**We’ve Moved In!**

Please come visit us by appointment at our new office location, 1730 Amphlett Blvd Suite 308 in San Mateo. Enjoy conversation over a cup of tea or coffee, help yourself to some of our many useful brochures, shop our unique NAMI cards and jewelry, and peruse our mental health lending library.

If you’d like to help us complete our Welcome and Information Area set-up, we are looking for an attractive tea caddy to hold our microwave and tea/coffee service, an electric kettle, and a small refrigerator — or the funds to purchase them!

> “You can’t go back and change the beginning, but you can start where you are and change the ending.” - C.S. Lewis

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**2021 NAMI SMC Walk A Record Success!**

In a difficult year that saw mental health problems skyrocket due to Covid, NAMI San Mateo County was able to find a silver lining: increased knowledge and understanding of mental illness meant that more local residents than ever supported our annual fundraising walk on October 9. As of press time, we have surpassed our stretch goal of $100,000 by $18,000! This is roughly twice what we’ve earned in the past. And for the second year in a row, because we operated our walk on our own instead of pairing with other Bay Area affiliates, every dollar we raised will be used in our own San Mateo county to support our free education, support, and advocacy programs.

This year for the first time ever we engaged some major local corporate sponsors: Facebook and Kaiser! Sally and Mike Mayer touched all of our hearts by stepping up in an unprecedented way to make our efforts a success. And among our many walk volunteer superstars, Ginny Traub continued her long history of bringing in both personal and Visa corporate friends and funds — raising both much-needed money and awareness at the same time.

Ginny first became involved with NAMI San Mateo County eleven years ago, when her daughter began to suffer from mental illness and Ginny went online looking for help. There she learned about our Parents of Youth support group, which, as she says, gave her a community, a learning environment, and “people who get it.” “NAMI was my lifeline when I was lost and felt alone. NAMI gave me resources to continue on this lifelong journey in a happy and productive way.”

Today, Ginny is herself a seasoned and much beloved facilitator of our Parents of Youth Support Group, and she has gone from walking with just her sister in our annual NAMI walk to engaging many friends and work colleagues to participate in this important fundraiser. If you would like to engage your workplace or a corporation you know in our annual Walk, Ginny is the person to talk to! By working with Visa’s Diversity and Inclusion Office and Employee Resource Groups (affinity groups) over the course of several years, Ginny figured out how to get NAMI SMC on the radar of Visa’s charity programming — workplace programming that included informational talks and donations on behalf of physical participants — and of course corporate matching of donations. As Ginny reminds us, matching corporate donations are always helpful: free money!
Our New Outreach Program Coordinator

Patrice Massicotte (he/him/his) is our new Outreach Program Coordinator at NAMI San Mateo County. This position focuses on our outreach efforts, specifically, conducting our speaker presentation programs: Ending the Silence, In Our Own Voice, and Mental Health 101.

Patrice is filling a critical role in our efforts to increase awareness about our programs and services. Also, as part of our outreach, Patrice will help develop partnerships with different organizations to promote our mission and expansion goals. For example, we have begun partnerships with the Warriors, Aragon High School and Terra Nova High School to deliver our programs and participate in their wellness events and initiatives.

Patrice began volunteering with NAMI SMC two years ago as a Warmline operator and In Our Own Voice presenter. He then completed the Peer to Peer Program Leader training and co-facilitated his first class.

Outside of NAMI, Patrice founded Human Experience Peer Consultants which provides peer-focused mental health awareness, education, training and programs to organizations. He also writes columns on various mental health topics and sits on the board of directors for the Quebec Peer Support Workers Association. Patrice has a BA in Business Administration, Marketing, broad medical device industry experience and he is a Certified Peer Specialist. Patrice is an avid cyclist, loves the outdoors and spending quality time with his wife and dogs.

“When we decide to be happy we accept the responsibility to bring happiness to someone else.” - Maya Angelou

Nami SMC Supporters in Action!

It was great to be able to share with the community what NAMI San Mateo County does! Special thanks to Kate Phillips and Ginny Traub for organizing this Burlingame Farmers Market table!

NAMI San Mateo County Event Report

by Patrice Massicotte

On November 7th, the National Charity League – Crystal Springs Chapter, led by Jeanine Tonas and Carolyn McCusker, held a special Big Sis/Lil Sis Event at Ryder Park in San Mateo, with close to 100 teenage girls.

This year, they decided to partner with the National Alliance on Mental Illness (NAMI) of San Mateo County, to make this team building, outdoor event a memorable one. Everyone was asked to dress warmly - in orange and yellow - to show their support for Mental Health Awareness.

During the event, everyone gathered to hear the In Our Own Voice presentation from Fabricio - a young adult NAMI speaker - who shared about his journey, overall mental health, warning signs, what happened, what helped, the pandemic, followed by a short Q & A. The presentation was framed in a way that left hope for recovery and empathy to remove the stigma of mental health. After the presentation, the girls teamed up to decorate mental health support posters with their personal messages of hope (thanks to First Impressions Printing!). Then, all participants went for a mile-long awareness walk in the park.

