Volunteer & Staff Appreciation Lunch
By Olivia Heffernan

On December 7th, 2022, we had our Annual Volunteer & Staff Appreciation Lunch at Angelica’s in downtown Redwood City. This wonderful restaurant served us delicious food in the most festive department. The ambiance added to the incredible warm feeling shared by all. It was such a pleasure to see our community gathered to appreciate the contributions of everyone present.

Awards and certificates were given to both volunteers and staff members. We were able to give awards and certificates to all volunteers and staff who worked with us throughout the year. We added new and meaningful categories to ensure that all attendees felt valued.

This gathering was one of the first opportunities that now this much larger group was able to assemble together. Our programs have grown tremendously, but mostly virtual or at best, in a hybrid fashion. This group truly cherished being in each other’s presence as between Covid and the various transitions, most friendships were formed only through Zoom.

The smiling faces and the treasured conversations reminded us all why we are here, and more importantly WHO makes this work possible. We thank you all – YOU are the reason our affiliate is thriving. For those of you who attended, thank you – for those of you who could not attend – we thank you as well. Your dedication and support are very much appreciated.

Kristen Moser – May’s Guest Speaker

Kristin Moser, BSN, RN is currently a student in the Psychiatric Mental Health Nurse Practitioner (PMHNP) program and candidate for the Doctor of Nursing Practice (DNP) degree at the University of San Francisco. She has worked as a psychiatric nurse in community mental health for the past 8 years. Currently, she is a nurse at an inpatient psychiatric facility in Sacramento with a specific focus in Adult and Geriatric psychiatric nursing care. Along with her advisor and chair, Dr. Jo Loomis, she has been working on a needs assessment and data collection for The "Invisible Population" Project in conjunction with Solutions for Supportive Homes (www.S4SH.org) of San Mateo County.
Tribute to Carol Gosho from NAMI SMC

We are writing to acknowledge the significant contributions former director, president, and advocate Carol Gosho made for the advancement of the NAMI SMC cause.

Families with seriously mentally ill loved ones started Parents of Adult Schizophrenics in 1974 in San Mateo because they had to fight for adequate treatment and services. That was the precursor to NAMI nationwide. It is Carol’s opinion that not much has changed for those who cannot ask for help because they do not think they are sick.¹ When Chief Justice Warren Burger concurred in the 1975 Supreme Court O’Conner v. Donaldson decision concerning involuntary commitment, “…he rejected the notion that patients have a right to treatment.”²

That is why Carol spent over 20 years learning and volunteering (while case managing her daughter’s life-threatening struggles to survive numerous hospitalizations for bipolar disorder and slowly thrive):

• Facilitating family support groups at San Mateo Medical Center.
• Co-chairing (for 10 years) the largest seven-county mental health Walk in Golden Gate Park, which was the major fundraiser for our affiliate.
• Promoting the need to capture NAMI SMC’s history while some founders were still living. Assisted talented documentary filmmaker Katie Cadigan in developing our short film, “Becoming Advocates,” followed by a longer documentary on PBS “When Medicine Got It Wrong.”
• Recruiting Wild Bryde Jewelry to make our NAMI logo jewelry for fundraising nationwide at state and national NAMI conferences.
• Serving as co-president, president, vice president, and treasurer over the years.
• Meeting individually with County Directors of Health Services, Behavioral Health, and Maguire Correctional Facility, the Sheriff, the District Attorney, and Superintendent of Schools to discuss early intervention and improving access to treatment and support for individuals and families dealing with serious mental illness.
• Advocating at national, state and county levels for easier access to treatment and services for the seriously mentally ill and support for their families needing hands-on help.

Carol continues to be a NAMI member and to help family members needing someone to listen and try to help them overcome the mindless barriers to meaningful treatment and support for their loved ones living with serious mental illness. She can be reached at cgosho@gmail.com.


NAMI San Mateo County Addresses the Half Moon Bay Tragedy

Thank you for your attention to yet another email expressing our sadness about the tragic shootings that have affected our Half Moon Bay community. Our county mourns the loss of our citizens and we grieve with the families that have to endure this horrible tragedy. We at NAMI San Mateo County offer our deepest condolences and pledge to you all that we will continue our work to assist all affected by this senseless act and all others who are affected by mental health challenges. We promise to continue to expand our services to make sure that everyone, in all cultures and ethnicities, can seek the help they need.

What are we doing now?
We are ensuring that our Warmline (Resource Line) has trained individuals that can reach those who are non-fluent English speakers. We have Warmline Specialists who have pledged to serve those who speak Mandarin, Cantonese and Spanish, those whose communities were victims of gun violence.

What are we doing for the future?
We are expanding our classes and support groups for ongoing offerings and increasing our capacity to return to being a strong advocate for our community.

