Happy Holidays

~ National Alliance on Mental Illness ~

NAMI
San Mateo County

Newsletter

~ November & December ~

2022

Special Edition
1st in-person Walk was an overwhelming success!

NAMI Walks Your Way San Mateo County

On October 8th, NAMI SMC hosted its first ever in-person NAMI Walks at San Mateo's Seal Point Park. 300+ people showed up, walked, raised awareness and funding of over $175,000 and counting, surpassing our goal, and everyone had a wonderful time. NAMI Walks included a short program, a lively emcee and music, a 5k or 1-mile beautiful walking route on the Bay Trail, community resource tables and free ice cream. Participants carried signs supporting their teams, or signs of hope for Mental Health for All. Thanks to all who donated, walked, volunteered, and took part in this community event, raising awareness and funding for the educational, support, and advocacy programs NAMI offers free to the community.

Mary Sorensen, our NAMI National Affiliate Relations representative from Chicago shared, “I’ve been doing walks since 2007, and I have told everyone I’ve spoken to that I’m not sure I’ve been to a Walk that had such a sense of warmth and community before. It filled my cup.”

Donations before December 10th will be matched 1:1 by two generous donors. Contribute today at www.namiwalks.org/sanmateo.

A special thank you goes to our Presenting sponsor, The Mayer Family Foundation. They supported us from the start, and generously offered a challenge match the last few weeks of the campaign. Additional thanks go to Premier and Gold sponsors: Kaiser Permanente, The Community Photobooth, Union Bank, Sutter Health/Palo Alto Medical Foundation, and Franklin Templeton, as well as our silver, bronze and supporting sponsors. We couldn’t have done it without their generosity. Our 1st Annual Community Resource Fair, which included community non-profit partners and advocates for mental health occurred during NAMIWalks. We thank everyone for their participation in helping to make this a meaningful and successful event! If you have NAMIWalks photos to share, please email them to nami@namisanmateo.org.

Introducing Ken Duckworth, MD.

Ken Duckworth’s journey into psychiatry started when he was a boy growing up with a dad who experienced severe bipolar disorder. His father was loving, kind and periodically quite ill, hospitalized for months at a time. Ken became a psychiatrist in part to help his father. He is very fortunate to serve as the Chief Medical Officer for NAMI National, Senior Leadership Team, and to be part of this remarkable community.

Ken recently authored NAMI’s first book, “You Are Not Alone: The NAMI Guide to Navigating Mental Health—With Advice from Experts and Wisdom from Real People and Families.” Written with authority and compassion, this 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.
NAMI program changed their relationships for the better, or board certified by the American Board of Psychiatry and Neurology in Adult, Child and Adolescent, and Forensic Psychiatry and has extensive experience in the public health arena.

Dr. Duckworth is currently an Assistant Clinical Professor at Harvard University Medical School, and has served as a board member of the American Association of Community Psychiatrists. Dr. Duckworth has held clinical and leadership positions in community mental health, school psychiatry and also worked as Associate Medical Director for Behavioral Health at Blue Cross and Blue Shield of Massachusetts.

Prior to joining NAMI in 2003, Dr. Duckworth served as Acting Commissioner of Mental Health and the Medical Director for Department of Mental Health of Massachusetts, as a psychiatrist on a Program of Assertive Community Treatment (PACT) team, and Medical Director of the Massachusetts Mental Health Center.

Dr. Duckworth attended the University of Michigan where he graduated with honors and Temple University School of Medicine where he was named to the medical honor society, AOA.

Dr. Duckworth states that NAMI is a very special community with an amazingly important mission. Virtually any researcher or clinician I ask for an Ask the Doctor webinar or to present at our convention says yes to my request. What we want/need matters in the scientific community and I think that is important and hopeful for progress in our field. The NAMI members who teach our remarkable peer and family programs inspire me. I have heard many people say a NAMI program changed their relationships for the better, or even saved their lives. We need to be sure everyone knows about these essential resources.

NAMI can take a lot of credit for promoting the increased openness in discussions on mental health and living with a mental illness. This change in our society inspires me. Our work is not done, and I know we will stay true to this mission.