With the weather collaborating, this special event was a real success full of fun, connecting, creating, and walking together in support of Mental Health Awareness. Thank you very much again to Jeanine, Carolyn and NCL!

The National Charity League – Crystal Springs Chapter had reached out to NAMI SMC who is dedicated to improving the quality of life for people in the Bay Area with mental illness through support, education, and advocacy. Both organizations felt that mental health services and key messages were needed now more than ever during these challenging times.

For more information on the NAMI SMC In Our Own Voice program: https://namisanmateo.org/support/for-individuals-with-a-mental-health-diagnosis

For information on all NAMI SMC programs and support for our Youth/Young Adults: https://namisanmateo.org/support/for-children-teens-and-young-adults

For more information on the National Charity League – Crystal Springs Chapter: https://nationalcharityleague.org/chapter/crystalsprings
Facial Feedback Hypothesis - rooted in the conjectures of Charles Darwin and William James, is that one's facial expression directly affects their emotional experience. Specifically, physiological activation of the facial regions associated with certain emotions holds a direct effect on the elicitation of such emotional states, and the lack of or inhibition of facial activation will result in the suppression (or absence altogether) of corresponding emotional states.

New NAMI San Mateo Board of Director Officers

The Board of Directors is pleased to announce that at the October 21, 2021 Board meeting, the following new slate of officers for 2021-2022 were elected (profiles to be posted on Website):

◊ President: Carol Gosho
◊ Vice President: Kate Phillips
◊ Secretary: Chelsea Bonini
◊ Interim Treasurer: Virginia Chang Kiraly

We are also pleased to announce the appointment of Michael Lim to fill a new management position as Executive Director of Operations. He will be the chief administrator of the organization, staff, and volunteers to streamline and grow our 47 years of community mental health services as directed by the Board of Directors.

Additionally, the Board would like to express our appreciation to departing President Armando Sandoval, Treasurer William Elting, and Secretary Liz Downard for their service on the Board. Fortunately, Liz Downard will continue volunteering her long-time service as a family support group facilitator, interim program liaison, and field clinician helping families access mental health assistance.

Please join us in congratulating the appointees to their new positions, and in thanking the departing Board for their valuable service.

San Mateo County Health: BHRS Wellness Matters E-Journal—November 2021


Topics include:

• Suicide Prevention Trainings for Community Gatekeepers
• StarVista Opens Much Awaited Detox Program
• New ODE Recognition Series
• Commissioner Retires - Patricia Way
• Congratulations Chauncey Chatman, Housing Hero Award
• New Health Policy Removes Barriers
• COVID-19 Update

* On page 2 of the BHRS issue appears an article about our NAMI SMC Advisory Council member Pat Way.

Past BHRS e-Journal updates can be viewed here: www.smchealth.org/post/directors-update

NAMI Launches NAMI Homefront Mental Health Resources

Developed exclusively for military services members, veterans and their families.

We are excited to announce the launch of NAMI Homefront Mental Health Resources for Military Service Members, Veterans and Their Families, a free online suite of resources designed to increase understanding, communication, wellness and advocacy skills.

When NAMI Homefront was launched in 2014, the program was intended to address the unique needs of families, caregivers and friends of military service members and veterans experiencing PTSD, traumatic brain injury and other mental health conditions. But the classes remained closed to service members and veterans themselves. Year after year, NAMI was continually asked to offer resources or programming tailored to these communities as well.

With this new resource center, we have expanded the reach of NAMI Homefront to caregivers, family members and military service members and veterans. Users can access the information and support 24/7, both in the U.S. and when stationed overseas.

Accessible through computers or mobile devices, the resource center includes information about:

• Mental health conditions
• Treatment options
• Approaches to increase overall wellness
• Tips for self-care and managing stress
• Communication strategies
• Transitioning from military to civilian life
• Links to helpful organizations and crisis services
• And more!

We’re honored to be able to offer these resources to our military and veteran communities, especially as we recognize Veterans Day Thursday, Nov. 11, and pay respect to all those who have served.

If you or someone you know could benefit from these resources, we encourage you to sign up today at https://homefrontresources.nami.org.

A special THANK YOU goes to our Amazing Sponsors. We could not have done it without you!
NAMI SMC Family to Family

Family-to-Family has been going strong through the pandemic. We are proud to announce in 2021 we successfully graduated 63 participants. We could not have done this without the support of our community and our wonderful volunteer teachers.

Here is what our class participants said when asked what personal changes they have made:

“I have changed in a very positive way how I interact with my son who is bi-polar, our interactions are much more loving and constructive, and much less confrontational!”