What can you do?
• You can join us and be a member of our wonderful affiliate – there truly is strength in numbers. Advocacy is much more powerful when you have many voices united. Unite with us.
• You can volunteer with us. We have many roles. We need family members, peers, and professionals. We need caring, compassionate individuals who want to “jump in and make a difference”.
• If you do not have the time, we can use donations to hire the right people to provide the services that our community so needs.

Our former Board President, Virginia Chang-Kiraly, a daughter of Chinese immigrants, has expressed her sentiments about these recent heartbreaking events, “The shootings in Half Moon Bay and in Monterey Park, both of which have greatly affected
We have experienced a very sad couple of weeks with the news of the shooting in Half Moon Bay, where seven innocent people lost their lives. One of them was Marciano Martinez, a farm worker, and a relative of one of our facilitators of our "Bases and Fundamentals" class, and dear friend, Juana Ruano. Juana is a community leader and mother who has always fought for the rights of families dealing with mental health challenges. For me and my partner Patricia Neme it was a privilege to be able to accompany Juana and the Ruano-Lopez-Martinez family to the funeral service, with a body present, for Marciano, which took place on February 9, 2023 at the Catholic Church of Our Lady of the Pillar at Half Moon Bay.

Marciano, originally from Oaxaca, Mexico, was a kind and hard-working human being who loved God and his family, especially his two godchildren, Juana's children, who were in front of the altar throughout the service. As the memorial progressed, we listened to personal anecdotes from Marciano's cousins, nephews and relatives, all heartbroken by the loss of his loved one, and recalling his kind and generous behavior. Their voices cracked with grief, and it was hard to hold back the tears at the sudden, unfair, and devastating loss suffered by this tight-knit community.

The most emotional moment came when Alejandro Lopez, Juana's husband, paid a beautiful tribute to his "compadre y hermano Marciano" (which means buddy and brother), by singing the song "Dios Nunca Muere" (Oaxacan Anthem). His powerful voice resounded throughout the Catechism Hall, leaving all listeners with tears in their eyes, an unforgettable testimony and proof of how loved Marciano was.

The support and solidarity of all those who make up NAMI SAN MATEO are with the Ruano-Lopez-Martinez family and with the entire Half Moon Bay community.

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¡Esquina Latina¡
Servicio Funerario para Marciano Martínez, Victima de la matanza en Half Moon Bay en Enero de 2023 –Que en Paz Descanse
By Rocío Panameno

Hemos experimentado un par de semanas muy tristes con la noticia de la balacera en Half Moon Bay, donde siete personas inocentes perdieron su vida. Una de ellas era Marciano Martínez, trabajador de la tierra, y familiar de una de nuestras facilitadoras de nuestra clase de "Bases y Fundamentos", y querida amiga, Juana Ruano. Juana es una líder comunitario y madre de familia que siempre ha luchado por los derechos de las familias lidiando con los desafíos de la salud mental. Para mí y mi compañera Patricia Neme fue un privilegio poder acompañar a Juana y a la familia Ruano-López-Martínez al servicio funerario, con cuerpo presente, de Marciano, que se llevó a cabo el pasado 9 de febrero, 2023 en la Iglesia Católica de Nuestra Señora del Pilar en Half Moon Bay.

Marciano, originario de Oaxaca, México era un ser humano bondadoso y trabajador quien amaba a Dios y a su familia, en especial a sus dos ahijados, hijos de Juana, quienes estuvieron frente el altar durante todo el servicio. A medida que avanzaba el memorial, fuimos escuchando anécdotas personales de primos, sobrinos y familiares de Marciano, todos desconsolados por la pérdida de su ser querido, y recordando su comportamiento amable y generoso. Sus voces se quebraban ante el dolor, y era difícil contener las lágrimas ante la repentina, injusta y devastadora pérdida sufrida esta comunidad tan unida.

El momento más emotivo llegó cuando Alejandro López, esposo de Juana, le rindió un hermoso homenaje a su "compadre y hermano [Marciano]", al cantarle la canción "Dios Nunca Muere" (Himno Oaxaqueño). Su poderosa voz resonó por todo el Salón de Catecismo, dejando a todos los oyentes con lágrimas en los ojos, un testimonio inolvidable y prueba de cuan querido era Marciano.

El apoyo y la solidaridad de todos los que integran NAMI SAN MATEO están con la familia Ruano-López-Martínez y con la comunidad entera de Half Moon Bay.
The Director’s Letter
By Leslie Davis

By the time you are reading this, we will be in the middle of Spring. Springtime means new beginnings and transformations and honestly, that is very appropriate for our affiliate. Many of you know that I refer to our organization as a “49-year-old start-up”. I do so in an honest, yet fun way to explain that moving from an entirely volunteer-based agency to one with more than 55 paid managers, teachers, and facilitators is not easy. But nothing worthwhile is ever easy. We are so very lucky to still have more than 60 active volunteers and that number is also growing, faster than our paid staff too! We are so proud of our agency. Our county needs “all hands-on deck”: staff, volunteers, board members, donors, and stakeholders. It takes a concerted, community effort to put out the quality and quantity of programs and services that are much deserved.