You can meet Ken Duckworth MD. in person on November 30th from 3-6 pm at the Veterans Memorial Senior Center, 1455 Madison Ave., Redwood City, CA.

Please see page 6 for all of the details.
ly groups. Mark your calendar now, and please consider NAMI SMC in your end of year giving plans. If you still have not done your Required Minimum Distribution (RMD) we can help with that. If you would like to start a recurring gift so that you can assist in guaranteeing our free support groups will grow and grow, please give us a call as well.

*On Wednesday, November 30, 2022, we have an “Interview with the Author”* - our affiliate has a special sit down with Dr. Gary Duckworth, author of NAMI's You Are Not Alone. This event will be held at the Veterans Memorial Senior Center in Redwood City – look for your invitation.

*On Wednesday, December 7, 2022, we’ll hold our annual NAMI SMC Volunteer Appreciation Luncheon.* This yearly event gives thanks to the people that our organization could not thrive without. Invitations are being sent for an afternoon of grub and gratitude.

In conclusion, I cannot thank you all enough for your continued support and care over my last six months in this role. By the next newsletter it will be two years that I have had the pleasure of serving our incredible affiliate in one position or another. As a mom who has raised a teen with a SMI diagnosis and is now working on the adult version of their illness as well as the fourth generation born on the Peninsula, I could not be prouder to work with all of you in our fight to bring services to all and reduce stigma everywhere.

I am ALWAYS open to conversations with members and concerned community citizens. Hablo espanol tambien. Email, text, or call me – leslie@namisanmateo.org

**2022 General Meeting – First Online Election In NAMI SMC History!!!**

The staff of NAMI SMC pulled off the “real election win” this season – we now have 10 board members! We have the biggest board in our affiliate’s history and that is due to our members. Thank you to all of you who participated in the election meeting and then casted your vote. We now have 10 wonderful individuals who represent YOU.

The new Board of Directors is as follows:

- Virginia Chang Kiraly (incumbent) now President of the Board
- Nicole Davis now Vice President of the Board
- Jen Melo (NAMI Instructor) is Board Secretary
- Ed Lam is now Board Treasurer
- Kate Phillips (incumbent) is now our Fundraising Committee Chair and our ED Search Committee Chair
- Dr. Jennifer Harrison (in-House Psychologist) has been elected
- Bridget Mannix (Warmline Specialist) has been elected
- John Butler (Connections Facilitator) has been elected
- Frances Ancheta has been elected
- Chris Rasmussen has been elected

We are very lucky to have such dedicated people to help move our affiliate forward. If you would like to contact them, they can be reached at board@namisanmateo.org.

Please remember that all board meetings are open to the NAMI SMC members. We will be publishing the upcoming board meeting schedule soon.

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**New Program Committee Coming to NAMI SMC**

A proposal has come from a newly elected NAMI Board member that Peers served by NAMI SMC can have a definite voice in the present and future directions this affiliate pursues.

The solution will be to create a NAMI Peer Committee responsible for relaying the opinions and recommendations of all Peers who attend NAMI Connections on a regular basis.

In times to come the scope of Peers who are included may expand and include a Family Committee and a Youth Committee. There is also a possibility that Peers who regularly call the NAMI warmline may have their voices heard on issues through more innovative ideas coming from this new committee.

All of these can only allow NAMI SMC to enhance our services to the entire San Mateo County community.

Membership of this inaugural committee will be selected in part from Staff who volunteer for participation. Next, there will be Peers nominated and chosen from the regular attendees of NAMI Connections. These persons from Connections will be nominated by our Community by way of a notice in the standard Connections email sent out each week, which will announce the formation of this new Committee and request responses from the recipients.

Finally, there will be a member from the NAMI Board of Directors who will be a liaison from the Peer Committee reporting back to the Board and the Executive Director, Leslie Davis.

So then, the total Peer Committee will be comprised of two Staff persons, up to four members from NAMI Connections, and this one individual from the Board of Directors.

The Peer Committees goals are to be determined by its membership. However, one example may be that Peers will report on their opinions of how NAMI Connections is serving them and also give recommendations on enhancements of those services. Suggestions may be made on means of better outreach to communities, especially among diverse populations. To increase social interactions among Connections members an annual picnic might be held. These are some of many possibilities our Community can raise.

