**Documentary Film Screening**

"Orchestrating Change"

**Saturday, May 14, 6:15pm–8:00pm**

Church of Jesus Christ of Latter Day Saints
975 Sneath Lane, San Bruno, CA

"Orchestrating Change" is the documentary about the transformative work of Me2/Orchestra, the only orchestra in the world created by and for people living with mental illness.

Co-hosts include NAMI San Mateo, San Mateo Behavioral Health & Recovery Services, Office of Diversity & Equity and the Church of Jesus Christ of Latter Day Saints, San Mateo Stake.

May 19, Thursday, 4-5pm Virtual Panel Discussion with Me2/Orchestra creators, musicians, filmmakers.

Video clip about the documentary: [www.vimeo.com/445617408/ee4ca87912](http://www.vimeo.com/445617408/ee4ca87912)

Event contact person: Jean Perry jeanpv78@gmail.com

Register for the event at: [www.SMCMentalHealthMonth.org](http://www.SMCMentalHealthMonth.org)

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**May is Mental Health Awareness Month**

Mental Health Awareness Month has been observed in the U.S. since 1949. Each year millions of Americans face the reality of living with a mental illness. During May, NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

Mental Health Awareness Month provides a perfect opportunity to shine a spotlight on spreading helpful mental health resources, information and content to your followers or in your communities or networks. We encourage people to take action through efforts, such as voting for mental health or advocating for improving our nation’s crisis response system.

For 2022’s Mental Health Awareness Month, NAMI will amplify the message of “Together for Mental Health.” We will use this time to bring our voices together to advocate for mental health and access to care through NAMI’s blog, personal stories, videos, digital toolkits, social media engagements and national events.

Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives. As important policies come to pass, we will make sure our advocates know what’s at stake and how they can support our movement.

Visit [www.nami.org/act4mh](http://www.nami.org/act4mh) and sign our petition and take action to improve mental health care.

“*If you have knowledge, let others light their candles in it.*” - Margaret Fuller

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**Ruan Frenette, NAMI SMC Superstar!**

- Volunteer For 27 Years -

by Kate Phillips, board member

Here at NAMI San Mateo County Ruan Frenette is beloved by many students, family members and peers for her wisdom, generous spirit, and kind guidance but we seldom have the chance to hear about her long history with our organization, the personal lessons she’s learned over the years, or the opinions she’s formed about the treatment of those with mental health conditions.

A fifth generation Californian, Ruan was attending college in Minnesota when her mother back in Sacramento became clinically depressed. Because her mother was unable to function, Ruan brought her to Minneapolis to live with her and began exploring ways to understand mental illness and to help her
mother – everything from getting a companion dog to enrolling herself in NAMI Hennepin County’s Family-to-Family class. It turned out she loved the class, finding it supportive and informative, and she was immediately inspired to train as a Family-to-Family teacher herself. “I’ve been hooked on it ever since,” Ruan says. Soon Ruan even became a State Trainer, training NAMI teachers.

After almost five years, Ruan’s mom was well enough to live on her own in Sacramento again. Not long after that, in 2000, Ruan herself moved back to California, to San Mateo County. Finding a NAMI flyer at the local library, Ruan soon met Family-to-Family teacher and Board of Directors member Diane Warner, who got Ruan teaching locally right away. Around 2003 Ruan joined the BOD herself, serving as secretary for the next 9 years. She also picked up and produced the newsletter for the next 17 years, and she coordinated our education program. All this while maintaining a full-time job in investment banking and a new marriage. In time she became a Family-to-Family National Trainer, one of a three-person team meeting annually near NAMI National headquarters in Virginia to train the next batch of State Trainers. “It is such an honor, I’m still rather blown away that I get to participate at this level,” says Ruan.

Ruan now understands that her mother usually functioned well while being treated for bipolar I disorder, an illness that contributed to her mother’s frequent relationship changes and family moves during childhood years. Ruan, her siblings and her mother were fortunate to have a supportive extended family that helped keep the nuclear unit together, coming to their rescue when her mother was having an especially bad bout.

In addition to her extended family, “NAMI saved me,” Ruan explains. “When I first took Family-to-Family in Minnesota, I would bring the materials home and mom would read the handouts. They gave us a dialogue to communicate with. She had difficulty explaining how she was feeling.” She points out that NAMI is a grass roots organization providing the language and means to relate to mental illness. She thinks the breadth of the programs means that all students find a lot of knowledge and support in the organization.

Through her NAMI teaching and volunteering, “I learned how important giving was to healing and also to my own progression,” Ruan says. She thinks one bonus to doing mental health volunteering is that you can be productive and surround yourself with people who understand the situation without being plagued by the guilt of attending to other matters; you may be temporarily away from your ill loved one, but you’re still working broadly to make life better for persons with mentally health conditions, their families, and their communities. Ruan currently also trains teachers for NAMI’s Homefront and Provider programs, and is the liaison with our county’s CIT program, educating law enforcement and others responding to 911 mental health calls. Ruan sees signs of hope in today’s population regarding mental health conditions, since they seem to “look out for themselves and each other better, accepting the condition and getting help sooner instead of being fearful and in denial. There’s much more awareness and support in our society these days.”

Still, Ruan is sad that the science and treatment of mental illness hasn’t changed much during her nearly three decades of involvement. “There isn’t a cure yet. Diagnosis and treatment can change, but there isn’t enough support in the health care system. There are more medicines and options, but side effects can be intolerable. A person can be sick many years before getting a diagnosis, and that’s if they’re aware they need treatment - anosognosia (lack of awareness) is common. Finding a helpful treatment plan, the right cocktail of meds can take years.”

What would she like to see change in our model of care? Overall, she hopes NAMI SMC can influence the County structure to provide better health care for persons with mental health conditions. One way is through shifting funds from holding persons in jail to treatment in the hospital or specialized clinics.

These days Ruan thinks of NAMI SMC and the friends she’s made here as her “chosen family.” And she still loves teaching Family-to-Family. “I imagine I’ll do it until I can’t lead a class!” she says.