“I have become a more compassionate, empathetic, generous, patient and open-minded person throughout my learning from this class. It has improved the quality of connection with my son. Ready to be an amid advocate for persons affected with mental illness”

“What we are experiencing is normal and there is a lot more support and information out there than we could have ever imagined.”

Although we are done with classes for 2021, we are looking forward to kicking off our 2022 classes with the first starting on January 12, 2022.

The NAMI Family-to-Family Education Program is a free, 8-week course for family caregivers of individuals 18 and older with mental health conditions. During this course our participants learn current information about various mental health conditions, gain empathy for their loved ones with lived experience, problem solving, communication skills and much more. If you or anyone you know is interested in taking our free Family-to-Family education program, please register at our website https://namisanmateo.org/support/for-families.

If you have taken the class and are interested in volunteering as a NAMI Family-to-Family leader, we need you. If you are interested, please fill out the volunteer form on our website and list Family-to-Family teacher in the field marked other https://namisanmateo.org/get-involved/become-a-volunteer.

NAMI Training Calendar

Pre-registration is required for all our education classes. Contact our Education Coordinators to sign up for future classes or click on the registration link.

www.namisanmateo.org/register-nami-san-mateo-programs

For English - Jennifer Melo education@namisanmateo.org
For Spanish - Rocio Cornejo rocio@namisanmateo.org

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Class Dates and Time</th>
</tr>
</thead>
</table>
| Family-to-Family   | **Class 1** - Every Wednesday from 1/12/22—3/2/22 6:30 PM-9:00 PM
|                    | **Class 2** - Every Wednesday from 3/16/22—5/4/22 6:30 PM-9:00 PM |
| Peer-to-Peer       | Class starts in March 2022 Time TBD       |

Peer PALS Update 2021

The COVID-19 pandemic seemingly impacted a lot of our programs and classes and the Peer PALS program was not an exception. Through this worldwide crisis we experienced heightened levels of anxiety, depression and isolation. Now, more than ever we need your support in continuing to create matches in this one of a kind, one-on-one support program.

The Peer PALS program continues to receive new applications on a weekly basis for individuals seeking support from a PAL, or mentor. At the moment, we have an urgent need for PALS! If you are interested in gaining hours in the peer support field and you would like to support and encourage someone through their mental health journey, please consider applying for this paid position!

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


Spanish Basics Summer 2021 Class

A big thank you to Lupita Avalos and Lourdes Briseño for co-facilitating this past summer’s Spanish Basics Class! Both Lupita and Lourdes graduated from the Spanish Basics Facilitator training in April 2021 and took on the task of teaching for the first time this year alongside Yolanda Ramirez from BHRS. We are so grateful for your phenomenal contributions and dedications to serving our Latinx community!

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

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
How to Handle the Holidays
When a Loved One Lives with a Mental Health Condition
By Sharon Dunas

Holidays tend to be especially stressful for people living with mental health conditions and their families. Below are some expectations and tips on how to reduce stress.

How Holidays Can Be Challenging for Those Living with Mental Health Conditions.

There are implied expectations of certain types of behavior and feelings, such as exchanging gifts and being happy. Large groups can be over-stimulating and confusing. Memories of happier times can be painful for those remember more care-free times before a mental health diagnosis.

Family get-togethers can raise the issue of what the person living with a mental health condition will tell people about their life, illness, or how they are doing.

Holidays lend themselves to people comparing themselves unfavorably to others (perhaps feeling insecure in the company of younger, higher-functioning or more accomplished relatives).

How to Reduce Holiday Stress for Your Family.

- Discuss holiday plans in advance. It may be important to acknowledge the needs of all family members, preferences, and limits before a workable situation can be reached.
- Acknowledge any mixed feelings your loved one may have. Do not make assumptions about how they will feel or act. It is okay to feel ambivalent.
- Keep expectations realistic, especially regarding whether
your loved one can tolerate a gathering, for how long, and what kind of participation he or she is capable of doing.
- Respect and support your loved one’s choices and decisions regarding whether they are comfortable participating and in what way. Be allowing.
- Accept your limits.
- Accept your loved one’s limits.

Help your loved one figure out how to handle some of the stress (i.e. how the person might answer questions during family time, what task they might focus on before and during gatherings, how long to stay, places to go to take breaks, and so forth). You could give your loved one a camera and let them take family photos at the holiday gathering. Consider that many people tend to have a better time if they are part of the planning process for a holiday.

Lower your own expectations to ensure that you can have quality time yourself. Expectations are the root of all unhappiness. When we can only see our expectations, we miss another person altogether.

Look for the good possibilities a holiday may present. Look for the good qualities in your loved one.

Be kind to yourself. You deserve it.

Sharon Dunas, LMFT, is the Board President for NAMI Westside Los Angeles.