This NAMI Peer Committee will be an innovative approach by NAMI SMC to highlight the expanding benefits Our affiliate is bringing on board, especially through the current leadership.

Special “Thanks” to NAMI members Calvin Shelton, Kimberly Butts, Ammi Rostin and John Butler who contributed to the content of this article.

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**Please stay tuned for our Peer Committee Member Application coming soon!**
You Are Not Alone: The NAMI Guide to Navigating Mental Health
- With Advice from Experts and Wisdom from Real People and Families.
by Ken Duckworth MD

Written with authority and compassion, this 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.

Millions of people in the United States are affected by mental illness every year, and the Covid-19 pandemic only further exposed the shortcomings of the American mental health system. Too many are confused, afraid, and overwhelmed, with many asking themselves the same questions: What does it mean when different doctors give me different diagnoses? What if my insurance won’t cover my treatment? Will I ever feel better? Families and friends are often left in the dark about how best to help their loved ones, from dealing with financial and logistical issues, to handling the emotional challenges of loving someone who is suffering.

You Are Not Alone is here to offer help. Written by Dr. Ken Duckworth with the wisdom of a psychiatrist and the vulnerability of a peer, this comprehensive guide centers the poignant lived experiences of over 125 individuals from across the country whose first-person stories illustrate the diversity of mental health journeys. This book also provides:

- Practical guidance on dealing with a vast array of mental health conditions and navigating care
- Research-based evidence on what treatments and approaches work
- Insight and advice from renowned clinical experts and practitioners

This is the first and only book fully supported by the National Alliance on Mental Illness, America’s largest grassroots organization helping people with mental illness and their families build better lives.

"Do not miss your chance for Q&A with the author after the interview!"
Are you a member or has your membership lapsed?

Check with our office if you are unsure. It is very easy to sign up – here is the link:  
www.namisanmateo.org/get-involved/become-a-member

Are there any benefits to being a member?

Yes!! Members are a part of a large national organization - advocacy group that can greatly affect legislation and initiate change.

NAMI SMC offers general meetings six times a year with exciting speakers and helpful information. We have an open office with resources that are available when you need them. We offer valuable workshops, support groups, and classes and as a member you are the first to be notified.

Why sign up now?

We have incredible giveaways for those who sign up between Thanksgiving and New Year’s Eve. Even if your membership is expiring – renew now and get your chance for these fun member gifts.

Membership Benefits

By becoming a member, you become one of the thousands of Americans advocating for the fair treatment of all people, particularly those who suffer from mental illnesses.

Become a member of NAMI San Mateo today and you will:

♦ Receive the NAMI San Mateo bi-monthly newsletter by mail or email

♦ Support our warmline, education classes, general meetings, and support groups offered at no charge

♦ Support NAMI San Mateo in advocating for the rights of individuals with mental illnesses and to end stigma

♦ Receive NAMI California Membership and Voting Rights

♦ Receive NAMI National Membership, The Advocate Magazine, and Mailings

♦ Be eligible for reduced costs at National events

♦ Have access to “Members Only” sections on the National website – www.nami.org

♦ Make your voice heard by being part of a well-known and well-respected advocacy organization

♦ Exclusive access to NAMI SMC member events!
“Out & About”: NAMI’s Outreach Team

Patricia and the outreach team had been busy taking NAMI San Mateo table anywhere and everywhere! They love to share resources and giving information about support groups, classes and future events. For the past 60 days they have been in more than 20 places and counting… If you want to go “tabling” with them and meet fun people, visit new places and spread the word about Mental Health for All, join their team of volunteers!

Patricia, Olivia and Rocio in Downtown Redwood City

Jean, Jane, and Rocio at NAMIWalks San Mateo

Patricia, Ginny and Patty at the Veterans Memorial Senior Center, Redwood City

Jean at Notre Dame de Namur University, Belmont

If you are in San Mateo County and would like NAMI SMC table at your Community Fair, Outside your Church or at your School, we can make it happen!

Write an email to outreach@namisanmateo.org and in the subject line: "Bring NAMI table to my... event/church/city/school/etc"

We would love to meet you!!