We cannot do it alone and we know that. At present we are working with more than one community partner to be able to make a greater impact with collaborations – meeting the needs of more with less resources – the sign of a smart “startup mentality” non-profit.

We thank all of you for your tremendous support at the end of 2022 and we value all of you who have made strong commitments to us already for your time, funds, and ideas for 2023 and beyond.

I sincerely appreciate all of you who have stopped by, called, written or texted me with your comments and suggestions. We believe in transparency. I believe that all our personal experiences in our individual mental health journeys can collectively build the most comprehensive toolbox ever. As an organization, we will use these “tools” to help others in crisis, reduce stigma, and help ensure that every family and individual’s recovery is supported to the highest level. And now - great news! We now have a permanent Executive Director to take us to the next level. Please join me in welcoming Robert Taylor to our NAMI SMC Family. We are very lucky to have someone of his caliber and character. And... thanks to all of you we are giving Robert a lot to work with. Here are just a few of the highlights:

* We have reached new heights in service delivery – the highest numbers served by our affiliate across the county.
* Our presence in the community is greater than ever – more tabling events, more fairs, more presentations, more informative newsletters, enhanced communications - Tuesday Newsday, etc.
* Staffing is much better, and we are spreading the work across full-time, part-time and per diem employees that are receiving higher wages in an attempt to improve job satisfaction, provide service consistency and reduce turnover.
* Our grants have surpassed year over year numbers for the past two years, reaching over $300K to date this year in new peer based funding.

Lastly, as I am now transitioning back to my part time Grants and Operations Role, I need to personally thank all of you. It has truly been an honor to have worked alongside all of you in helping bring our affiliate back to life. I will cherish the friendships made over this period and hope to continue all of them for many years to come.

Let’s keep up the hard work and once again make NAMI SMC the frontrunner that it was 50 years ago. We owe it to our founders and most importantly, we owe it to 750,000 of our closest county neighbors.

With admiration and friendship,

-Leslie

NAMI SMC AND SMHART
By Leslie Davis

We are so excited to announce a new NAMI SMC partner. Although this relationship tragically started as a result of the Half Moon Bay shootings, we are very proud to announce the alliance with SMHART (Stanford Mental Health for Asian Research and Treatment). Our former Board President, Virginia Chang Kiraly has been volunteering with Dr. Rona Hu, the founder of the Stanford Mental Health for Asian Research & Treatment to personally work with the surviving Chinese farmworkers from the HMB tragedy. Dr. Hu is ensuring that there is cultural competence and appropriateness when speaking with the Chinese farmworkers.

Dr. Hu was also our guest speaker at the our General Meeting that took place on March 28th at 6:45pm over Zoom. Her presentation covered what are culturally appropriate mental health services for crisis and ongoing therapy. She also talked about how we can make more mental health services accessible to everyone. Lastly, she reviewed issues with the response to the HMB situation as well as her efforts to expand ongoing services to both the Chinese and Latin farmworkers.

Our WarmLine now is offering resource provisions in both Mandarin and Cantonese – thanks to our in-house personnel – Mee Chien and Tracie Pon. The referral of these services will now include information on SMHART (Stanford Mental Health for Asians Research and Treatment). The callers can speak with our resource specialists and then be referred to a SMHART psychiatric intake coordinator who will route each patient to the most appropriate specialty area. The coordinator will also assist in obtaining insurance verification and pre-authorization as needed.

It is our goal to provide accurate information and seamless referrals that could potentially greatly improve the health and lives of ALL individuals in our county.

Stanford Medicine Department of Psychiatry and Behavioral Sciences

Stanford Mental Health for Asians Research and Treatment (SMHART) Clinic is a person-centered program that works with individuals and their families to provide interdisciplinary, culturally-informed applications of evidence-based mental health care to Asians aged 18 years and over.

https://med.stanford.edu/psychiatry/patient_care

For an appointment, please call: (650) 498-9111

“Whether you know it or not, you are a role model for someone... for better or worse.” - Dadae Deutz
You Are Not Alone
By John Butler & Leslie Davis

Ken Duckworth, NAMI National’s Medical Director penned “You Are Not Alone: The NAMI Guide to Navigating Mental Health.” On November 30th, we invited all of NAMI SMC’s members and community guests to participate at an in-person interview with Dr. Ken Duckworth about his acclaimed book at the Veterans Senior Memorial Center in Redwood City.

The event NAMI SMC offered provided valuable insights into a new Book which will be of great help to our communities in San Mateo County and across the United States.

"You Are Not Alone" comes from the highly informed mind of Dr. Ken Duckworth who is a significant leader from Nami National and who has been Nami’s Chief Medical officer since 2003.