(s) https://namila.org/family-guide-how-to-handle-the-holidays-when-a-loved-one-lives-with-a-mental-health-condition

We are pleased to present NAMICon as a hybrid event in 2022, combining an in-person convention experience with select events and sessions streaming online. The in-person component will be held June 15–18 at the Atlanta Marriott Marquis.

As one of the largest community-driven gatherings of mental health advocates in the U.S., NAMI’s annual national convention connects and inspires people looking for resources, research, support and programming.

NAMI seeks proposals that encourage mental health education and innovation and are well-versed in theory, research and practice.

The Call for Proposals form can only be completed and submitted online. The form should be completed in one sitting and may take up to 45 minutes to complete. However, if you need to save your proposal and complete it at a later time, be sure to click “Save and Continue Later.”

The deadline to submit a proposal is January 31, 2022.

You will be notified about the status of your proposal by March 1, 2022.

For more information on NAMI’s goals and/or to submit a proposal go to: https://www.nami.org/Get-Involved/Attend-the-NAMI-National-Convention/Call-for-Proposals.

Stereotypic Movement Disorder - a condition in which a person engages in repetitive, often rhythmic, but purposeless movements. In some cases, the movements may result in self-injury. For this behavior to be considered a disorder, the repetitive movements must continue for at least four weeks, and they must interfere with the person’s normal daily functioning. This disorder most often affects children with autism, intellectual disabilities, or developmental disabilities.

“Too many of us are not living our dreams because we are living our fears.” - Les Brown

NAMI SMC Resource Guide

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

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

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

- [http://smchousingsearch.org](http://smchousingsearch.org)
- [https://hotpads.com](https://hotpads.com)
- [https://www.affordablehousing.com](https://www.affordablehousing.com)
- [https://www.midpen-housing.org](https://www.midpen-housing.org)
- [https://www.mercyhousing.org](https://www.mercyhousing.org)
- [https://www.hudexchange.info/housing-and-homeless-assistance](https://www.hudexchange.info/housing-and-homeless-assistance)
- [https://hiphousing.org](https://hiphousing.org)
- [https://housing.smcgov.org](https://housing.smcgov.org)

New Additions to the Library


by Michael Pollan

When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research.

A unique and elegant blend of science, memoir, travel writing, history, and medicine, How to Change Your Mind is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

For more information about the author go to: [www.michaelpollan.com](http://www.michaelpollan.com)

Voices

Heart Beat of the World
Women without nowhere
The Heart Beat and Rhythm Of a Song
Women.
She’s a child – a girl
A Teenager – an adult
She’s single, married, a mother
A grandmother, a sister, an aunt
A cousin, a friend, a Lover
From birth to elder
Yes, proud and strong.
She has the right
Dance, Art, Music, Education, Leadership Science, Medicine, Politics
A Career in all.
So come on world,
Open your minds
And Hearts to
Women’s Voices, everywhere
Beverly, C. 2017 ©
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

“Wish List”
Would you like to support a great cause? NAMI SMC needs your help! Below are a few items that we need to support some of our activities:
- Small Refrigerator (not TOO small)
- Electric Kettle
- Coffee Cart (large)

Thank you for your consideration. For item specifics, please contact Kate Phillips at Kateph6@gmail.com, or call 650-638-0800.

NAMI SMC is a non-profit 501 (c) 3 organization. All donations are tax deductible as allowed by law.

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

We are grateful for donations...

...with Gratitude
Gary Stang for the Dell Laptop
Family-to-Family Teachers:
Jean Perry and Ammi Rostin (class 5)
Ruan Frenette and Jane Marshburn (class 6)
Matt Sweeney & Bonnie McNamara of the FAST TEAM for presenting at our Warm Line Training
National Charity League - Crystal Springs Chapter (Jackie Sage) for replacing our broken office shredder through their donation/sponsor program.

...in Honor of
Carrie DuBois from Lori & Dennis McBride
Jen Fuller from Emily Chandler
Juliana Fuerbringer from Margaret Herzen
Rosemary Hintz from Elizabeth McDougall
Jerry Thompson from Marjorie Hammer
Strong Soles Team from Susan & Steve Bell
Colette Marlin Winter from Lisa Marlin Winter
Helene Zimmerman from Margaret Herzen

...in Memory of
Patricia J Camper from Barbara Kesler
Grace Lee Chen from NAMI San Mateo
Sylvia Cole from David Cole
Garry Darnell from Amaal Greenwood-Goodwin, Ammi Rostin
Max Heffernann from Pat & Kate Belding Family
Joshua Stang from Gary & Nancy Stang
Riley Wachhorst from Linda and Mickey Podolsky

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

To All Our Volunteers!

~ THANK YOU ~
We couldn't do it without you!

General Meeting:
Carrie Du Bois for moderating the meeting and securing the presenters and Grant Du Bois for being the Zoom producer.