Audrey, Patricia and Tracie at Belle Haven, Menlo Park
Attention Students of Journalism and communication!

NAMI San Mateo NEWSLETTER is seeking interns/volunteers!

NAMI SAN MATEO produces its newsletter 6 times a year

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

The newsletter is sent via email to all active members on our NAMI SMC membership list bi-monthly, or sent via postal mail to those members who do not have computer access, or prefer a physical copy. It is also distributed to libraries, community centers, other non-profit organizations and NAMI SMC partners.

Anyone - members and non-members - can view the current Newsletter by visiting our website at https://namisanmateo.org/about-us/newsletters-2/

We welcome input for the newsletter, and we are actively seeking volunteers to help with:

1) Interviewing and Writing articles  2) Help with production and distribution  3) Photography and graphic design  4) Donations and sponsorships.

If you are interested in participating please communicate with the editor via email at editor@namisanmateo.org indicating the area you would like to participate in!

Come have fun with us!
**¡Esquina Latina!**

**Clase en español de NAMI Bases y Fundamentos**

¡Estamos encantados de anunciar que nuestra última clase de NAMI Bases y Fundamentos, en español, tuvo 17 graduados! Este curso educativo se llevó a cabo del 5 de octubre al 8 de noviembre, durante 6 Miércoles consecutivos en la Clínica Central de Behavioral Health and Recovery Services (BHRS) en San Mateo, de 6 pm a 8:30 pm.

NAMI Bases y Fundamentos, es un programa educativo gratuito diseñado para padres y/o cuidadores de niños y adolescentes con desafíos emocionales y de comportamiento.

Esta clase, ayuda a los adultos a comprender las dificultades emocionales que causan los problemas de comportamiento del niño, y el papel fundamental que juegan las familias. Para que ningún padre quedara fuera de las clases, NAMI analizó las posibles barreras que enfrentaban los padres para asistir a esta clase, por lo que nos esforzamos por apoyar a nuestros participantes tanto como fuera posible. De hecho, junto con los materiales del curso, también ofrecimos una Cena en cada clase y, por primera vez, REEMBOLSO DE COSTOS DE TRANSPORTE y REEMBOLSO PARA EL GASTO DE CUIDADO DE NIÑOS a través de Tarjetas de regalo de la compañía TARGET. Podemos hacer todo esto gracias al financiamiento y las subvenciones asignadas a la expansión para los programas Latinx.

Por último, tuve el privilegio de asistir a la clase y ceremonia de graduación en la que uno de los participantes, padre de adolescentes, expresó: “esta clase ha sido de gran ayuda para mí, me gustaría asistir a más grupos de NAMI y aprender más sobre la salud mental y poder apoyar mejor a mi hijo”.

Estamos muy orgullosos de nuestros graduados e increíblemente agradecidos con nuestras dos maestras, Yolanda Ramirez, Laura Ángel y la facilitadora de la clase, Juana Ruano, quienes trabajaron duramente para que esta clase fuera un éxito. Sin duda, su amabilidad, dedicación y experiencia en apoyo familiar, fomentaron un ambiente de aprendizaje seguro y afectuoso donde los participantes se sintieron cómodos compartiendo sus luchas familiares.

En general, esperamos convertirnos en un pilar de apoyo para nuestra comunidad Latinx a medida que continuamos desempeñando un papel responsable en la reducción del estigma. De ahora en más, NAMI intentará ofrecer grupos de adicionales de apoyo para padres y más programas educativos en español.

Ayúdenos a Ayudar. ¡Contáctese con NAMI San Mateo para más información sobre clases en español y como hacerse socio!

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**NAMI Spanish Basics participants smile cheerfully during their graduation ceremony along with their teachers, Yolanda Ramirez, Laura Angel, and course facilitator, Juana Ruano.**

En la foto los egresados de la clase de NAMI “Bases y Fundamentos” y Nuevos Miembros de NAMI San Mateo: Gloria Chávez Valle, Felipe Aguilar, Amada Ramos, Karla Núñez, Karen Guzman, Yahaira Ortega, Marissa Aramburo, Ana Longares, Armando Alfaro, Angelica Zamora, y las maestras Yolanda Ramirez y Laura Ángel.