Please do that, dear Ruan. Thank you for your decades of service to NAMI. You have touched and bettered countless lives, and made the world of mental health education and advocacy a much better place. Read some of Ruan’s suggestions regarding Mental Illness on page 6 of this newsletter.

Disruptive Mood Dysregulation Disorder (DMDD) - is a condition in which children or adolescents experience ongoing irritability, anger, and frequent, intense temper outbursts. The symptoms of DMDD go beyond a “bad mood.” DMDD symptoms are severe. Youth who have DMDD experience significant problems at home, at school, and often with peers. They also tend to have high rates of health care service use, hospitalization, and school suspension, and they are more likely to develop other mood disorders.

Family Partner Awardee

The San Mateo County Mental Health and Substance Abuse Recovery Commission’s George Culores Hall of Fame award recognizes consumer/clients who have made contributions to improve the lives of other consumer/clients, have shown leadership in the consumer movement, or have a personal journey of recovery that inspires and gives hope to others.

Congratulations to the 2022 recipient, Michael Krechevsky. Mike initially participated in the Felton Institute’s (re)MIND early psychosis program when his son had his first psychotic break. Mike then put his learning and supportive strategies to use by coming out of retirement to join the (re)MIND team as a Family Partner. Since then, through his support and outreach efforts, he has helped guide hundreds of family members.

In 2018 he worked to jump-start the MHSA Aftercare program which added two years of supportive services for clients and families across the County and helped solidify gains through the internal step-down program. Mike continues to be a community partner and participant in many San Mateo psycho-educational events and to lead groups and trainings both on site and in the field.
CIT Academy in March

San Mateo County’s Crisis Intervention Training (CIT) academies have begun for 2022. Fifteen graduates completed the first of four annual sessions in mid-March. Attending the session were personnel from the San Mateo Sheriff’s office, San Mateo Medical Center, and Belmont, Burlingame, Colma, Foster City, Pacifica, and San Mateo police departments.

95% of San Mateo County’s Sheriff’s officers have received CIT training, but agencies strive to teach all service persons about this important program. “In this changing environment of case law and government needs, the program follows along as trends change. The training has evolved as the community evolves; the officers want to meet people where they’re at,” says program facilitator and SMC Deputy Sheriff Erik Rueppel.

CIT used to be a voluntary training to enhance officers’ skills to interact with individuals experiencing a behavioral health crisis due to mental illness, substance use, dementia, intellectual disabilities or other behavioral challenges. CIT proved to be very helpful to first responders and recently became mandatory for all officers in California. The program is offered to any service providers that might have interaction resulting from a 911 mental health call.

SMC’s 40-hour CIT trainings are comprised of classroom lectures on topics such as mental illness and substance use (and the relationship between the two), youth concerns/interventions, post-traumatic stress disorder, veteran’s issues, trauma, suicide, implicit bias, intellectual disabilities, Gun Violence Restraining Orders, Alzheimer’s and dementia, conservatorship, legal issues, writing 5150s and county resources including the use of Psychiatric Emergency Response Team (PERT) and San Mateo Assessment and Referral Team (SMART) teams.

In addition to the classroom didactics presented by 16 professionals, a panel of family members and persons living well with a mental health condition share their experiences with attendees. Students are invited to participate in the countywide Field Crisis Collaborative Committee, where they experience the work done by various county entities to support individuals struggling in the community. A group of graduating nursing students from Samuel Merritt U attended a morning session; they were very impressed and thankful to be able to attend (thanks to Sharon Roth, family member speaker, former SMC CIT liaison, current CACITA board member, and nursing instructor).

For related information, check out these helpful resources:

- Guidelines for calling 911 in a mental health emergency: www.smchealth.org/mh911
- Office of Consumer and Family Affairs: www.smchealth.org/support-clients-family

NAMI San Mateo County Event Report
by Patrice Massicotte, Outreach & Program Coordinator

On November 7th, 2021 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.

The National Charity League – Crystal Springs Chapter had reached out to NAMI SMC an organization dedicated to improving the quality of life for people in San Mateo County 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.

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 cooperating, this special event was full of fun, connecting, creating, and walking together in support of Mental Health Awareness. Thank you very much again to Jeanine, Carolyn and NCL!

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

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

For more information on the National Charity League – Crystal Springs Chapter: www.nationalcharityleague.org/chapter/crystalsprings

Volunteers Needed for "Orchestrating Change" Event on May 14th from 5:15pm—8:45pm.
If you'd like to help out with various activities during this event please go to: www.justserve.org In the search box type 94066
**Peer PALS**

Make a Difference

The Peer PALS 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. A Peer PAL and their peer enjoy activities together, and discuss and work on issues important to the peer. Thus, Peer PALS support their peer in their journey to recovery, engagement in the community, and a more meaningful life, and receive a small stipend for their work.

“Peer PALS helps to alleviate my loneliness because without my PAL, I would be isolated without any social support.”

“She has supported me so much through my recovery and has encouraged me to seek help when I need it.”

If you would like information on this paid position, OR would like to request the support of a PAL, please contact Audrey at audrey@namisanmateo.org or to apply online, go to the individual support page on our website at: [www.namisanmateo.org/support/for-individuals-with-a-mental-health-diagnosis](http://www.namisanmateo.org/support/for-individuals-with-a-mental-health-diagnosis).

**PeerPALS Update**

Although our beloved Rocio will be on leave until August 1st, the PeerPALS program is still thriving! One of our staff members, Audrey Kemp, has been entrusted with coordinating the program while Rocio enjoys her time away.

A little bit about Audrey: She started volunteering for NAMI SMC on the warmline and doing office work in the spring of 2017. She was also a PAL to seven Peers in our Peer PALS program. In addition, she co-facilitates NAMI Connection 18+ and advocated for a Connection group for 55+ at the request of one of her Peers, which she now co-facilitates. She has also taken the CA NAMI Peer Specialist training so she has an extensive background in peer support which is vital to the coordination of our program.

Audrey is currently on staff working with employees/volunteers to develop a new phone response process and she is excited to be coordinating PeerPALS while Rocio is away.

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**Mental Health 101**

**Speaking Our Minds**

The goal of our Mental Health 101 presentation is to educate, provide resources, and end the stigma around mental health in all types of community spaces.

