell, Rachel Day, William Elting, Michael Lim, Audrey Kemp, Ammi Rostin, Calvin Shelton
...and to all of our Fantastic Support Group Leaders!

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

NAMI SMC May 27, 2021 General Meeting
If you were unable to attend our May 27th General Meeting, "Getting to Calm, A Personal Story of Health and Healing From Depression" the video recording is available at:
https://www.youtube.com/watch?v=jCSIEr0YbTA
In general, presentations and video recording of our NAMI SMC General Meetings can be found at:
www.namisanmateo.org/news-events

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

![Image of NAMI San Mateo County logo]

NAMI San Mateo County
1730 S. Amphlett Blvd., #308
San Mateo, CA 94402

RETURN SERVICE REQUESTED

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Like us on Facebook [Facebook link] and follow us on Twitter [Twitter link]

www.namisanmateo.org/news-events

Coronavirus Updates

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

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**Membership / Donation Form**

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

- [ ] Individual Member ($40)*
- [ ] Household Member ($60)*
- [ ] Open Door Member ($5)*
- [ ] Renewal or [ ] New Membership

Amount Enclosed: $________

- [ ] $50
- [ ] $75
- [ ] $100
- [ ] $250
- [ ] Other $________

In [ ] Honor of [ ] Memory of

- [ ] My Company has a Matching Gift Program: __________________________ (company name)

Name________________________________________

Address_______________________________________

City/State_____________________________Zip________

Phone (_____)_________________E-mail____________________________

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

Credit Card#________________________Expires_______3 Digit code____

Amount $____________ Signature____________________

How did you hear about NAMI?

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

- [ ] In Honor of
- [ ] Memory of

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!*
WE INVITE YOU TO JOIN US FOR
Peninsula Temple Sholom’s
“Let’s Talk Mental Health Series”

*Felton Institute - (re)MIND & BEAM Programs*

Please join us as Sydney Hoff, OTD, OTR Program Manager at Felton Institute, San Mateo County, highlights and describes two innovative, evidence-based successful programs that identify, evaluate and treat mental illness disorders in teens and young adults 14-35. The Felton Institute specializes in the early detection and intervention of mood disorders, schizophrenia and bipolar.

Special guests and their families who have participated in these programs will share their experiences and the impact on their lives.

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**Date:** Sunday, August 15, 2021 via Zoom  
**Time:** 3:00 - 4:30 p.m.  
**Join Zoom Meeting**  
https://sholom-org.zoom.us/j/81542615548?pwd=am1Bbm1LTDBzbmhhZ25KL09PQWhLQT09  
**All are welcome**

Sponsored by: Peninsula Temple Sholom (www.sholom.org)
Gun Violence In America: Mental Health
Posted on Jul 28 2021   ABC News

The National Alliance on Mental Illness says whenever a tragic act of gun violence occurs, people with mental illness are often unfairly drawn into the conversation. "When we think about gun violence, what we know is that extreme anger, hatred and violence can motivate people to hurt or kill others. But we should never confuse strong emotions and beliefs with mental illness," Angela Kimball, national director of advocacy and public policy for NAMI, told ABC News.

Because politicians, police and the public put so much attention on mental health in the wake of gun violence, Kimball said those who have been diagnosed with things like schizophrenia and bipolar disorder face discrimination and marginalization. She said the world will often confuse those conditions with things like psychosis, which has many causes, including paranoia, Alzheimer's disease, drug use, trauma or sleep deprivation.

According to Kimball, people with mental health conditions are 23 times more likely to be the victims of violence than the general public. "Blaming mental illness or mental health conditions for gun violence is really a distraction from the real issues at hand which are evidence-based risk factors and the fact that in our country, it’s easier to get a gun than to get mental health care," Kimball said.