In his fine, new release (from 2022) Dr. Ken presents personal stories from over 120 people who reveal their true identities and relate their Lived Experiences with Mental health challenges from diverse perspectives. Dr. Ken relates that "You Are Not Alone" gives many authentic and valuable insights on Mental Health and brings the message of NAMI to entirely uniformed segments of American culture. Some of whom have never heard of Nami even though its roots stem from its founding in the turbulent 1970s here in San Mateo County.

We are happy to announce that the event was a smashing success. Over 80 members and guests attended and participated in an intimate forum led by Patti Page with Dr. Duckworth as well as co-contributors Dr. Devika Bhusan, George Kaufmann, and Jordan Miller. Our attendees were thrilled to get first-hand interaction from the source on this essential resource on Mental Health for individuals and families seeking expert guidance on diagnosis, treatment, and recovery, featuring inspiring, true stories from real people in their own words.

Later that evening NAMI San Mateo was the prime sponsor of Dr Duckworth’s presentation at Kepler’s Books and Magazines in Menlo Park. We also provided a table full of NAMI resources outside the store. Kiera Leiss and John Butler shared space at this resource table with Our former NAMI Board of Directors President Virginia Chang Kiraly, who had come from our previous event that Wednesday in Redwood City. Virginia contributed a long day of her valuable time to NAMI this Wednesday.

These events were made available because of the outreach work of Patricia Neme, along with Olivia Heffernan and Rocio Panameno. They led the way in making this time at the Redwood City Veterans Memorial Center a great success.

Patricia Neme made the original connection with the Kepler’s Literary Foundation which brought Dr. Ken Duckworth’s Book Tour to our area, in collaboration with Mental Health Association of San Mateo County. (THANKS SAL-LY!)

Participants at Kepler’s were greeted with free copies of our holiday edition of the NAMI SMC Newsletter, which was primarily assembled and edited by Ron Dugrenier and Patricia Neme. Contributions came from NAMI staff, like long time friend Calvin Shelton, and various other NAMI Members.

Virginia Chang Kiraly, our former board president, was beside us at the Resource table introducing attendees for the evening to the Benefits of Nami Membership.

With "Thanks" to Keplers Literary Foundations and Keplers Book store and Angie Coiro, we express Gratitude for Our great opportunities to share the messages from NAMI San Mateo.

NAMI SMC is committed to continuing outreach and awareness through these critical events. We are grateful to everyone who contributed the success of our evening with the author from the excellent hospitality of the Veterans Memorial Senior Center and Kepler’s Foundation, and to all of our dedicated staff and volunteers who made the evening so memorable and impactful at both events.

For suggestions or questions on potential community events for NAMI SMC please contact:
outreach@namisanmateo.org.

George Colores Consumer Hall of Fame
Awards to two NAMI SMC Members!

We are so excited to announce that two of our NAMI SMC Family are receiving well deserved accolades. The San Mateo County Behavioral Health and Recovery Services Ceremony honoring the recipients of the 2023 George Colores Consumer Hall of Fame Awards will took place on Wednesday, Feb 1st at 4:45pm via Zoom.

Individuals are nominated for this honor are recognized for their achievements in one or both of these areas: Contributions to better the lives of other consumers and/or leadership in the consumer movement.

• Personal journey of recovery that inspires and gives hope to others.

Both Rocio Panameno Cornejo and Charlotte Rosario are most deserving of these honors and will be receiving them tomorrow.

Rocio has been with NAMI SMC for over six years and has been responsible for growing our overall programs, bringing peer focused offerings to the forefront, and expanding all of our offerings to the Latinx and Spanish Speaking populations. We are so privileged to have had the opportunity to work with her for over two years now.

Charlotte has been instrumental in raising money for our Ending the Silence programs. Her group The Community Photo Booth single handedly raised $13,000 through their organization that will go specifically to growing these much-needed services for middle school and high school students. Charlotte has helped numerous others that have been affected by suicide and mental illness. Although only a high schooler, she is wise beyond her years.
Open Mic, A matter of Life and Death

By John Butler

An Open Mic event in San Mateo's Central Park on December 22nd was also about a matter of Life and Death.

The Open Mic gathering took place because of the compassionate Spirit of a local high school sophomore in San Mateo County. She is Charlotte Rosario who, with the support of Her Mother Nancy Lee, created this time to honor the memory of Felipe Miguel Contreras Chavez, another local teenager, who ended his life by suicide in 2022.

Charlotte is a forward thinking student and developing community activist at Nueva School. Felipe was a great student and great athlete and energetic member of the student body at Aragon high school.

Rocio Panameno stood beside Felipe's Mother in a photo you may have seen on the cover of San Mateo's "The Daily Journal" on Friday December 23rd. Rocio, the Nami San Mateo education director, aided Gloria Yanneth Chavez as she spoke of her beloved son in front of this gathering of community members of all ages from throughout San Mateo County. Two members of the San Mateo City Council kindly attended this moment in time.