"Mental Health 101" was presented on:

- 10/5/21 - Menlo Park Public Library, Menlo Park (Zoom)

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**NAMI Ending the Silence**

NAMI "Ending the Silence" is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition.

"NAMI Ending the Silence" was presented to the following organizations all on Zoom:

- 3/2/2022 - Everest High School, Redwood City
- 1/24/2022 - Summit Preparatory School, Redwood City
- 10/18/2021 - Foundation For A College Education, East Palo Alto

For more information regarding this program go to: [www.nami.org/Support-Education/Mental-Health-Education/NAMI-Ending-the-Silence](http://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Ending-the-Silence)

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**NAMI In Our Own Voice**

NAMI "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.

"In Our Own Voice" was presented to the following organizations:

- Every Monday - San Mateo Medical Center 3A/B Unit (Zoom)
- 11/7/2021 - National Charity League Crystal Springs Chapter, San Mateo (in person)
- 9/29/2021 - Aragon High School, San Mateo (Zoom)

For more information regarding this program go to: [www.namisanmateo.org/support/for-individuals-with-a-mental-health-diagnosis](http://www.namisanmateo.org/support/for-individuals-with-a-mental-health-diagnosis)

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**Teachers & Facilitators Needed**

We're looking for people to facilitate our programs. We especially need peer and family support group leaders and education teachers now! Training is provided to lead our education, presentations, and support groups.

If interested in facilitating Connection peer support groups, please go to our website jobs page at: [www.namisanmateo.org/about-us/jobs](http://www.namisanmateo.org/about-us/jobs).

We are also looking for individuals with lived experience who are interested in telling their story for IOOV presentations. Please contact our office if interested.

To facilitate any other programs, please contact the NAMI office at 650-638-0800 or go to our website volunteer page at: [www.namisanmateo.org/get-involved/become-a-volunteer](http://www.namisanmateo.org/get-involved/become-a-volunteer).
We are in urgent need of Warmline Volunteers!

NAMI San Mateo County is currently planning its next Zoom training for new Warmline volunteers. We are looking for individuals who are ready to respond to callers seeking support by providing empathy and guiding them to resources.

If interested in this opportunity please contact Ken at ken@namisanmateo.org or go to the volunteer page of our website at: www.namisanmateo.org/get-involved/become-a-volunteer.

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.

“No man ever steps in the same river twice, for it’s not the same river and he’s not the same man.” - Heraclitus

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: www.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 www.namisanmateo.org.
NAMI Book Soon to be Published

NAMI’s first-ever book is releasing this fall!
“You Are Not Alone: The NAMI Guide to Navigating Mental Health” is now available to pre-order. Written by NAMI Chief Medical Officer Dr. Ken Duckworth, the book is the essential resource for individuals and families seeking expert guidance on diagnosis, treatment and recovery.

Featuring inspiring, true stories from real people in their own words, the book covers topics such as how to get help, pathways to recovery, the intersection of culture and mental health, and many more important topics to guide any person’s mental health journey.

All proceeds from the book benefit NAMI and our mission.

To pre-order, visit www.zandoprojects.com/books/you-are-not-alone.
Pre-order sales count toward getting on national book bestseller lists, such as The New York Times and USA Today, so order your copy early!

Ruan Frenette’s Suggestions

Here are some of Ruan’s ideas, in her own words (not the official NAMI platform):

- “Persons feeling a shift in their well-being should get help before they’re too ill, calling 911 or 988 and asking for CIT trained officers. Respond early by contacting healthcare providers, check with insurance or county coverage, contact a counselor - please find a way to talk to family and friends too.”
- “Step two, the family, police, or social worker should take the person to the hospital, not jail. (Jail might be the place that gives time to decide if the psychosis is a drug abuse issue or mental illness condition. Ask for psych help right away if in jail.)”
- “Step three, once the person is stabilized, release them into a healthy, helpful situation, like supported housing and peer programs. Inform the family, and check if they are prepared to deal with their loved one being released.”
- “If the person with a MH condition has lack of insight, it’s hell for the family, for those that care. If caring people agree the person cannot care for themself, if they’re gravely disabled, we need to devise a model of care that protects the person who's ill until they're willing and able to get treatment. We have too little in place for this dire condition.”
- “And have a plan after that. Persons with severe mental health conditions need treatment, support, housing, education, clothes, rides to appointments. We need a better structure for long term treatment, a better model of care. There’s still too little housing. Too few professionals and social workers to support those in need. A person in recovery might need someone to stop by every few days to make sure there’s food and supplies and meds. Since the 1970s all of this care fell on the families, and it’s been that way ever since.”

To All Our Volunteers!
~ THANK YOU ~

Office: Joyce Shen

Warm Line Volunteers:
Megan Blickenstaff, Brendan Byrne, Rachel Day, Kevin Lang, Bridget Mannix, Kate Phillips, Emily Pomeroy, Ammi Rostin, Ken Tomiyama

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

Visit our NAMI Jewelry store
www.namisanmateo.org/product-category/jewelry

“We are grateful for donations...
...with Gratitude
Patricia Urbina for the 2 beautiful paintings; by artists who experience mental illness and creatively express themselves through various mediums of art.
Kate Phillips & Cortez Cares from Janelle Becerra, Merlane Doran, Janice Herlihy, Leslie Wada Inokuchi, Kingston Lee, Marcia Leonhardt, Kimberly Rosales, Michelle Sonnenfeld, Michael Turzanki, Marisa Vierra

...in Honor of
Carol Gosho from Pat & Steve Way
Jen & Ammi from Judy Lopez
Sarah Intrieri from Patricia Fishel
Teranai Jason Lojanaseth from Melanie Law
Ginny Traub from Chip & Shirin Coleman
Stephen Way from The Atkinson Foundation

...in Memory of
Claire Amendola from Ruth Holmes
Patricia Camper from Barbara Kesler
Anne Delano from Kevin Delano
Warren & Marilyn Hagberg from Cristina Haverty
Max Heffernan & John Heffernan from The Schubiner Family
Geoffrey Hessel from Aileen Hessel
Isabelle Gorman from Ammi Rostin
Dan Springer from Edward D Levy, Paul and Edie Rosenblum
James Sunny Sundquist from Rebecca Goldsmith & Mike Freedman
Laurens Verhoef from Ann Baker, Pat & Steve Way, Clara Jaeckel, Kevin Kruchko
Teresa Walker from William W Walker

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

NAMI San Mateo County is grateful for donations... to All Our Volunteers!
~ THANK YOU ~

We couldn’t do it without you!