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**Ejemplo de certificado de graduación que recibirá al finalizar este curso.**

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**Latín Corner!**

**NAMI Basics: Spanish Class Update**

We are thrilled to announce that our latest Spanish NAMI Basics class had 17 graduates! This educational course ran from October 5th to November 8th and was held for 6 consecutive Wednesdays at the Central Clinic (BHRS) in San Mateo from 6 pm to 8:30 pm.

NAMI Basics is a free education program designed for parents and other caregivers of children and adolescents with emotional and behavioral challenges.

Without a doubt, it helps to understand the emotional issues causing behavioral problems, and the critical role families play. Not only this, but we understood that there could be barriers to attending these classes and so we strived to support our participants as extensively as possible. In fact, along with course materials, we were also able to offer dinner, snacks during every class and for the first time, transportation, and childcare cost reimbursement to participants in the form of Target gift cards. We could do all of this thanks to funding from grants allocated to the expansion of Latinx programs.

Lastly, I had the privilege of attending the class and graduation ceremony during which one of the participants, a father of adolescents, expressed, “this class has been so helpful for me, I would like to attend more NAMI groups so that I can continue to learn more about mental health and be able to better support my child.”

We are very proud of our graduates and incredibly grateful to our two teachers Yolanda Ramirez, Laura Angel, and class facilitator Juana Ruano who all worked tremendously hard to make this class a success. Without a doubt, their kindness, dedication, and family support expertise fostered a safe and caring learning environment where participants felt comfortable sharing their family struggles.

All in all, we hope to become a pillar of support for our Latinx community as we continue to play a responsible role in the reduction of stigma and offer additional support groups and educational programs in Spanish.

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NAMI Bases y Fundamentos, es un programa educativo gratuito diseñado para padres y/o cuidadores de niños y adolescentes con desafíos emocionales y de comportamiento.
1st Annual NAMI SMC Resource Fair

Our First Annual Resource Fair at the NAMIWalks event was spectacular with over twelve community partners staffing tables with representatives resource material. Some even had fun giveaways. This addition to the in-person WALK participation rounded out a successful event.

We plan to continue this tradition on an annual basis, perhaps even semi-annually, if we keep on receiving positive feedback. Daytime and evening options are a consideration to bring the most pertinent information to as many of our members as possible.

NAMI SMC would like to thank the following Community Partners & Sponsors for their participation!

JOIN NAMI SMC AS STEPH, KLAY, & DRAY
LEAD OUR GOLDEN STATE WARRIORS TO A
VICTORY OVER
2021 #1 DRAFT PICK CADE CUNNINGHAM &
HIS DETROIT PISTONS!

Save the date:  Wednesday, January 4th, 2023
Tipoff at 7pm

WATCH FOR TICKET LINK ON OUR WEBSITE –
NAMISANMATEO.ORG – LINK WILL BE AVAILABLE BY 11/29

We will have a table with giveaways and fun as we build our
community with MH partners in SMC, SF, & Alameda counties.

A portion of each ticket sold for the entire mental health community will be
donated to NAMI SMC!

This is a great opportunity for bonding & fun with the membership!

We will offer Upper Level as well as Lower Level Pepsi Club seat options so everyone can
attend! Ticket sales will go through 12/24 – great gift giving opportunity!!!
To our very generous Donors (of 💳 and 🍒) which together with NAMI SMC Members & Volunteers, are the ❤️ of this organization

**Matching Donation**: Sally & Kate

**NamiWalks Committee**: Ginny Traub - Chair, Adrianne Baik - Social Media Specialist, Denise Brown - Communications Specialist, Ellie Byrd - Sponsorship Specialist, Debbie Heffernan - Vice Chair, Olivia Heffernan - Incoming Chair, Jill Johnson - Volunteer Specialist, Kate Phillips - Fundraising Specialist, Nambita Shai - High School Liaison, Social Media Specialist, Patricia Neme - Resource and Outreach Specialist, Debbi Mechanic - Administration Specialist, Leslie Davis - Staff/Grants/Sales Specialist

**NAMI Outreach Table**: Edith Betanco, Jean Brook, Jane Cummings, Olivia Heffernan, Audrey Kemp, Patricia McPeak, Rocio Panameno, Tracie Pon, Ginny Traub