Mrs. Chavez spoke of Felipe's life and mental health challenges and the awesome struggles he experienced at Aragon high school. Gloria Yanneth Chavez clarified the lapses in our schools and county mental health systems which kept her son from receiving immediate care for his deep emotional wounds.

"For the kids, their mental health is like a cup that keeps getting filled with issues and then will eventually overflow. And they can't take it anymore," says Gloria. "The kids don't have weeks to wait on all the people who are supposed to help them."

As NAMI Connection co-facilitators we hear a common expression from among our Peers who attend frequently: "We are falling through the cracks" in our San Mateo County Behavioral Health and Recovery Services systems and the entire Health systems of this area.

Charlotte Rosario organized this memorial to Felipe to honor his life and to bring awareness to SMC citizens of all ages and to the powers that be who are able to make change and improvements happen, if they are willing.

Miss Rosario is intimately familiar with the ways mental health struggles touch our lives and those who observe the hurting hearts in their midst, for in recent years her Father died from Suicide.

And in her search to understand the why of suicide outcomes, Charlotte discovered NAMI San Mateo.

NAMI SMC is committed to educating Our Communities on the entangled challenges of Mental Health and also provides Support Groups for Peers (ie. NAMI Connections meets weekly) and Family Members

NAMI San Mateo "Thanks" The Daily Journal for featuring Charlotte's Open Mic on the cover of their Friday December 23rd edition. We are also grateful for their contributions which have made the NAMI SMC Newsletter article possible.

NAMI San Mateo "Thanks" The Daily Journal for featuring Charlotte's Open Mic on the cover of their Friday December 23rd edition. We are also grateful for their contributions which have made the NAMI SMC Newsletter article possible.
**Abbay** Cat is on my lap in this moment. I press my face into her fur at the base of her head along her back. The purr from Abbay eases me into her warmth.

June 21st, Father’s Day in 2020 is the day we discovered each other at the Nine Lives Foundation cat shelter along 101 at 3106 Rolison Road in Redwood City. Abbay was there just 3 days from when 9 Lives rescued her at a kill shelter in Los Banos.

Among the approximately 60 Cats present, Abbay stood out to me. She is a black and white Tuxedo cat. "Abba" is the Hebrew name meaning Daddy. This is a term used for God in Scripture. Since we discovered one another on Father’s Day, I named her Abbay, just adding a "Y" at the end of Abba.

**Frenchie**, a little Grey Mixed breed, my kitty Mutt, is my long-time cat Companion. She turns 12 on March 7th 2023. Frenchie was rescued by a couple folks in Belmont. They discovered Frenchie as a stray Cat who had been hit by a car. Nine Lives Foundation put Frenchie in a state of healing and saved her life. Frenchie has the energy of a puppy. She often snaps me out of my funks.

I saved Abbay, to be 4 this Father’s Day, and Frenchie because of the Nine Lives Foundation, and everyday my 2 feline friends save me right back.

You wonder How They do this? I treasure my solitude with my cats at home. I have these two foreign life forms as warm companions, connectedness to the touch of their fur which comforts me, beings to stare into the eyes of, beautiful and exotic orbs. Life which stays with me but that does not pressure me like the sometimes-endless chatter of people. They are nearby watching me through my stressful hours, and abiding my times of swearing or complain about my mental health community and the other pressures which sometimes beset me. Occasionally I am Wondering, under the weight of reality, why I don’t just open the bottle of wine I have here, from the day I committed to sobriety, on my birthday in October 2003. Just being with me. That’s all I ask of my Cats. There is a source of serenity in being alongside these two magical creations every morning I awake.

Here I am with Abbay and Frenchie every day of my life. God has blessing me through my Cats.

~ John Butler~
NAMI SM PT EMPLOYEE
Heather's Art Exhibit and Reflections
By John Butler

What does Art, that word, mean to you? When you think "Art" does a specific image automatically come to your mind? For me, images from an 18th Century, French Painter appear. "Sunflowers", by Vincent Van Gogh, actually born among the Dutch Culture, whose art matured and became well known in France. That painting appears in my mind. Interesting that a member of our Nami Connections had the image on the wall behind Her in one of groups in February.

Vincent experienced times in the asylum of his day. His art was known in his day. But he never sold a Painting in His lifetime. In the 21st Century, Vincent's work is among the highest valued Art across the globe. Doesn't this say something about that value of those of us with mental health challenges?

How the world interpreted Vincent, and how it sees myself and Our Peers today, is still with a wary eye of misunderstanding and doubt of whether we are safe to be around. Our presence in American Culture is more of a threat as if being near "Us" might infect "Them". Still true with all the progress in understandings across our cultures.

Patricia Neme and I attended an Artist's opening day exhibit at Twin Pines Park in Belmont on Sunday February 12th. This Artist honors the work and meaning of NAMI San Mateo with a percentage of her sales going to support our Cause of being an aide to Peers and Family Members and all our San Mateo Communities.