Read more:  https://abcn.ws/3zYmNln

Why Mental Health Care In America Is So Shoddy
Posted on Jul 27 2021   Yahoo! Finance

More than 47 million American adults are experiencing a mental illness, and yet 57% of adults with a mental illness are receiving no treatment. The fundamental issue, according to experts, is that mental health care has historically been treated differently than physical health care. Jennifer Snow, director of public policy at NAMI, also noted that there is "a severe shortage of mental health professionals across the country."

"Psychiatrists are not the only mental health professionals — there’s a robust continuum of professionals — but can you imagine if 60% of counties in the U.S. didn’t have access to cancer care?" Snow said. "I feel like people would be rioting in the streets." "Certainly with younger generations, more people are comfortable talking about their mental health care, but there are people who still look at it as something they should be able to get over and don’t look at it as a real health condition," Snow said. "We know that the brain is, in many ways, the most important part of your entire body."

Read more:  https://yhoo.it/2WExnQ0

Mental Healthcare Demand 'Crushing Supply' As Anxiety, Depression Rises
Posted on Jul 11 2021   WJLA ABC 7

Many people looking for a new therapist or psychiatrist are coming up empty-handed as more potential patients are seeking mental healthcare. There are more patients than providers. Depression, anxiety, and post-traumatic stress are all consequences of COVID, explained Dr. Ken Duckworth, CMO of NAMI. There is a change in the way Americans look at mental health but no change in the number of providers. Dr. Duckworth suggests checking with your work to see if there are other types of help. "Is there an employer-based resource that you can use on your own time? Millions of people have access to cognitive-behavioral coaching," he said.

Read more:  https://bit.ly/2V9QAbL

5 Mental Health Conditions That Are Way Underdiagnosed
Posted on Jul 08 2021   HuffPost

Mental health awareness has spread significantly in the past decade in the U.S. and around the world. Most Americans now say they value their emotional well-being as much as their physical well-being. But when it comes to diagnosing every person who needs it, and connecting them with care, there is still a long way to go. Some conditions tend to be particularly underdiagnosed or misdiagnosed. "BPD is one of the most commonly misdiagnosed mental health conditions," according to the National Alliance on Mental Illness. "It’s so misdiagnosed, in fact, that there isn’t even an accurate prevalence rate for the condition." One reason for that is the symptoms of BPD often look like something else, including depression, anxiety or even bipolar disorder.

Read more:  https://bit.ly/3ygG40T

Low-Cost Therapy Options For Every Budget
Posted on Jun 28 2021   U.S. News & World Report

The pandemic has taken a toll on mental health over the past year. Maybe you're one of the nearly 1 in 5 adults in the U.S. who has been living with a mental health disorder and the feelings aren't new; or maybe this is the first time you're experiencing anxiety or stress at this volume. Either way, the first step is clear: Ask for help. But it's not always that easy. "First of all, we have a supply-demand mismatch," says Dr. Ken Duckworth, CMO of NAMI. "Obviously a big wave of the pandemic has been the awareness that people are struggling with isolation, job loss, grief, racial trauma — more people are seeking help." Demand has increased for mental health services. Yet the supply is unchanged, he says.

Read more:  https://bit.ly/3BSsG5j

Drug relieves persistent daydreaming, fatigue, and brain sluggishness in adults with ADHD
Science Daily / NYU Langone Health

Tests of a drug known to stimulate brain activity have shown early success in reducing symptoms of sluggish cognitive tempo in 38 men and women with attention deficit hyperactivity disorder (ADHD.)

A collection of symptoms including persistent dreaminess, fatigue, and slow-working speed, sluggish cognitive tempo has been a subject of debate over whether it is part of, or separate from, ADHD.

Researchers at NYU Grossman School of Medicine and Icahn School of Medicine at Mount Sinai who led the study say the stimulant lisdexamfetamine (sold as Vyvanse) reduced by 30 percent self-reported symptoms of sluggish cognitive tempo.

Read more:  https://bit.ly/3xcThX5
Everyday mental health tips
to help you elevate your mood and become more resilient.