Warm Line Volunteers:
Megan Blickenstaff, Brendan Byrne, Rachel Day, Darlene Kirsch, Bridget Mannix, Emily Pomeroy, Ammi Rostin, Ken Tomiyama

...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

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

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

☐ $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# ____________ Expire ___________ 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!

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

RETURN SERVICE REQUESTED

Time Value

NAMI San Mateo County
1730 S. Amphlett Blvd., Suite 308
San Mateo, CA 94402
650-638-0800 / e-Fax: 650-240-3804
nami@namisanmateo.org
www.namisanmateo.org

Office Hours: 9am-5pm, M-F (by appt.)

Board of Directors:
Carol Gosho - President
Kate Phillips - Vice President
Chelsea Bonini - Secretary
Virginia Chang Kiraly - Interim Treasurer

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Michael Lim, Sally Mayer, Dr. Cameron D. Quanbeck, MD, Sharon Roth, Pat Way

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Debra Mechanic - Office Support
Rocio Cornejo - Peer PALS & Spanish Programs Coordinator
Patrice Massicotte - Outreach Coordinator

News Staff:
Ron Dugrenier - Producer
Kim Nobles - Editorial Assistant

Community Liasons:
Elizabeth Downard - Support Group Coordinator
Claudia Saggese - Office of Consumer and Family Affairs

All of our newsletters can be found online at:
www.namisanmateo.org/news-events/newsletters

Online newsletters typically have additional mental health articles and support group listings that are not shown in the printed version due to limited space.

To be placed on our email list go to:
www.namisanmateo.org/contact
PROCLAMATION HONORING THE LIFE OF

Grace Lee Chen

WHEREAS, Grace Lee Chen, was born into a wealthy traditional Chinese family with two loving parents and six older brothers, she dreamed of becoming a schoolteacher. But as the youngest and the only daughter, she was encouraged to master becoming a wealthy lady to match a husband of the same social status instead of following her dreams; and

WHEREAS, Grace Lee Chen, with her free spirit and leadership qualities, refused to live within these sexist limitations and rewrite old obsolete traditional rules for Chinese females. Grace was motivated to follow her passion (in both education and playing basketball with her brothers) and studied to become a teacher at her boarding school in Rangoon, Burma; and

WHEREAS, Grace Lee Chen, while in Rangoon, Burma, met her husband, a civil engineer graduate from an upper-class family, working for the government building division, they fell in love at first sight and became loving, supportive parents to ten children. They saved wisely to provide for all their children's future financial needs, including weddings and funeral expenses. They shared their lives together until he passed away at the age of 75 (Grace was 70). Grace remained faithful to her husband even in his death and never remarried; and

WHEREAS, Grace Lee Chen, was a valuable member of her community, she made many meaningful contributions as an advocate for minority and women's rights. She continued her mother’s sisterhood foundation which focused on helping marginalized women including those struggling financially and victims of domestic violence; and

WHEREAS, Grace Lee Chen was an advocate for female literacy, she encouraged everyone to learn and think for themselves. Her passion for helping her community was shared with her husband, who volunteered with her to help those suffering from natural disasters. One of her daughters followed in her footsteps by being actively involved with NAMI SMC since 2015 compassionately helping others with mental health challenges; and

WHEREAS, Grace Lee Chen, in addition to her strong mind, faithful heart, and compassion for others, is admired for her spirituality, she is looked at as a living Bodhisattva; and

WHEREAS, Grace Lee Chen, passed peacefully at home on October 3, 2021, surrounded by her family; and

WHEREAS, Grace Lee Chen, was wife, mother, grandmother to 7 grandsons and 7 granddaughters, and great grandmother to 8. Being the family matriarch, she shared a motherly bond with all who benefited from her generous and loving care across the decades; and

WHEREAS, Grace Lee Chen, was supportive, loving, compassionate, motivated, and spiritual. She was an individual who was very happy, content, resilient, peaceful, kind, and gentle. She was a kind person who was flexible, tolerant, understanding, and forgiving. She will be missed by all whom she touched.

NOW, THEREFORE, BE IT PROCLAIMED that the National Alliance on Mental Illness (NAMI) of San Mateo County, State of California, hereby honors the life and memory of 106 years-old Grace Lee Chen.
December 9, 2021
10:00 am – 12:00 pm (PST)

Most of you have heard of HIPAA but have you stopped to think how it applies to your everyday work with clients? If you work in any capacity in health care, you should be familiar with the basics of the Health Insurance Portability and Accountability Act. HIPAA was passed by Congress in 1996 to allow for the transfer and continuance of health insurance coverage, to reduce health care fraud and abuse, to create standards for health care billing and to allow for confidential handling of protected health information.

This webinar is for anyone who would like a better understanding of what HIPAA is and how it applies to their work. It will be an overview of all relevant HIPAA topics and is best suited for those with little or no knowledge of HIPAA or anyone who would like a refresher on the most important aspects of HIPAA.