Office: Joyce Shen

Warm Line Volunteers:
Megan Blickenstaff, Brendan Byrne, Rachel Day, Kevin Lang, Bridget Mannix, Kate Phillips, Emily Pomeroy, Ammi Rostin, Ken Tomiyama

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

Visit our NAMI Jewelry store
www.namisanmateo.org/product-category/jewelry

“There is nothing stronger than a broken woman who has rebuilt herself.” - Hannah Gadsby
### SUPPORT GROUP MEETINGS

<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
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<tbody>
<tr>
<td>NAMI Cordilleras MHR Center Family Group, <a href="#">meets 1st Monday of the month (2nd if 1st is a holiday) from 6:30-8pm. To register, email: cordilleras6765@gmail.com</a></td>
<td>NAMI South County Family Support Group, <a href="#">meets 2nd Tuesday of the month from 6-7:30pm. To register, email: southcountyNFSG@gmail.com</a></td>
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<td>NAMI Parents of Youth &amp; Young Adults, (ages 6-26) <a href="#">meets 2nd Monday of the month from 7-8:30pm. To register, email: parentsofyouth@gmail.com</a></td>
<td>NAMI Spanish-Speaking Family Support Group, (Redwood City) <a href="#">meets 2nd Tuesday of the month from 6-7:30pm. To register, email: csagnesc@smcgov.org or call (650) 573-2673.</a></td>
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<td>NAMI Connection for Peers 18 &amp; Over, <a href="#">meets every Monday from 7-8:30pm. Please email nami@namisanmateo.org to receive Zoom instructions or call (650) 638-0800.</a></td>
<td>DBSA Mood Disorder Support Group, for persons with uni- and bi-polar disorders, mania, depression, or anxiety; family members welcome. <a href="#">Meets every Tuesday from 7-9pm. Contact at 650-299-8880 (leave a message) or info@dbsaSanMateo.org.</a></td>
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<td>Café para Padres <a href="#">ultimo Martes de cada mes. Clinica Shasta, Contacte a Yolanda Ramirez al 650-599-1047.</a></td>
<td>Individuals Living With Their Own Mental Illness, <a href="#">meets every Tuesday from 1-2:30pm. Redwood City - Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x111</a></td>
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<tr>
<td><strong>WED</strong></td>
<td><strong>THURSDAY</strong></td>
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<td>NAMI Connection for Older Adults 55+, <a href="#">meets 1st Wed of the month 7-8:30pm. Please email nami@namisanmateo.org to receive Zoom instructions or call (650) 638-0800</a></td>
<td>NAMI Connection for Peers 18 &amp; Over, <a href="#">meets every Thursday from 7-8:30pm.</a></td>
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<td>Jewish Support Group, (open to all denominations), for those with mental illness and families and friends. Meets 2nd Wed of the month from 6:15-8:30pm. Info: call Carol Irwin 408-858-1372](#)</td>
<td>Coastside Dual Diagnosis Group, (Half Moon Bay) Development for clients in all stages of recovery. <a href="#">Meets every Thursday from 4-5pm. Info: call 650-726-6369</a></td>
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<td><strong>FRIDAY/SAT</strong></td>
<td><strong>OTHER</strong></td>
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<td>Chinese Family Support Group, (in English, Cantonese, &amp; Mandarin) <a href="#">meets 2nd Friday of the month from 6:30-8pm. For more info &amp; registration, contact Tammy Vuong, ASW at 650-454-4711 or QVuong@smcgov.org</a></td>
<td>Consumer Support Groups, Heart and Soul, <a href="#">For info call 650-232-7426 or visit www.heartandsoulinc.org</a></td>
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<td>Korean Support Group, (Cupertino) for family members. Meets 4th Friday of the month from 12:30-2:30pm. Call for location: Kyo, 408-712-1149.](#)</td>
<td>Cluttering &amp; Hoarding Support Groups, Workshops, and Private Consultations - Groups/programs, contact Emily Farber, MSW, 650-289-5417, <a href="mailto:efarber@avenidas.org">efarber@avenidas.org</a>.](#)</td>
</tr>
<tr>
<td>Obsessive-Compulsive Foundation of SF Bay Area. 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>
<td>Additional support groups listed in the online version of this newsletter.</td>
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NAMI San Mateo County
1730 S. Amphlett Blvd., #308
San Mateo, CA 94402

RETURN SERVICE REQUESTED

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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

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### Membership / Donation Form

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**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: $_______

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

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

Name ____________________________________________

Address ____________________________________________

City/State __________________________ Zip ____________

Phone (_____) __________________________ E-mail __________________________

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

Credit Card#: __________________________ Expires ________ 3 Digit code ______

Amount $_______ Signature __________________________

How did you hear about NAMI? __________________________

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

- [ ] MH Professional [ ] Business or Agency

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

Our Tax ID number is 94-2650681.

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

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### 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:**

- Kate Phillips - Co-President
- Virginia Chang Kiraly - Co-President, Treasurer
- Chelsea Bonini - Secretary
- Patrice Massicotte - Outreach Coordinator

**Office Staff:**

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

**News Staff:**

- Ron Dugrenier - Producer
- Kim Nobles - Editorial Assistant

**Community Liaisons:**

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

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### Membership / Donation Form

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**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: $_______

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

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

Name ____________________________________________

Address ____________________________________________

City/State __________________________ Zip ____________

Phone (_____) __________________________ E-mail __________________________

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

Credit Card#: __________________________ Expires ________ 3 Digit code ______

Amount $_______ Signature __________________________

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- [ ] MH Professional [ ] Business or Agency

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Our Tax ID number is 94-2650681.