1. **Practice self-care and make yourself a priority.** The first step in practicing self-care is to take care of your body. In order to do this it is important to:  
   - Eat a healthy diet – research has shown that what you eat—and don’t eat—affects the way you think and feel.  
   - Exercise, which can help decrease depression and anxiety and improve moods.  
   - Get enough sleep.

2. **Disconnect from electronics and social media.** Consider adding an electronics-free time period to your day. Taking time to unplug and disconnect from the constant stream of emails and alerts will allow you to interact with people face to face and will help reduce the many feelings of FOMO that social media can often stir up.

3. **Engage in activities that provide meaning.** Partake in activities that make you feel happy, productive, and challenge your creativity. Whether through drawing, taking an exercise class, going out to dinner with friends or caring for a pet, spending quality time with those who matter to you can make you feel good.

4. **Volunteer.** The meaning and purpose derived from helping others or the community can enrich and expand your life—and make you happier. There’s no limit to the individual and group volunteer opportunities you can explore. Schools, places of worship, nonprofits, and charitable organizations of all sorts depend on volunteers for help in any capacity.

5. **Engage in meditation and/or mindfulness.** Relaxation exercises can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calmer.

6. **Avoid heavy substance use.** It is important to keep alcohol use to a minimum and avoid other drugs. Many people use alcohol and other drugs to "self-medicate" but in reality, substance use may get in the way of your ability to function at work or school, maintain a stable home life, handle life’s difficulties, and relate to others.

7. **Get help from a licensed mental health professional when and if you need it.** Seeking help is a sign of strength — not a weakness. Just as it requires effort to build and maintain physical health, so it is with mental health.

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**Dialogue with My Rescuer Self**

Me: So you want to play the Rescuer with your son?
Rescuer Self: I feel that it’s my responsibility

Me: It’s his life, he has to work through his own issues
Rescuer Self: I’m his Dad, he needs someone to talk with now, I can’t just stand by and watch him slide deeper into mania, lashing out at those he loves.

Me: He doesn’t want to be rescued, he wants to be heard.
Rescuer Self: OK, I’ll try to listen to him and keep the door open. I feel like I must remind him that his actions now alienating his own family are so much like his actions 3 years ago, just before he ended up getting in a fight with his roommate and being jailed...

Me: Do you think he wants to hear that? Why do you have to be the one who tells him?
Rescuer Self: I know he doesn’t want to hear that, but I feel like it’s my responsibility.

Me: He’s a fully grown adult, not a child any more.
Rescuer Self: But he’ll always be my son and I'll always love him.

Me: So talk with him. And listen.
Rescuer Self: I will. And I’ll try to keep the door open.

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**Find Affordable Housing With These Online Tools.**

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

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**Are you...**

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

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

To find out more call 1-877-847-3663
Show someone how much you care with the beautiful one of a kind NARSAD Art Cards

These powerful cards have been designed and created by individuals with mental health conditions. Visit our gift shop and read about The Hollister Family’s Journey to Sunshine from Darkness and the inspiration behind NARSAD Cards.

SAVE 40% when you buy 2 or more packages of Cards.

Enter code SAVE40 in the Coupon Code Box of your Shopping Cart to receive 40% off when purchasing multiple packages of cards.

https://namisanmateo.org/product-category/note-cards

San Mateo County Mental Health Emergency Numbers

Police: 911
Tell the dispatcher you are calling regarding a person who has a mental illness. Request a CIT (Crisis Intervention Team) trained officer and/or someone who has experience in dealing with the mentally ill. For non-emergency situations, call your local police department.

HELPFUL: Tips to prepare yourself for a 911 call are available on the BHRS website. Download “Mental Health Emergency” at www.smchealth.org/MH911 or visit the blog: https://smcbhrsblog.org.

24 Hour Crisis Line & Support Help: 650-579-0350 / 800-784-2433
Calling the local number will get you someone in San Mateo County. Calling the 800 number will get you the first person available. This person may not be in San Mateo County.