Trainer

Robin Texeira, CHPC
Robin has been the HIPAA Privacy Officer at CIBHS for the last five years. She is certified in healthcare privacy and has experience responding to breaches, providing training and answering HIPAA related questions.

Goals of Webinar:
1. Participants will learn how HIPAA effects their organization.
2. Participants will be able to explain their individual rights under HIPAA and why they matter.
3. Participants will understand the impact of COVID on HIPAA regulations.

Cost
- The cost of the webinar is $65 per person.
- Click on the REGISTER button below for more information about the webinar.

Topics Covered:
- What is HIPAA
- Who must comply
- Covered Entities
- Business Associates
- Protected Health Information (PHI)
- Sharing PHI
- Minimum Necessary Rule
- HIPAA and Behavioral Health
- Privacy Rule
- Security Rule
- HIPAA and COVID
- Data Breaches
- 42 CFR, Part 2
- Your rights under HIPAA

Got questions? Contact Robin Texeira at rtexeira@cibhs.org

Register for the "HIPAA 101: BASICS OF HIPAA REGULATIONS" at: https://cibhs.networkofcare4elearning.org/EventDetail.aspx?pId=1056&OrgId=223
A law hindering treatment for severe mental illness must be repealed
Posted on July 9, 2021 TheHill

At a time when movements for equity and social justice have captivated the nation’s attention and galvanized activists, one of the most ongoing and notorious forms of discrimination in this country remains enshrined in federal law.

Since 1965, a provision that denies vulnerable Americans with severe mental illness equal access to medically necessary health care services has been embedded within Medicaid’s enabling legislation.

The so-called Institutions for Mental Diseases (IMD) exclusion is not some nuance of the law, but open and flagrant federally sanctioned discrimination in plain view of lawmakers and the public.

Here’s how this law works: The exclusion prevents federal Medicaid funds from covering inpatient services in a psychiatric facility with more than 16 beds, unless states and facilities meet specific requirements for waivers or utilize other mechanisms that allow for payment. It bars Medicaid enrollees with “mental diseases” from receiving the same level of care that enrollees without severe mental illness receive for physical ailments such as cancer and heart disease. In doing so, the exclusion denies equal protection under the law to the very group of people it is supposed to help.

Congress should repeal this prejudicial practice. That’s why, back in December, my organization and 12 other major mental health groups called for its repeal in a unified vision for mental health care.

Born of good but misguided intentions, the exclusion was meant to incentivize outpatient treatment for individuals with severe mental illness and disincentivize residential treatment. This simplistic and naïve approach to mental health care has led to dire consequences. So many people with severe mental illness are being housed in jails and prisons that they’ve been dubbed “the new asylums.” They are being boarded in emergency rooms for lack of available psychiatric beds. Tragically, they also frequently encounter police, where they are 16 times more likely to be killed than the general population.

Outpatient treatment is one effective part of the continuum of mental health care, but many people with severe mental illness need at least some periods of inpatient treatment to be stable. Individuals with schizophrenia, bipolar disorder, schizoaffective disorder, and other psychotic disorders need different kinds of treatment throughout their lives...

Read more: https://bit.ly/3FY1MN3

NAMI Joins “Sound The Alarm For Kids” Initiative To Address The Mental Health Emergency In Children And Teens
Posted on Nov 2, 2021 NAMI

Today, the National Alliance on Mental Illness (NAMI) joins “Sound the Alarm for Kids” as a national partner committed to raising awareness about the mental health emergency impacting children and teens. Young people are experiencing increased levels of anxiety and depression; the ongoing uptick in ER admissions for children and teens experiencing a mental health emergency — including self-harm, suicide ideation and suspected attempts — is a cause for concern. Our youth need mental health support and resources now more than ever.

“You can’t have a conversation about the health and well-being of children and teens without being mindful of the mental health effects of the pandemic as well,” said Dr. Christine Crawford, associate medical director of NAMI. “We urge Congress to take action this year and invest in mental health care of kids to increase access to services and resources.”

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

Daylight saving time just ended. These tips can help rebuild your kid's sleep routine
Posted on Nov 8, 2021 NPR

Getting enough sleep helps you focus, retain information and helps to fortify your immune system. For parents and caretakers struggling to get their little ones to bed on time, here are tips on establishing healthy sleeping habits — that can benefit your entire family.

Read more: https://www.npr.org/lifekit

As Kids Turned to Screens During Pandemic, Their Mental Health Suffered
Posted on Oct 5, 2021 USNews / HealthDay News

Even in normal times, getting regular exercise and spending less time on screens can be good for kids. So it should come as no surprise that researchers discovered that kids who exercised more and used technology less during the pandemic had better mental health outcomes.

"Both as a pediatrician and as a mother, it was obvious that the circumstances of the pandemic -- school closures, restrictions on regular activities that get kids active and outdoors and moving -- had made it very challenging for children to engage in the physical activity they needed," said study lead author Dr. Pooja Tandon, a researcher at Seattle Children's Hospital.