Art is self expression and most of us, much like Vincent Van Gogh, are most likely interpreted in our expressions by the majority of Our American Culture.

Patricia Neme, our NAMI Outreach Coordinator, and I both spoke to nearly every attendee at Heather's event at Twin Pines Park in Belmont. We spoke from Our Hearts. We actively listened. We shared the Hope and paths to #Wellness NAMI San Mateo offers for free throughout our County and everywhere through our online, on Zoom, NAMI Connections support Groups every Monday and Thursday for folks who are 18 and over.

About the artist Heather Birnbaum Harris

Heather inherited her love for art from her grandfather. She started drawing in elementary school leading to a degree in Studio Art with a focus in painting from Skidmore College. Today she spends her free time creating animals and flowers with more figures coming soon!

website: www.heatherartwork.com
email: heatherbirnbaumharris@gmail.com
phone: (650) 245-1155
In observance of ...

- Martin Luther King Day / Jan 16th
- Groundhogs Day / Feb 2nd
- Valentine’s Day / Feb 14th
- Presidents’ Day / Feb 20th
- Int’l Women’s Day / Mar 8th
- St Patrick’s Day / Mar 17th
- Cesar Chávez Day / Mar 31st
Asian communities across California, have highlighted the need for mental-health support services, now more than ever. In San Mateo County, where about one-third of our population is Asian, and growing, these support services are needed and should be provided in the various Asian languages and dialects.

Now is the time to shatter the cultural taboo in Asian communities that asking for mental-health support is a sign of weakness or has a negative stigma to an individual or a family. We must all work together to invest in mental-health resources for Asians across California and the United States. Our heart goes out to all the victims and their families at this very sad and tragic time."  

To our friends at ALAS (Ayudando Latinos a Soñar) as well as everyone in the coastal community, thank you for all of your direct work and we are here for you as well.

Thank you all for continuing to support our affiliate. We are here for you. Call, email or text us, our services are free and are available to everyone.
APEALS is a new emotional and life skills group that provides teens a safe place to talk to peers dealing with similar issues. The group is led with the guidance of 2 Young Adult Peer Facilitators. These groups will help teens process what is going on in their lives so they can move forward in a healthier way. These may be things such as depression, anxiety, anger, stress, grief, isolation, bullying, etc.

With the main focus on social-emotional support, teens will use discussion and hands-on activities to address stress, resources, relationships, school, life's ups and downs, strengths, and resilience.

Contact us:
events@namisansmateo.org
650-667-1275
www.namisansmateo.org
NAMI SMC Shines Bright at the Chase Center for NBA Mental Health Night
By Leslie Davis

Although the Golden State Warriors were not successful in their match-up against the Detroit Pistons, NAMI SMC won the evening and had a very successful Mental Health Night with NBA. To kick off our new year, our first fund raising and team building event was held “during the storm of the century” (not planned of course) at the beautiful Chase Center venue in San Francisco.

NAMI SMC was the focus non-profit which meant that we were the lucky recipients of a portion of every ticket sold in the name of mental health that evening. We also had a prime placement for our community booth that also won accolades for most interactive, most creative, and most popular!

The turnout was amazing for everyone involved, despite the rain and the wind. The sellout crowd kept us busy. The community outreach was phenomenal – so many individuals stopping to engage and learn something about mental health and NAMI SMC, with many asking how they could become more involved. More than half of the visitors were from our county too – which made it even more worthwhile.

There were 22 non-profits in attendance from all over the Bay Area. We connected with all of them – it was great to see some familiar faces but most importantly meet new agencies to spread the word about NAMI SMC and everything we have coming.

We estimated that between 250 and 300 attendees stopped by to chat with our staff. Our innovative display of the evening was an interactive photo backdrop that was used to help connect participants with our mission as well as their personal tie to our community. Aside from resources and fun chat, we also provided them with a polaroid photo to take home as a memory.

With such a successful evening, we hope to be back and make an even larger impact at the next Mental Health Night at the Chase Center!
Bee-ing Thankful

To our very generous Donors (of and which together with NAMI SMC Members & Volunteers, are the of this organization

• In Memory of Donations -
  Chris Brown from Doris Brown / George Curoles from Calvin Shelton / Kelly Cummings from Jane Cummings
  Farmworkers Half Moon Bay from Kathleen Dickey / Wayland & Rosemary Fregly from Carol Fregly
  Alexander Freund from Jody Gessow / Chris Fueloep-Miller from Ingrid E. Miller / Martin Goulding from
  Brent Renner / Tim Griffith from Diane Ritter / Max Heffernan from Goller Hyman Family Fund,
  Debbie & Doug Heffernan / Lee Plombo from Calvin Shelton / David A. Ringen from Ralph Griffin
  Peter Rothaug from Paula Rothaug / Suzanne Simmons-Grimsrud from Melanie Valdez
  Joshua Stang from Gary & Nancy Stang / Jeanette Young from Kelley Young / Michael from Rosemary Field