Psych Emergency: San Mateo Medical Center: 650-573-2662
Mills Peninsula Hospital: 650-696-5915
Kaiser South San Francisco: 650-742-2511
Kaiser Permanente SMC: 650-991-6455

FAST: 650-368-3178 | 650-371-7416 (pager)
Family Assertive Support Team - When your loved one is in emotional distress.

For additional non-emergency numbers relating to Mental Health issues, access https://namisanmateo.org.
# 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>Mon, Aug 9, 9 am - 10 am</td>
<td>Overcoming Shame - Providing Perspective Through My ADHD Story. ⇒ <a href="https://chadd.org/events-calendar">https://chadd.org/events-calendar</a></td>
</tr>
<tr>
<td>Tue, Aug 10, 11 am - 12 pm</td>
<td>Self-Control Gone Awry: The Cognitive Neuroscience Behind Bulimia Nervosa. ⇒ <a href="https://www.bbrfoundation.org/events">https://www.bbrfoundation.org/events</a></td>
</tr>
<tr>
<td>Tue, Aug 24, 9 am - 10 pm</td>
<td>IEPs, 504 plans, and the New Educational Landscape. ⇒ <a href="https://chadd.org/events-calendar">https://chadd.org/events-calendar</a></td>
</tr>
<tr>
<td>Thu, Sep 9, 10:30 am - 12 pm</td>
<td>Complimentary Maternal Mental Health 101 Webinar. ⇒ <a href="https://www.2020mom.org/free-intro-to-mmh">https://www.2020mom.org/free-intro-to-mmh</a></td>
</tr>
<tr>
<td>Tue, Sep 14, 11 am - 12 pm</td>
<td>PTSD: Identifying Risk and Current and Future Interventions. ⇒ <a href="https://www.bbrfoundation.org/events">https://www.bbrfoundation.org/events</a></td>
</tr>
<tr>
<td>Sat, Oct 9, All Day</td>
<td>NAMIWalks Your Way San Mateo County. ⇒ <a href="https://www.namiwalks.org/SanMateo">https://www.namiwalks.org/SanMateo</a></td>
</tr>
<tr>
<td>Tue, Oct 12, 11 am - 12 pm</td>
<td>Early-Life Risk for Pathological Anxiety. ⇒ <a href="https://www.bbrfoundation.org/events">https://www.bbrfoundation.org/events</a></td>
</tr>
<tr>
<td>Thu, Oct 14 Fri, Oct 15, 9 am - 3 pm</td>
<td>NAMI California’s Second Virtual Annual Conference. ⇒ <a href="https://whova.com/web/namic_202110">https://whova.com/web/namic_202110</a></td>
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<td></td>
<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">www.eventbrite.com/d/online/free--events--this-month/mental-health-and-wellness</a></td>
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</tbody>
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"If you don't know where you're going then how are you going to know how to get there."

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Quoted in the Summer 2021 issue:

- **Martin Luther King**: [https://thekingcenter.org](https://thekingcenter.org)
- **Bruce Lee**: [https://brucelee.com](https://brucelee.com)
- **George Washington**: [https://www.mountvernon.org](https://www.mountvernon.org)
## SUPPORT GROUP MEETINGS