Thank you for being a part of the NAMI SMC family!
National Children’s Mental Health Awareness Day

In 2005, Awareness Day began as a grassroots effort among SAMHSA-funded systems of care, and it has expanded to include other federal programs and national organizations.

On May 7th, NAMI joins communities around the country during National Children’s Mental Health Awareness Day to shine a spotlight on the importance of caring for every child’s mental health and reinforce that positive mental health is essential to a child’s healthy development.

Learn about Awareness Day, and find activities and resources to support your own efforts to raise awareness about the importance of children’s mental health. [www.samhsa.gov/childrens-awareness-day](http://www.samhsa.gov/childrens-awareness-day)

Mental Health Substance Abuse (MHSA) Steering Committee Meeting

**May 5, 2022 Thursday, Zoom meeting**

The next MHSA Steering Committee meeting is now scheduled and is open to the public. The meeting is an opportunity to stay up to date, provide input and get involved with MHSA planning and programs.

We are planning to discuss 1) a new housing navigator program and 2) Prevention and Early Intervention outcomes. The flyer and agenda are posted on the MHSA website ([www.smchealth.org/bhrs/mhsa](http://www.smchealth.org/bhrs/mhsa)) under “Other Announcements” tab.

**Thursday, May 5, 2022 3:00 pm – 4:30 pm**

**Zoom Meeting:** [https://us02web.zoom.us/j/83216209789](https://us02web.zoom.us/j/83216209789)

**Dial in:** +1 669 900 6833

**Meeting ID:** 832 1620 9789

**iPhone one-tap:** +16699006833,,83216209789#

New Additions to the Library

**It’s Kind of a Funny Story.**

by Ned Vizzini

Like many ambitious New York City teenagers, Craig Gilner sees entry into Manhattan’s Executive Pre-Professional High School as the ticket to his future. Determined to succeed at life—which means getting into the right high school to get into the right college to get the right job—Craig studies night and day to ace the entrance exam, and does. That’s when things start to get crazy.

At his new school, Craig realizes that he isn’t brilliant compared to the other kids; he’s just average, and maybe not even that. He soon sees his once-perfect future crumbling away. The stress becomes unbearable and Craig stops eating and sleeping—until, one night, he nearly kills himself.

Craig’s suicidal episode gets him checked into a mental hospital, where his new neighbors include a transsexual sex addict, a girl who has scarred her own face with scissors, and the self-elected President Armelio. There, isolated from the crushing pressures of school and friends, Craig is finally able to confront the sources of his anxiety.

Ned Vizzini, who himself spent time in a psychiatric hospital, has created a remarkably moving tale about the sometimes unexpected road to happiness. For a novel about depression, it’s definitely a funny story.

*Please visit the library at the NAMI SMC office - we have books and videos available to check out! If you have read a book related to Mental Health issues that you believe would benefit others, please email the office with the title and author.*

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.


**“Attitude is more important than the past, than education, than money, than circumstances, than what people do or say. It is more important than appearance, giftedness, or skill.” - W. C. Fields**

"It's Kind of a Funny Story."

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*Please visit the library at the NAMI SMC office - we have books and videos available to check out! If you have read a book related to Mental Health issues that you believe would benefit others, please email the office with the title and author.*
People with depression, anxiety may benefit most from exercise  
**Posted on March 24, 2022**  **TheHill**

People with depression and anxiety experienced nearly double the cardiovascular benefits of exercise than those without either diagnosis, according to a new study.

Researchers analyzed the health records of more than 50,000 patients in the Massachusetts General Brigham Biobank database, around 4,000 of whom suffered a significant heart-related event, like a heart attack. They assessed through a questionnaire the rate of coronary events in people who said they met the weekly recommended exercise.

Patients who reported meeting exercise recommendations were 17 percent less likely to experience a major cardiac event. There was an even sharper contrast between people experiencing anxiety and depression and those who do not. They were 22 percent less likely to suffer a major heart-related episode compared to 10 percent of patients without either condition.

“The effect of physical activity on the brain’s stress response may be particularly relevant in those with stress-related psychiatric conditions,” the study’s lead author and postdoctoral clinical research fellow at Massachusetts General Hospital, Hadil Zureigat said in a news release.

“This is not to suggest that exercise is only effective in those with depression or anxiety, but we found that these patients seem to derive a greater cardiovascular benefit from physical activity,” Zureigat added.

The World Health Organization said earlier in March the prevalence of depression and anxiety increased by 25 percent globally in the first year of the pandemic.

The team noted that although the analysis only included people who met the weekly exercise standard of 150 minutes of moderate exercise, any amount can mitigate some cardiovascular risk for those suffering from depression and anxiety.

“Not only will physical activity help them feel better, but they will also potently reduce their risk of cardiovascular disease. It can be hard to make the transition, but once achieved, physical activity allows those with these common chronic stress-related psychiatric conditions to hit two birds with one stone.”

Read more:  [www.wired.com/story/how-to-navigate-online-mental-health-resources](https://www.wired.com/story/how-to-navigate-online-mental-health-resources)

**Brain Scans Spot When Psychosis, Depression Might Worsen**  
**Posted on Apr 18, 2022**  **U.S. News / HealthDay**

The future of diagnosing and targeting treatments for serious mental health disorders may include MRI brain scans.

Researchers in the United Kingdom found that brain scans enabled them to identify which patients with major depression or psychosis were most likely to have poor outcomes.

“Not only will physical activity help them feel better, but they will also potently reduce their risk of cardiovascular disease. It can be hard to make the transition, but once achieved, physical activity allows those with these common chronic stress-related psychiatric conditions to hit two birds with one stone.”

That could help doctors decide who might need more intensive treatment from the outset and help them avoid trial-and-error in choosing medications.

While diagnosing conditions like depression, schizophrenia and bipolar disorder is now done by using a patient's symptoms, medical history and clinical observations, MRI scans would provide biological insights, according to the study.


**Treatment Advocacy Center Spring Legislative Update**

Governor Gavin Newsom launched CARE Court, a proposal to establish a new form or court-ordered outpatient treatment, on March 3. This initiative is part of Governor Newsom’s ongoing efforts to address untreated mental illness and homelessness across California.