• In Honor of Donations -
  Phil Aiken from James & Linda Aiken / Leslie Davis from Debbie Heffernan
  Phillip Guerra from Violet Coturri Guerra / Deb & Olivia Heffernan from Goller Hyman Family Fund
  Olivia Heffernan from Mickey Podolsky / Annie Celada Kwong’s Birthday from Shannon Whiteman
  Jason Law from Melanie Law / Sally Mayer from Janet K. Bower / Bonnie McNamara from John & Elizabeth
  Weatherby / Jen Melo from John & Elizabeth Weatherby / Mickey Podolsky from Joyce L Berenstein,
  from Nancy & Steve Field, from Jaffe Family, from Susan & Steven Raike, from Joyce & Phil Schnal-Lerner,
  from Rolly Slatt, from Arlene & Bud Steinberg, from Susan Weiner / Tyler-Skinner Rosenberg from Vicki Skinner
  Ammi Rostin from John & Elizabeth Weatherby / Susan Sanchez from John & Elizabeth Weatherby

• Warmline Volunteers -
  Allison Pierce, Bridget Mannix, Colleen Plesac, Deb Mechanic, Ingrid Berrios-Martinez, John McMahon,
  Katie Lam, Ken Tomiyama, Mila Vierves, Nina Velasquez Singh, Sahar Mozaffar, Stephanie Luna, Trang Chau
- NAMI Outreach Table -
  John Butler, Tracie Pon
- Newsletter Printing & Mailing -
  First Impressions Printing

Space available for recognition of in-kind donations.

Thanks Angelica & Peter Cuschieri for the amazing food and the great Hospitality during our "Volunteer & Staff Appreciation Lunch" on December 7, 2022.

Angelica's Restaurant & Bar
863 Main St, Redwood City, CA
(650) 679-8184
www.angelicasilc.com

510-784-0811
firstimpressionsprinting.com
The NAMI Basics Program is a free, 6-week course designed for parents and other primary caregivers of children and adolescents experiencing emotional and behavioral difficulties. It is not necessary that the child has received a specific diagnosis. Caregivers who suspect their child is experiencing symptoms of mental illness can benefit greatly from the course as they begin to navigate the evaluation and treatment process.

Crisis Intervention Training

The 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.

NAMI Ending the Silence

NAMI Ending the Silence is an 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.

NAMI Peer-to-Peer

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.

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

NAMI Peer PALS

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.

NAMI Crisis Intervention Team (CIT) Program

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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 nami@namisanmateo.org. Please find the registration link below for your convenience.


In Our Own Voices

IOOV is an opportunity for those who have experienced mental health challenges to gain confidence and to share their individual experiences of recovery and transformation. Training is provided for all speakers. We hope you will register and join our speaking team.

For any questions or more information, please contact nami@namisanmateo.org. Please find the registration link below for your convenience.


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 this year and we encourage you to register soon as space is limited. We hope you will join us for our next class!

For any questions or more information, please contact nami@namisanmateo.org. Please find the registration link below for your convenience.


Peer PALS

Tracie Pon will be leading our popular and much needed Peer PALS program. Many of you know Tracie already as she has been an important Community Outreach Associate working with Pato and John anywhere and everywhere. Rest assured; she will keep this role too. Feel free to reach out to her through her email – tpon@namisanmateo.org.

Peer and Family Services

New Manager, MayLynn Castaneto will be directly coordinating both IOOV (In Our Own Voices) and Connections (Support Group) She will have the important task of growing our Connections groups this year as a result of our successful Giving Tuesday and End of the Year 2022 campaign.

As both a peer and family member, she will be handling all our new family member inquiries. As her comfort level increases, she will move into other areas of program growth. Her email is mcastaneto@namisanmateo.org.

We are in need of Warmline Volunteers!

NAMI San Mateo County holds training sessions. 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 Grayson at gray@namisanmateo.org or go to the volunteer page of our website at: www.namisanmateo.org/get-involved.

Ending the Silence Update

Ending the Silence is making bigger strides than ever before. Since the new Ending the Silence Coordinator, Olivia Heffernan, came on in August we have had 7 presentations in high schools and libraries which has reached a about 1,700 students total. We are working to train more speakers so that we have the ability to take on more presentation. We had an Adult Speaker Training in January which trained 5 new speakers and we current have 1 Young Adult Speaker who is getting trained.