<table>
<thead>
<tr>
<th>Day</th>
<th>Group</th>
<th>Time</th>
<th>Location Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td><strong>NAMI Cordilleras MHR Center Family Group</strong></td>
<td>1st Monday</td>
<td>To register, email: <a href="mailto:cordilleras6765@gmail.com">cordilleras6765@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td><strong>NAMI Parents of Youth &amp; Young Adults, (ages 6-26)</strong></td>
<td>2nd Monday</td>
<td>To register, email: <a href="mailto:parentsofyouth@gmail.com">parentsofyouth@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td><strong>NAMI Connections for Peers 18 &amp; Over</strong></td>
<td>every Monday</td>
<td>Join Zoom Meeting: <a href="https://us02web.zoom.us/j/84589731115?pwd=WGxpVEJYWkJXR01oN3RBNmZqSjBXdz09">Link</a></td>
</tr>
<tr>
<td></td>
<td><strong>Café para Padres</strong></td>
<td>ultimate Martes de cada mes.</td>
<td>Contact Yolanda Ramirez al 650-599-1047.</td>
</tr>
<tr>
<td></td>
<td><strong>NAMI San Mateo Medical Center Family Support Group</strong></td>
<td>3rd Tuesday</td>
<td>To register, email: <a href="mailto:SanMateoMedFSG@gmail.com">SanMateoMedFSG@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td><strong>NAMI South County Family Support Group</strong></td>
<td>2nd Tuesday</td>
<td>To register, email: <a href="mailto:southcountyNFSG@gmail.com">southcountyNFSG@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td><strong>NAMI Spanish-Speaking Family Support Group, (Redwood City)</strong></td>
<td>2nd Tuesday</td>
<td>To register, email: <a href="mailto:csaggese@smcgov.org">csaggese@smcgov.org</a> or call (650) 573-2673.</td>
</tr>
<tr>
<td></td>
<td><strong>DBSA Mood Disorder Support Group</strong></td>
<td>every Tuesday</td>
<td>Contact 650-299-8880 (leave a message) or <a href="mailto:info@dbsaSanMateo.org">info@dbsaSanMateo.org</a></td>
</tr>
<tr>
<td></td>
<td><strong>Individuals Living With Their Own Mental Illness</strong></td>
<td>every Tuesday</td>
<td>Redwood City - Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x111</td>
</tr>
<tr>
<td></td>
<td><strong>NAMI Connections for Older Adults 55+</strong></td>
<td>1st Wednesday</td>
<td>Zoom Meeting: <a href="https://us02web.zoom.us/j/84117733458?pwd=dCtqV21VdXNIQ1ZGbUVTWStIQXRUdz09">Link</a></td>
</tr>
<tr>
<td></td>
<td><strong>Jewish Support Group</strong>, (open to all denominations)</td>
<td>2nd Wednesday</td>
<td>Info: call Carol Irwin 408-858-1372</td>
</tr>
<tr>
<td></td>
<td><strong>NAMI Connections for Peers 18 &amp; Over</strong></td>
<td>every Thursday</td>
<td>Join Zoom Meeting: <a href="https://us02web.zoom.us/j/84589731115?pwd=WGxpVEJYWkJXR01oN3RBNmZqSjBXdz09">Link</a></td>
</tr>
<tr>
<td></td>
<td><strong>Coastside Dual Diagnosis Group, (Half Moon Bay)</strong></td>
<td>every Thursday</td>
<td>Info: call 650-726-6369</td>
</tr>
<tr>
<td></td>
<td><strong>Body Image &amp; Eating Disorders, (Menlo Park)</strong></td>
<td>every Thursdays</td>
<td>Email: <a href="mailto:emlycaruthersmft@gmail.com">emlycaruthersmft@gmail.com</a>. More info: 408-356-1212 or email: <a href="mailto:info@edrcsv.org">info@edrcsv.org</a></td>
</tr>
<tr>
<td></td>
<td><strong>Chinese Family Support Group, (in English, Cantonese, &amp; Mandarin)</strong></td>
<td>2nd Friday</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></td>
<td><strong>Korean Support Group, (Cupertino)</strong></td>
<td>4th Friday</td>
<td>Call for location: Kyo, 408-712-1149.</td>
</tr>
<tr>
<td></td>
<td><strong>Obsessive-Compulsive Foundation of SF Bay Area</strong></td>
<td>3rd Saturday</td>
<td>Meets 3rd Saturday of the month from 1:30-3:30pm, Seton Medical Center. Info: 415-273-7273; <a href="http://www.ocdbayarea.org">www.ocdbayarea.org</a></td>
</tr>
<tr>
<td></td>
<td><strong>Consumer Support Groups, Heart and Soul</strong></td>
<td>2nd Saturday</td>
<td>For info call 650-232-7426 or visit <a href="http://www.heartandsoulin.org">www.heartandsoulin.org</a></td>
</tr>
<tr>
<td></td>
<td><strong>Cluttering &amp; Hoarding Support Groups, Workshops, and Private Consultations - Groups/programs</strong></td>
<td></td>
<td>contact Emily Farber, MSW, 650-289-5417, <a href="mailto:efarber@avenidas.org">efarber@avenidas.org</a></td>
</tr>
</tbody>
</table>
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:
Separate BAHVN 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 for the Monday group of your choice.