**Interviewer “You Are Not Alone” Book**: Patty Page

**National Charity League**

**Celebration Hospitality for NamiWalks 2022**: Ellie Byrd

**Emcee for NamiWalks 2022**: Ford Sibley

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**Veterans Memorial Senior Center**
1455 Madison Ave, Redwood City
Main Phone: 650-780-7270

**The Community Photobooth**
www.communityphotobooth.com

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**Donation**: October 8th, Water for our annual event on NAMI Walks Your Way MENTAL HEALTH AWARENESS

**Piazza’s Fine Foods** store is located at 1218 W Hillsdale Blvd, San Mateo, CA 94403.

Nami members, please remember: Piazza’s Fine Foods chose San Mateo County for their donation.

Choose them for your next purchase!
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

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.
In Our Own Voice Speaker Training soon!

We are excited to announce that we will be having a one-day NAMI In Our Own Voice (IOOV) virtual training on Saturday, December 10th for new speakers. These speakers are all individuals with their own mental health diagnoses who will be able to share their stories of hope and recovery across county-wide NAMI presentations. IOOV presentations changes attitudes, assumptions, and ideas about people with mental health conditions.

These free, 40-, 60- or 90-minute presentations provide a personal perspective of their recoveries, as speakers talk openly about what it’s like to have a mental health condition. What’s more, all presenters receive both online and live-taught training to ensure that they feel confident and prepared to share their incredible stories.

There is still space for new trainees, please contact Rocio at rocio@namisanmateo.org or call 650-918-0293 to sign up by November 20th!

Connections Update

The Connections team is looking for skilled co-facilitators to join our team. Connections is a support group for adults 18+ with mental health challenges. We also have a monthly support group for Adults 55+.

For any questions or more information, please contact Ellen@namisanmateo.org. Please find the registration link below for your convenience. [https://bit.ly/ConnectionNAMISMCC](https://bit.ly/ConnectionNAMISMCC)

In Our Own Voices Update

In Our Own Voices will be hosting a training on December 10th from 8:45am-5pm over Zoom. There is still time to register for the training if you are interested in telling your mental health recovery story for NAMI. We hope you will register and join our speaking team.

For any questions or more information, please contact Ellen@namisanmateo.org. Please find the registration link below for your convenience. [https://bit.ly/IOOVNAMISMCC](https://bit.ly/IOOVNAMISMCC)

Peer-to-Peer Update

We are happy to congratulate our newest graduates of Peer to Peer. We welcome them into the NAMI family and look forward to working with them in the future!

The next Peer to Peer Class will be in 2023 but we encourage you to register now as space is limited. We hope you will join us for our next class!

For any questions or more information, please contact Ellen@namisanmateo.org. Please find the registration link below for your convenience. [https://bit.ly/P2P-NAMISMCC](https://bit.ly/P2P-NAMISMCC)

We are in need of Warmline Volunteers!

NAMI San Mateo County holds a training each month. 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](http://www.namisanmateo.org/get-involved/become-a-volunteer).

Ending the Silence Update

In September we were very lucky and grateful to have a youth-led non-profit organization called “The Community Photo Booth” choose our program to raise money for. The Community Photo Booth raised $13k for Ending the Silence which enables us to grow our program even further. We will be celebrating this accomplishment by doing a check presentation in front of one of their schools in the next couple of months (more details to come).

Currently, NAMI has been reaching out to school wellness counselors in San Mateo County to partner up and get Ending the Silence into more schools this winter. We believe the more schools we are able to reach, the more students we will be able to impact. Now that we have the financial resources, we are looking for more speakers to help us take this program to the next level.

We are looking for adult speakers to lead the interactive slide show presentation and young adult speakers to share their personal story. If you are interested in learning more please reach out to: olivia@namisanmateo.org.