Legislators in both chambers have introduced bills (SB-1338 and AB-2830) that would establish the state-mandated CARE Court program. Treatment Advocacy Center is also tracking a number of other bills that have been introduced as a result of the California State Legislature's efforts to reform the Lanterman-Petris-Short (LPS) Act, California's statute governing civil commitment and conservatorship for grave disability.

Many of the bills relate to issues that came up during a Dec. 2021 hearing on ways to improve LPS. The legislature adjourns on August 31.

The advocacy team at the Treatment Advocacy Center monitors legislation with the potential to affect families impacted by severe mental illness – for the better or the worse.

You can view the legislative bills they are tracking in your state by going to the following webpage:  [www.treatmentadvocacycenter.org/fixing-the-system/active-legislation](https://www.treatmentadvocacycenter.org/fixing-the-system/active-legislation)

Like most people, I began my search via my insurance company’s website. Their portal had filters and drop-down boxes for criteria like condition, type of doctor needed, and zip codes. I decided to cast a wide net in hopes of getting a few options to choose from. Pages of providers appeared, but each listing offered limited information. Most had just a few educational credentials or major conditions the individual specialized in treating.

The first two pages I scrolled through were counselors and social workers. This would not work for me: I needed medication management, and I had even included that as part of my requirements. Apparently, the filters did nothing.

Read more:  [www.wired.com/story/how-to-navigate-online-mental-health-resources](https://www.wired.com/story/how-to-navigate-online-mental-health-resources)

**How to Navigate Online Mental Health Resources**  
**Posted on Mar 23, 2022**  **Wired**

After I stopped my anxiety medication too quickly, I needed expert assistance, and quickly. Though I wasn’t in full crisis mode, it wasn’t a good situation. It was a rookie mistake. Don’t do this on your own. I have good health insurance, so I felt confident I would find a doctor to taper off my meds safely. But finding an appropriate professional became a lengthy, frustrating process. The lack of current or reliable online information for mental health was a big problem, even for me—and I’ve worked in health care.
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: www.hrsa.gov

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

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

Find Housing With These Online Tools.
- www.smchousingsearch.org
- www.hotpads.com
- www.affordablehousing.com
- www.midpen-housing.org
- www.mercyhousing.org
- www.hudexchange.info/housing-and-homeless-assistance
- www.hiphousing.org
- www.housing.smcgov.org

SAMSHA Behavioral Health Treatment Services Locator, a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.
https://findtreatment.samhsa.gov

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

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

We should never use the word schizophrenic. We wouldn’t call someone “a cancer-ic” or “heart diseased”. People with mental health issues are unfairly labeled by their medical condition. People are people, not illnesses.
-Ammi Rostin, NAMI SMC Member

Federal Resources
- 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.
The More You Know, The More You Can Help

Upcoming Free Webinars

All times shown are in Pacific Time.

<table>
<thead>
<tr>
<th>Date / Time</th>
<th>Topic / Registration Link</th>
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<tr>
<td>Thu, Apr 28, 3 pm - 4 pm</td>
<td>NAMI Ask the Expert - People, Place and Purpose: A Vision for the Failing Mental Health System. Dr. Insel will explain his vision for solutions needed to the mental health crisis. ⇒ <a href="https://nami-org.zoom.us/webinar/register/WN_dfPDmxFkRHWdaVkJfBfIQ">https://nami-org.zoom.us/webinar/register/WN_dfPDmxFkRHWdaVkJfBfIQ</a></td>
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<td>Tue, May 3, 12 pm - 1 pm</td>
<td>Implementing Radical Healing Strategies to Promote Health Equity. (NIMH) Radical healing incorporates individual and collective aspects of health and wellness within the context of racial and other forms of oppression. ⇒ <a href="http://www.zoom.us/webinar/register/WN_FUDKpiBETfS0q3xVq5a0rA">www.zoom.us/webinar/register/WN_FUDKpiBETfS0q3xVq5a0rA</a></td>
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<td>Tue, May 10, 9 am - 12 pm</td>
<td>Brain/Behavior Alterations Underlying Self-Injury and Suicide Among Children and Adolescents. In this talk, they discuss the brain and behavior mechanisms underlying youth suicide and non-suicidal self-injury—both current knowledge and implications for the future. #BBRFWebinar ⇒ <a href="http://www.bbrfoundation.org/events">www.bbrfoundation.org/events</a></td>
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<td>Tue, Jun 14, 11 am - 12pm</td>
<td>Does Early Life Inflammation Contribute to the Risk for Developing Psychiatric Conditions? Infection during pregnancy is associated with children having an increased risk for developing a psychiatric condition later in life, including autism spectrum disorder, schizophrenia, and depressive disorders. ⇒ <a href="http://www.bbrfoundation.org/events">www.bbrfoundation.org/events</a></td>
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<tr>
<td>Thu, Jul 14, 11 am - 12pm</td>
<td>When Medicine is Not Enough for Schizophrenia and Psychosis. Many individuals experience continued symptoms for Schizophrenia and Psychosis despite the best medication treatments available. What are some of the therapy approaches that can help when medicine is not enough? How do these approaches work? ⇒ <a href="http://www.bbrfoundation.org/events">www.bbrfoundation.org/events</a></td>
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<td>Free Online “Mental Health and Wellness” on Eventbrite. ⇒ <a href="http://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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Articles of Interest

⇒ Basic self-disturbances are associated with Sense of Coherence in patients with psychotic disorders. https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0230956


Quoted in the Spring 2022 issue:

Heraclitus : https://en.wikipedia.org/wiki/Heraclitus
W.C. Fields : www.wcfields.com
Hannah Gadsby : www.hannahgadsby.com.au
Margaret Fuller : https://en.wikipedia.org/wiki/Margaret_Fuller
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<th>When I’m angry, I can...</th>
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<tr>
<td>BREATHE DEEPLY</td>
<td>COUNT TO 10</td>
<td>DRINK WATER</td>
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<td>GO TO THE QUIET SPOT &amp; USE THE COOL DOWN BOX</td>
<td>GET AN ADULT TO HELP</td>
<td>DRAW A PICTURE</td>
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<td>SING A SONG</td>
<td>WRITE ABOUT IT</td>
<td>HAVE THINK TIME</td>
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<td>WALK AWAY</td>
<td>IMAGINE A PEACEFUL SPOT</td>
<td>TAKE A BRAIN BREAK</td>
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<td>When I’m angry, I can...</td>
<td>When I’m angry, I can...</td>
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<tr>
<td>REMEMBER A HAPPY TIME</td>
<td>TALK TO A FRIEND</td>
<td>SMILE ANYWAY!!!</td>
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Thrive is excited to announce the newest phase of our heart-led parenting series...