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 for 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 for 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)
REAL LIFE. REAL SUPPORT.

IMAT CASE MANAGEMENT SUPPORT LINE

Have a question about Medicated Assisted Treatment (MAT)?
Need to check in? Give us a call.

WHAT: On-Demand Case Management Services
WHO: Current IMAT clients, or anyone interested in MAT
WHEN: Tuesdays & Thursdays (12 - 4PM)
WHERE: Microsoft teams (phone or VIDEO)
HOW: Call 628-212-0105, Conference ID: 944 843 218#

The IMAT support line is staffed by experienced IMAT Case Managers.
We offer those on the recovery journey safe and non-judgmental support.

~ YOU DON'T NEED TO DO THIS ALONE ~

Call us to speak 1-1 with an IMAT Case Manager who can help navigate MAT questions, insurance issues, treatment or other behavioral health services - or if you just want to talk to someone who gets it.

The science is clear: addiction is a chronic disease that changes our brain and is treatable with medication, behavioral therapies, and support.
We're here to help with all that.

If you, or someone you love is having a medical or psychiatric crisis please dial 911
For all other IMAT Inquiries, including evening and weekend help call 650.573.2735

www.smchealth.org/post/integrated-medication-assisted-treatment
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 www.ucsfemmi.org

Questions? Contact us at emmistudy@ucsf.edu
What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. NAMI Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. The NAMI Peer-to-Peer education program is:

- Free and confidential
- Held (once) a week for two hours
- Taught by trained Peer Mentors living in recovery themselves
- A great resource for information on mental health and recovery

NAMI San Mateo County, the local organization of the National Alliance on Mental Illness, offers its NAMI Peer-to-Peer Education Program year round. Please call our office at 650-638-0800 for dates and times to register.

Participant Perspectives

“This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer.”

“Since taking the course I have gained employment and committed to my recovery.”

“NAMI Peer-to-Peer gave me a better understanding of the mental illness I have and how to manage it.”

Contact us to register for this NAMI SMC Peer-to-Peer class!

NAMI San Mateo County
1730 So Amphlett Blvd, Suite 308
San Mateo, CA 94402
650-638-0800
Email: p2pclass@namisanmateo.org

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI San Mateo County is an affiliate of NAMI California. NAMI San Mateo County and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.
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.
Bipolar Disorder in Teens and Young Adults: Know the Signs

Bipolar disorder is a mental disorder that causes unusual shifts in mood, marked by episodes of mania and depression.

**Common Signs & Symptoms of Mania**
- Showing intense happiness or silliness for a long time
- Having a very short temper or seeming extremely irritable
- Talking very fast or having racing thoughts
- Having an inflated sense of ability, knowledge, and power
- Doing reckless things that show poor judgment

**Common Signs & Symptoms of Depression**
- Feeling very sad or hopeless
- Feeling lonely or isolating themselves from others
- Eating too much or too little
- Having little energy and no interest in usual activities
- Sleeping too much

Teens and young adults with bipolar disorder symptoms may think and talk about self-harm or suicide. If someone you know is expressing these thoughts, seek help immediately.

National Suicide Prevention Lifeline  
1-800-273-TALK (8255)

Crisis Text Line  
Text HELLO to 741741

https://www.nimh.nih.gov/health/topics/bipolar-disorder
NAMI SMC 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