"And then also because of remote schooling, which was happening in most parts of the country last year, they were on screens so much more, certainly for school, but also for recreation," she said.

"I think what my team and I were interested in is trying to characterize what was going on with physical activity and screen time during the pandemic and with all the pandemic restrictions in place and, importantly, to try to connect those health behaviors to mental health-related outcomes," Tandon added.

The study included more than 500 parents of children aged 6 to 11 and more than 500 parent-adolescent pairs of kids aged 11 to 17. All were questioned between Oct. 22 and Nov. 2, 2020.

Kids who were more exposed to pandemic-related stressors engaged in less physical activity and logged more screen time. More importantly, the study found that better health behaviors were associated with better mental health.

Read more: https://bit.ly/3qrmAoZ
Myth: Only people without friends need therapists.
Fact: There is a large difference between structured talking therapies and speaking with friends. Both can help people with mental illness in different ways, but a trained therapist can address issues constructively and in ways that even the best of friends cannot match.

Also, not everyone can open up entirely in front of their nearest and dearest. Therapy is confidential, objective, and entirely focused on the individual, which is not generally possible in more informal chats with untrained friends.

Plus, some people do not have close friends. There are many possible causes of this, and it is no reason to look down on someone.
BHRS Family Contacts
Behavioral Health & Recovery Services
Claudia Saggese  Yolanda Ramirez
Dir. Office of Consumer and Family Affairs  Family Liaison
650-573-2673  650-573-2189

**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.

**Health Resources and Services Administration**
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.

Go to: https://www.hrsa.gov

**Shopping Supports NAMI SMC**
Sign up NOW!  Tell a friend!

Always start at https://smile.amazon.com and Amazon will donate 0.3% of the price of your eligible AmazonSmile purchases.
When you log in, please choose “NAMI San Mateo County” as your charitable organization; from there, proceeds from your shopping purchases will be linked directly to us!

**Car Donations Accepted!**
Thank you for considering NAMI-SMC as your donation destination!
A free, convenient service for converting that extra car, truck, or RV into a tax deductible donation benefitting NAMI San Mateo County.
Go to https://careasy.org/NAMI-San-Mateo-County or call 877-999-8322 to make your donation. Thank You!

**Vocational Rehabilitation Counseling and Services**
Call Brianne Crabbe at 650-802-6484

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

**Peninsula Veterans Affairs Center**
Are you a vet or know one who needs help, is experiencing PTSD and/or other symptoms? Call 650-617-4300

**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.
## SUPPORT GROUP MEETINGS

<table>
<thead>
<tr>
<th>DAY</th>
<th>GROUP NAME</th>
<th>MEETING TIMES</th>
<th>CONTACTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td>NAMI Cordilleras MHR Center Family Group</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>NAMI Parents of Youth &amp; Young Adults, (ages 6-26)</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>NAMI Connections for Peers 18 &amp; Over</td>
<td>every Monday</td>
<td>join Zoom Meeting: <a href="https://us02web.zoom.us/j/84589731115?pwd=WGxpVEJYWkJKXR01oN3RBNmZqSjBXdz09">link</a> Dial In: +1 669 900 6833 Meeting ID: 845 8973 1115</td>
</tr>
<tr>
<td></td>
<td>NAMI San Mateo Medical Center Family Support Group</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>NAMI South County Family Support Group</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>NAMI Spanish-Speaking Family Support Group, (Redwood City)</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>DBSA Mood Disorder Support Group</td>
<td>every Tuesday</td>
<td>contact at 650-299-8880 (leave a message) or <a href="mailto:info@dbsaSanMateo.org">info@dbsaSanMateo.org</a>.</td>
</tr>
<tr>
<td></td>
<td>Individuals Living With Their Own Mental Illness,</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>NAMI Connections for Older Adults 55+</td>
<td>1st Wednesday</td>
<td><a href="https://us02web.zoom.us/j/84117733458?pwd=dCtqV21VdXNIQ1ZGbUVTWStIQXRudz09">link</a> Dial In: 1-669-900-6833 Meeting ID: 841 1773 3458 Passcode: 996910</td>
</tr>
<tr>
<td></td>
<td>Jewish Support Group, (open to all denominations), for those with mental illness and families and friends.</td>
<td>2nd Wednesday</td>
<td>info: call Carol Irwin 408-858-1372</td>
</tr>
<tr>
<td></td>
<td>NAMI Connections for Peers 18 &amp; Over</td>
<td>every Thursday</td>
<td><a href="https://us02web.zoom.us/j/84589731115?pwd=WGxpVEJYWkJKXR01oN3RBNmZqSjBXdz09">link</a> Dial In: +1 669 900 6833 Meeting ID: 845 8973 1115</td>
</tr>
<tr>
<td></td>
<td>Coastside Dual Diagnosis Group, (Half Moon Bay)</td>
<td>every Thursday</td>
<td>info: call 650-726-6369</td>
</tr>
<tr>
<td></td>
<td>Body Image &amp; Eating Disorders, (Menlo Park)</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>Chinese Family Support Group, (in English, Cantonese, &amp; Mandarin)</td>
<td>2nd Friday</td>
<td>For more info &amp; registration, contact Tammy Vuong, ASW at 650-454-4711 or <a href="QVuong@smcgov.org">email</a></td>
</tr>
<tr>
<td></td>
<td>Korean Support Group, (Cupertino)</td>
<td>4th Friday</td>
<td>call for location: Kyo, 408-712-1149.</td>
</tr>
<tr>
<td></td>
<td>Obsessive-Compulsive Foundation of SF Bay Area</td>
<td>3rd Saturday</td>
<td><a href="https://www.ocdbayarea.org">link</a></td>
</tr>
<tr>
<td></td>
<td>Consumer Support Groups, Heart and Soul</td>
<td>2nd Friday</td>
<td>For info call 650-232-7426 or visit <a href="www.heartandsoulinc.org">link</a>.</td>
</tr>
<tr>
<td></td>
<td>Cluttering &amp; Hoarding Support Groups, Workshops, and Private Consultations - Groups/programs</td>
<td>4th Friday</td>
<td>contact Emily Farber, MSW, 650-289-5417, <a href="efarber@avenidas.org">email</a>.</td>
</tr>
</tbody>
</table>