However many holy words you read, however many you speak, what good will they do you if you do not act on upon them? - Buddha

Visit our NAMI San Mateo Gift Shop

[www.namisanmateo.org/gift-shop](http://www.namisanmateo.org/gift-shop)

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.
The pandemic along with some transition issues have adversely affected our affiliate. We need to start more support groups and to do so, we need to hire more qualified employees or volunteers to lead. We are looking for training and continuing education funds, along with wages, stipends, or mileage so that we can get new groups off the ground. Our goal for this year is $20,000. This will allow us to start six NEW weekly groups throughout the year.

BE ON THE LOOKOUT FOR OUR LINK AND FUN PRIZES THROUGHOUT THE DAY FOR DONORS.

Thank you, we could not do what we do without you!!!

5 TIPS FOR BEATING THE HOLIDAY BLUES

CHILL OUT. Avoid overbooking yourself and make sure to take time for self-care.

HIBERNATE. Make sure you get enough sleep.

BREAK OUT THE ICE SKATES. Take time to exercise, even if it’s just taking a spin around the rink.

DON’T FREEZE PEOPLE OUT. Spend time with people who love and support you.

MODERATE THE MERRIMENT. Eat and drink in moderation, and don’t drink alcohol if you are feeling down.
On behalf of

The Executive Director, The NAMIWalk Committee, The Board Members, NAMI San Mateo Staff & Volunteers!
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.

Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.

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.

The NAMI Provider Education Program is a staff development program for health care professions who work directly with people affected by mental illness. This unique program is led by an individual living well in recovery, a family member and a health care provider. The presenters share their personal, intimate perspective on their treatment experience and offer you the tools needed to combine the medical and recovery models of care so the client can receive the best possible care.

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.

Crisis Intervention Training (CIT) Program is a mandatory program designed to help law enforcement deal with people with mental illness in our community. This is a collaborative effort with the San Mateo County Sheriff’s Department, Behavioral Health and Recovery Services and NAMI San Mateo County.