In March and April we have 9 more presentations scheduled which is expected to reach about 3,000 more students. We will also be doing 5 presentations through the San Mateo County Public Libraries which will be open to all youth ages 12-18 who would like to attend.
### SUPPORT GROUP MEETINGS

<table>
<thead>
<tr>
<th><strong>NAMI Cordilleras MHR Center Family Group</strong></th>
<th>Meets 1st Monday of the month <em>(2nd if 1st is a holiday)</em> from 6:30-8pm. Facilitators: Karina &amp; Joan. To register, email: <a href="mailto:cordilleras6765@gmail.com">cordilleras6765@gmail.com</a></th>
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</thead>
<tbody>
<tr>
<td><strong>NAMI Parents of Youth &amp; Young Adults</strong></td>
<td>(ages 6-26) meets 2nd Monday of the month from 7-8:30pm. Facilitators: Ginny Traub &amp; Christine Abraham.</td>
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<tr>
<td><strong>NAMI Connection for Peers 18 &amp; Over</strong></td>
<td>Meets every Monday from 7-8:30pm.</td>
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<tr>
<td><strong>NAMI South County Family Support Group</strong></td>
<td>(Redwood City) meets 2nd Tuesday of the month in-person from 6-7:30pm. No pre-registration required - Drop ins welcome! Mental Health Clinic, 802 Brewster Ave, Redwood City, 650-363-4111. Facilitators: Pat Way &amp; Liz Downard, RN MSN. Email: <a href="mailto:southcountyNFSG@gmail.com">southcountyNFSG@gmail.com</a></td>
</tr>
<tr>
<td><strong>NAMI Spanish-Speaking Family Support Group</strong></td>
<td>(Redwood City) meets 2nd Tuesday of the month in-person from 6-7:30pm.</td>
</tr>
<tr>
<td><strong>NAMI Jewish Family &amp; Services Support Group</strong></td>
<td>(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>
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<tr>
<td><strong>NAMI Stanford Family Support Group</strong></td>
<td>(Palo Alto) meets the 4th Tuesday of the month 7:30-9pm.</td>
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<tr>
<td><strong>DBSA Mood Disorder Support Group</strong></td>
<td>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></td>
<td>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></td>
<td>Meets 1st Wed of the month 7-8:30pm. To register, email: <a href="mailto:namioni@namisanmateo.org">namioni@namisanmateo.org</a> or call 650-638-0800</td>
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<tr>
<td><strong>Jewish Support Group</strong></td>
<td>(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></td>
<td>Meets every Thursday from 7-8:30pm.</td>
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<tr>
<td><strong>Coastside Dual Diagnosis Group</strong></td>
<td>(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></td>
<td>(Menlo Park) meets every Thursdays from 6:30-8pm. Open to family and friends. RSVP required. Email: <a href="mailto:emlycaruthersmft@gmail.com">emlycaruthersmft@gmail.com</a> More info: 408-356-1212 or email: <a href="mailto:info@edrcsv.org">info@edrcsv.org</a></td>
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<tr>
<td><strong>Chinese Family Support Group</strong></td>
<td><em>(in English, Cantonese, &amp; Mandarin)</em> 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>
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<tr>
<td><strong>Korean Support Group</strong></td>
<td><em>(Cupertino)</em> 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></td>
<td>Meets 3rd Saturday of the month from 1:30-3:30pm, Seton Medical Center. Info: 415-273-7273; <a href="http://www.ocdbayarea.org">www.ocdbayarea.org</a></td>
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<tr>
<td><strong>Consumer Support Groups, Heart and Soul</strong></td>
<td>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</strong></td>
<td>Groups/programs, contact Emily Farber, MSW, 650-289-5417, <a href="mailto:efarber@avenidas.org">efarber@avenidas.org</a></td>
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</tbody>
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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)*

I would like to donate:
- $50  $75  $100  $250
- Other $ ________

- In  Honor of  Memory of

- Renewal or  New Membership  Amount Enclosed: $ ______

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

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

Name__________________________

Address______________________________________________________________

City/State______________________ Zip________

Phone __________________________ E-mail ________________________________

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

Credit Card#______________________Expires________ 3 Digit code_______

Amount $ ________ Signature________________________

How did you hear about NAMI? ___________________________________________

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

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

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

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

RETURN SERVICE REQUESTED

Time Value

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

Office Hours: currently by appt only.

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Bridget Mannix - Vice President
John Butler - Secretary
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Dr. Jennifer Harrison, John Paye, Kate Phillips

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Patricia Neme - Community Outreach & Advancement Mgr., Newsletter Dir.
Debra Mehegan - Office Support
Olivia Heffernan - Events & Ending The Silence Associate.
Jill Johnson - Intake Specialist
David Lo - IT Mgr.
Ken Tomiyama - Resource Line Trainer
Ruan Frenette - CIT Program Supervisor
Tracie Pon - Peer PALS program coordinator & Outreach Associate
MayLynn Castaneto - Mgr. of In Our Own Voice (IOOV) & Connections Coordinator
Grayson Davis - Warmline Coordinator
Ron Dugrenier - Newsletter Producer
Kimberly Nobles - Editorial Assistant

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