Thriving Together
Parenting Tips, Tools & Strategies to Strengthen your Parenting Toolbox

Give yourself, your children and your family a parenting life-lift with Yvonne and Rich Dutra-St. John, MA MFT Co-Founders of Challenge Day and the Be the Change Movement. Parents of four adult women and grandparents of three, Rich and Yvonne have worked with teenagers and families since 1980.

This 10-week drop-in course is designed to support, educate and inspire the parents and caregivers of teenagers with access to 10 of Rich and Yvonne’s most effective and transformational parenting strategies and tools.

- Participation is FREE.
- Join at your convenience. Participants can join one, several or all of our weekly sessions.
- Learn helpful parenting tools and resources to strengthen your family’s relationships.
- Find support and connection while engaging with a community of parents and caregivers.

Please join us virtually
6-7:30 p.m.
on Thursdays

To register, go to nvcf.org/thrivingtogether

March 31  Setting Priorities: The Importance & Power of Being Present
April 7    The Gift of Listening
April 14   Effective Boundary Setting & Discipline
April 21   The Power of Choice
April 28   Spontaneity & Play
May 5     Being Who You Want Them to Be
May 12    Slowing Things Down
May 19    The F WORD
May 26    Taking "YOU" Time
June 2    Being Generous with YOUR LOVE

Facilitated by Rich and Yvonne Dutra-St. John
Experts on relationship-building and communication, Rich and Yvonne have worked for years to break down the walls of negativity, judgment, separation, isolation and loneliness, replacing them with compassion, understanding and love.
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
NAMI Family Support Groups are facilitated by family members who are trained by the National Alliance on Mental Illness (NAMI).

Do you have a loved one diagnosed with a mental health condition? Are you trying to help a family member who doesn’t have access to care or doesn’t want help? Do you want to learn how to support and encourage someone who has been hospitalized or experienced a similar mental health crisis?

Please join a Family Support Group to receive support and learn from others who are in the same journey like you.

### NAMI Connection Recovery Support Group

**NAMI Connection for Adults 18+**

**ZOOM – On Line**

**Each Monday & Thursday 7 – 8:30pm**

Join us Monday and Thursday Evenings from 7-8:30pm for our NAMI Connection Recovery Support Group - a free, peer-led support group for adults (18 and over) living with mental illness.

For Zoom log-in please email nami@namisanmateo.org or call the office at (650) 638-0800

### NAMI Cordilleras Family Support Group

**NAMI Cordilleras Family Support Group**

**ZOOM – On Line**

**1st Monday of each month from 6:30 – 8:30pm**

To register, e-mail: cordilleras6765@gmail.com

### NAMI South County Family Support Group

**NAMI South County Family Support Group**

**ZOOM – On Line**

**2nd Tuesday of each month from 6 – 7:30pm**

This support group is facilitated by NAMI Santa Clara County.

To register, e-mail: southcountyNFSG@gmail.com

### NAMI Stanford Family Support Group

**NAMI Stanford Family Support Group**

**ZOOM – On Line**

**4th Tuesday of each month from 7 – 8:30pm**

Group meets the 4th Tuesday of the month 7-8:30pm. This support group is facilitated by NAMI Santa Clara County.

To register please complete this submission form to receive your link to the Zoom Support Group Meeting.


Deadline for submission: 5 PM on the day of this support group.

### NAMI Spanish Speaking Support Group

**NAMI Spanish Speaking Support Group**

**ZOOM – On Line**

**2nd Tuesday of each month from 6 – 7:30pm**

To register, e-mail: csaggese@smcgov.org or call (650) 573-2673.

### NAMI Connection for Older Adults 55+

**ZOOM – On Line**

**1st Wednesday of each month from 7 – 8:30pm.**

The group will be dealing with issues relating to parenting and grand-parenting, adjusting to retired life, volunteering opportunities for Seniors during and after COVID, and independent senior living while dealing with depression, anxiety and loneliness.

NAMI Connection Recovery Support Group supporting Older Adults is a free-peer-led support group for adults (55 and over) living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI trained facilitators who have been there!

We offer a safe and confidential place to share and glean group wisdom.

For Zoom log-in please email nami@namisanmato.org

### NAMI Parents of Youth and Young Adults Support Group

**NAMI Parents of Youth and Young Adults Support Group**

**ZOOM – On Line**

**2nd Monday of each month from 7 – 8:30pm**

We’ll share tips, support, encouragement, and resources for caring for our loved ones and ourselves. There is nothing like tapping into the “group wisdom” and learning from each other – what to do and what not to do when raising children/young adults with emotional and mental health challenges.

**Process for Virtual Participation:**

- If you plan to attend virtually, please email Parentsofyouth@namisanmateo.org saying yes, you plan to attend. If you are new to the group, please include your zip code for reporting purposes.
- Sunday we will email you back the Zoom link and Meeting ID that you will need to participate plus instructions for joining and handouts for the session.
- Be sure to email us back to get the Zoom information before the meeting starts. Unfortunately, once the meeting starts we no longer monitor the email.

Please know that our NAMI guidelines and principles will still apply during our Zoom - On Line meetings!
Voices of Recovery San Mateo County Groups on Zoom

Weekly Zoom Schedule

Register for Zoom meetings at www.vorsmc.org

**MONDAY**
Peer to Peer Support Group 5:30 - 7:00 PM

**TUESDAY**
Health and Wellness 4:30 - 5:30 PM
Peer to Peer Support Group 6:00 - 7:30 PM

**THURSDAY**
Health and Wellness 4:30 - 5:30 PM
Peer to Peer Support Group 6:00 - 7:30 PM

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)
NAMI SMC offers Ending the Silence Presentations - A Mental Health Awareness Program for Youth. Please email our Education Coordinator to schedule a presentation: education@namisanmateo.org

NAMI is delighted to announce an interactive presentation that helps teens to learn about the warning signs of mental health conditions as well as what steps they should take to find support for themselves or their friends.