Information on these programs can be found at: https://namisanmateo.org/support
<table>
<thead>
<tr>
<th>SUPPORT GROUP MEETINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NAMI Cordilleras MHR Center Family Group,</strong> meets 1st Monday of the month (2nd if 1st is a holiday) from 6:30-8pm. Facilitators: Karina &amp; Joan. To register, email: <a href="mailto:cordilleras6765@gmail.com">cordilleras6765@gmail.com</a></td>
</tr>
<tr>
<td><strong>NAMI Parents of Youth &amp; Young Adults,</strong> (ages 6-26) meets 2nd Monday of the month from 7-8:30pm. Facilitators: Ginny Traub &amp; Christine Abraham. To register, email: <a href="mailto:Parentsofyou@namisanmateo.org">Parentsofyou@namisanmateo.org</a></td>
</tr>
<tr>
<td><strong>NAMI Connection for Peers 18 &amp; Over,</strong> meets every Monday from 7-8:30pm. To register, email <a href="mailto:nami@namisanmateo.org">nami@namisanmateo.org</a> or call 650-638-0800.</td>
</tr>
<tr>
<td><strong>Café para Padres</strong> ultimo Martes de cada mes. Clinica Shasta, Contacte a Yolanda Ramirez al 650-599-1047.</td>
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<tr>
<td><strong>NAMI South County Family Support Group,</strong> (Redwood City) meets 2nd Tuesday of the month from 6-7:30pm. During the months of November - February we will be meeting only via Zoom. Facilitators: Pat Way &amp; Liz Downard, RN MSN. To register, email: <a href="mailto:southcountyNFSG@gmail.com">southcountyNFSG@gmail.com</a></td>
</tr>
<tr>
<td><strong>NAMI Spanish-Speaking Family Support Group,</strong> (Redwood City) meets 2nd Tuesday of the month from 6-7:30pm. To register, email: <a href="mailto:csaggese@smcgov.org">csaggese@smcgov.org</a> or call 650-573-2673.</td>
</tr>
<tr>
<td><strong>NAMI Jewish Family &amp; Services Support Group,</strong> (Palo Alto) meets 2nd Tuesday of the month from 7:30-9pm. To register please complete this form: <a href="https://bit.ly/NAMI-JFSG">https://bit.ly/NAMI-JFSG</a></td>
</tr>
<tr>
<td><strong>DBSA Mood Disorder Support Group,</strong> for persons with uni- and bi-polar disorders, mania, depression, or anxiety; family members welcome. Meets every Tuesday from 7-9pm. Contact at 650-299-8880 (leave a message) or email: <a href="mailto:info@dbsaSanMateo.org">info@dbsaSanMateo.org</a></td>
</tr>
<tr>
<td><strong>Individuals Living With Their Own Mental Illness,</strong> meets every Tuesday from 1-2:30pm. Redwood City - Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x111</td>
</tr>
<tr>
<td><strong>NAMI Connection for Older Adults 55+,</strong> meets 1st Wed of the month 7-8:30pm. To register, email: <a href="mailto:nami@namisanmateo.org">nami@namisanmateo.org</a> or call 650-638-0800</td>
</tr>
<tr>
<td><strong>Jewish Support Group,</strong> (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>
</tr>
<tr>
<td><strong>NAMI Connection for Peers 18 &amp; Over,</strong> meets every Thursday from 7-8:30pm. To register, email: <a href="mailto:nami@namisanmateo.org">nami@namisanmateo.org</a> or call 650-638-0800.</td>
</tr>
<tr>
<td><strong>Coastside Dual Diagnosis Group,</strong> (Half Moon Bay) Development for clients in all stages of recovery. Meets every Thursday from 4-5pm. Info: call 650-726-6369</td>
</tr>
<tr>
<td><strong>Body Image &amp; Eating Disorders,</strong> (Menlo Park) meets every Thursdays from 6:30-8pm. Open to family and friends. RSVP required. email: <a href="mailto:emlycaruthersmf@gmail.com">emlycaruthersmf@gmail.com</a> More info: 408-356-1212 or email: <a href="mailto:info@edrcsv.org">info@edrcsv.org</a></td>
</tr>
<tr>
<td><strong>Chinese Family Support Group,</strong> (in English, Cantonese, &amp; Mandarin) meets 2nd Friday of the month from 6:30-8pm. For more info &amp; registration, contact Tammy Vuong, ASW at 650-454-4711 or <a href="mailto:QVuong@smcgov.org">QVuong@smcgov.org</a></td>
</tr>
<tr>
<td><strong>Korean Support Group,</strong> (Cupertino) for family members. Meets 4th Friday of the month from 12:30-2:30pm. Call for location: Kyo, 408-712-1149.</td>
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<tr>
<td><strong>Obsessive-Compulsive Foundation of SF Bay Area.</strong> Meets 3rd Saturday of the month from 1:30-3:30pm, Seton Medical Center. Info: 415-273-7273; <a href="http://www.ocdbayarea.org">www.ocdbayarea.org</a></td>
</tr>
<tr>
<td><strong>Consumer Support Groups, Heart and Soul,</strong> For info call 650-232-7426 or visit <a href="http://www.heartandsoulinc.org">www.heartandsoulinc.org</a>.</td>
</tr>
<tr>
<td><strong>Cluttering &amp; Hoarding Support Groups, Workshops, and Private Consultations - Groups/programs,</strong> contact Emily Farber, MSW, 650-289-5417, <a href="mailto:efarber@avenidas.org">efarber@avenidas.org</a>.</td>
</tr>
</tbody>
</table>
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**

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________________________

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: currently by appt only.

**Board of Directors:**

Virginia Chang Kiraly - President
Nicole Davis - Vice President
Jen Melo - Secretary
Ed Lam - Treasurer
Bridget Mannix, Chris Rasmussen, Dr. Jennifer Harrison, Frances Archuleta Becker, John Butler, Kate Phillips

**Staff Members:**

Leslie Davis - Interim Executive Director / Operations & Grant Director (perm)
Rocio Cornejo Panameno - Education Manager
Patricia Neme - Community Outreach & Advancement Manager
Olivia Heffernan - Events & Ending The Silence Associate
Debra Mechanic - Office Manager
Jill Johnson - Intake Specialist
David Lo - IT Manager
Ellen Damell - Peer-to-Peer, IOOV & Connections Program Supervisor
Ron Dugrenier - Newsletter Manager
Kimberly Nobles - Editorial Assistant
Ken Tomiyama - Resource Line Trainer
Ruan Frenette - CIT Program Supervisor

www.namisanmateo.org/news-events/newsletters