Other
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)
What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is a free, 8-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.
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 emmistudy@ucsf.edu all 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
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.

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.
I’M SO STRESSED OUT!

Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, natural disaster, or act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body’s reaction to stress and can occur even if there is no current threat.

If that anxiety doesn’t go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/anxietydisorders.

So, how do you know when to seek help?

**Stress**
- Generally is a response to an external cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

**Anxiety**
- Generally is internal, meaning it’s your reaction to stress.
  - Usually involves a persistent feeling of apprehension or dread that doesn’t go away, and that interferes with how you live your life.
  - Is constant, even if there is no immediate threat.

**Both Stress and Anxiety**
- Both stress and anxiety can affect your mind and body. You may experience symptoms such as:
  - Excessive worry
  - Uneasiness
  - Tension
  - Headaches or body pain
  - High blood pressure
  - Loss of sleep

Ways to Cope
- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help
If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional.

Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.

www.nimh.nih.gov/stressandanxiety
**Upcoming Free Webinars**

All times shown are in Pacific Time.

<table>
<thead>
<tr>
<th>Date / Time</th>
<th>Topic / Registration Link</th>
</tr>
</thead>
</table>
| Tue, Dec 14, 11 am - 12pm | OCD: Using Genome Data to Predict Risk, Symptoms and Treatment Response.  
⇒  [https://www.bbrfoundation.org/events](https://www.bbrfoundation.org/events) |
| Wed, Jan 5, 9 am - 10 pm  | Anxiety, Perfectionism, and ADHD | Living Well with Adult ADHD.  
⇒  [https://chadd.org/events-calendar](https://chadd.org/events-calendar) |
| Tue, Jan 11, 11 am - 12pm | Prenatal Exposures and Experiences: Impact on Children’s Early Brain Development and Risk for Disease.  
⇒  [https://www.bbrfoundation.org/events](https://www.bbrfoundation.org/events) |
|                   | Free Online “Mental Health and Wellness” on Eventbrite.  
⇒  [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) |

**Articles of Interest**

⇒ The Importance of Exercise for Diabetics Cannot be Overstated, Even in the COVID Era  

⇒ A Brief Analysis on Suicidology and Suicide Prevention  

⇒ An Integrative Psychiatric Care for Individuals with Psychological Illness  

“Be not afraid of going slowly, be afraid only of standing still.”

**Quoted in the Fall 2021 issue:**

Natalie Goldberg  :  [https://nataliegoldberg.com](https://nataliegoldberg.com)
C.S. Lewis  :  [https://www.cslewis.com](https://www.cslewis.com)
Les Brown  :  [https://lesbrown.com](https://lesbrown.com)
Maya Angelou  :  [https://www.mayaangelou.com](https://www.mayaangelou.com)
Give a Meaningful Gift this Holiday Season!

Support NAMI SMC by purchasing Note Cards and NAMI Jewelry

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

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

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

Help us change the way society sees mental illness!

Visit Our Online NAMI San Mateo Gift Shop
https://namisanmateo.org/gift-shop

Additional selections of cards and jewelry are available on our online gift shop.

Enter code SAVE40 in the Coupon Code Box of your Shopping Cart to receive 40% off when purchasing 2 or more packages of cards.
NAMI SMC WarmLine

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

(650) 638-0802 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.