One in five teens ages 13-18 experience a mental health condition in a given year and 80% of them are not currently receiving treatment.

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

Why should I bring NAMI Ending the Silence to my community?
• Currently, about 50% of youth ages 14 and older with a mental health condition will drop out of school.
• Suicide is the second leading cause of death for 15-24 year olds.
• About half of individuals with a mental health condition began experiencing symptoms by age 14.
• The average delay between onset of symptoms and receiving treatment is 8-10 years.
• Treatment works! With early identification and intervention there is hope.

What should I know?
• Engaging, 50-minute presentation designed for middle and high school age youth.
• Teens will learn early warning signs and what steps they can take to help themselves or a friend.
• Free of cost to schools, youth and communities.

Presented by a youth adult who experienced a mental health condition during their school years as well as a family member of an individual who experienced mental health challenges in school.

www.namisanmateo.org/support/for-children-teens-and-young-adults
What is the NAMI Family-to-Family Program?

The NAMI Family-to-Family Education Program is a free, 8-week course for family caregivers of individuals with severe mental illnesses.

- The course is taught by trained family members in English and Spanish.
- All instruction and course materials are free to class participants.
- Over 300,000 family members have graduated from this national program.

A tribute video containing moving testimonials about the NAMI Family-to-Family program from family members and course instructors is part of curriculum.

What does the course include?

- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication adherence
- Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Learning in special workshops for problem solving, listening, and communication techniques
- Acquiring strategies for handling crises and relapse
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload
- Guidance on locating appropriate supports and services within the community Information on advocacy initiatives designed to improve and expand services

To register for a Family-to-Family class click the link below.

www.namisanmateo.org/support/for-families
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.

The program was started with a grant from Eli Lily and Company.

IOOV is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation.

Throughout the IOOV presentation, audience members are encouraged to offer feedback and ask questions. Audience participation is an important aspect of IOOV because the more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery.

IOOV presentations are given to hospital psychiatric in-patient units, business and consumer groups, students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates, and interested civic groups.

All presentations are offered free of charge and upon request.

The goals of IOOV are to meet the need for consumer-run initiatives, to set a standard for quality education about mental illness from those who have been there, to offer genuine work opportunities, to encourage self-confidence and self-esteem in presenters, and to focus on recovery and the message of hope.

Anyone familiar with mental illness knows that recovery is not a singular event, but a multi-dimensional, multi-linear journey characterized more by the mindset of the one taking it than by his or her condition at any given moment along the way.

Understanding recovery as having several dimensions makes its uneven course easier to accept. Much as we don’t blame the cancer patient for dying of invasive tumors, we can’t condemn a consumer whose symptoms overtake his or her best efforts to manage illness.

Recovery is the point in someone’s illness in which the illness is no longer the first and foremost part of his or her life, no longer the essence of all his or her existence. Ultimately, recovery is about attitude and making the effort.

For more information or to register for this program go to: www.namisanmateo.org/register-nami-san-mateo-programs
PURPOSE AND MISSION
The goal of our Mental Health 101 presentation is to educate, provide resources, and end the stigma around mental health in all types of community spaces. This presentation is geared toward audiences who don’t necessarily have a baseline understanding of mental health conditions, but are open to learning more about them and how to provide support for their communities.

ABOUT MENTAL HEALTH 101
Mental Health 101 is a program devoted to giving individuals an opportunity to learn about mental illness through an informative presentation and personal testimonies that represent a variety of cultures, beliefs, and values. The goal of this program is to create a multi-generation of culturally diverse individuals that can help address the stigma associated with mental illness through education, support, and advocacy.

TOPICS COVERED
• Mental Health Diversity
• Prevalence of mental health conditions
• Warning signs to look for
• Self care strategies
• Mental health impact in multicultural communities
• Reducing stigma
• Information about mental health resources provided by NAMI

STRUCTURE OF PRESENTATION
• Presented by individuals with lived experience and/or family members of loved ones with a mental health diagnosis
• NAMI slideshow including personal stories (35-40 min)
• 3 audience polls
• Q&A (5-10 min)
• Wrap-up (5 min)

TO SCHEDULE A PRESENTATION CONTACT US:
Email: nami@namisanmateo.org  Phone: 650-638-0802  Website: namisanmateo.org
The Peer PALS program, developed by NAMI Santa Clara County, matches PALS, or mentors, with individuals who can use the support of someone who has “been there.” Because PALS share the experience of mental illness in common with their peers, they are in a unique position to relate with and understand their peer’s experience.

PALS helps individuals who are isolated with little or no contact with persons outside their home and helps empower them to develop the tools, strategies and techniques to aid their recovery.

To be considered for a Peer Pal position please email: audrey@namisanmateo.org

Once matched, Peer PALS go on an outing once a week and connect twice a week by phone (please note that during these times, most of our Peer PALS interactions are done remotely via Zoom). Additionally, PALS receive ongoing training and support from a licensed and practicing counselor who serves as an advisor. Matches last for up to 6 months, and PALS are paid for their part-time work.

NAMI SCC’s Peer PALS program was featured in a five minute segment on Channel 2 News. https://youtu.be/VWC5GYT3KTM

For more information about NAMI Peer PALS call NAMI San Mateo County, 650-638-0800 or contact us by email at audrey@namisanmateo.org

We can’t wait to support more Peers on their journey to wellness and recovery!

To download a Peer or PALs application go to:

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

San Mateo County

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.
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](http://www.medicare.gov) or [CDC.gov](http://www.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.

www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis
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 www.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
May 2022
MENTAL HEALTH MONTH
#SMCTakeAction4MH

Visit SMCMentalHealthMonth.org for more info on attending events, getting involved & finding support.

Free virtual and in-person events offered in Spanish and English throughout the month of May.

www.smcmentalhealthmonth.org