About Us
The National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started in San Mateo County as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation’s leading voice on mental health. Today, we are an alliance of more than 600 local Affiliates and 49 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.

We do not offer any treatment or therapy - instead we provide peer support from individuals and family members of those who suffer from a diagnosed Mental Illness and learn how to live a better life in recovery.

Welcome to NAMI San Mateo

Launch of NAMI Walks SMC 2023
By Olivia Heffernan

NAMI SMC is so excited to officially kick off our 2023 WALK season. On June 21st, approximately 60 supporters celebrated our affiliate’s accomplishments that have taken place since our 2022 WALK and we collectively set our fundraising goal that night for $200,000 this year. This would top our last year’s revenue number of $188,000 which was record breaking. We are confident with your support we can continue this climb – in 2021 in our first solo Walk ever we raised $121,000. Topping $200,00 should be more than reachable! With our community, the sky is the limit.

Also, during the evening, we officially announced Robert Taylor as our new Executive Director and listened to his vision for our affiliate for the year to come. Chris Rasmussen, Board President highlighted our staff accomplishments and introduced our existing and new board members. Finally, Kate Phillips, former Board President, and chair of our Fundraising Committee was honored for her extraordinary commitment to our affiliate – the time, effort, and dollars that Kate contributes are simply transformative. Thank you, Kate!

We would like to thank Sports Basement in Redwood City for allowing us to use their space free of charge – if you have any sports needs, we encourage you to visit Sports Basement located on Walnut Street in RWC and please tell them NAMI SMC sent you. Our public and private partners assist us in spreading the word about our services and improving our bottom line.

Thank you all for attending – we love being out and about in the community! And most importantly, please join us on October 14, 2023, at Seal Point Park for our 3rd annual NAMI SMC WALK, we are shooting for 500 participants this year!

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.” - Mary Robinson

Ellen Cookman - Sept 26th General Meeting Speaker

Ellen Cookman is the principal of Cookman Law (www.cookmanlaw.com) in Palo Alto, California. She is passionate about helping families of all shapes and sizes plan for the future and utilize available resources. Ellen is a Certified Specialist in Estate Planning, Trust & Probate Law from the California State Bar Board of Legal Specialization. She received her J.D. from UC Berkeley School of Law and her L.L.M. in Estate Planning, Trust and Probate from Golden Gate University.

Ellen lives in East Palo Alto with her husband, two cute and very active boys (her older son has high-functioning autism), a puppy named Rosie, and a kitty named Skittles.
Upcoming NAMIWalks Community Event Raises Mental Health Awareness and Hope

San Mateo, CA, August 21, 2023

The National Alliance on Mental Illness, San Mateo County (NAMI SMC) is hosting its annual NAMIWalks on Saturday, October 14, 2023 to increase mental health awareness and provide hope to those affected by mental health conditions. This free community event will be held at Seal Point Park in San Mateo and will feature a 5K fundraising walk, wellness programming, food, music, a kid’s zone and a community resource fair.

“We’re looking forward to having people from all over our service area come out to enjoy the bayside trail and get inspired by what we can do together to reduce mental illness stigma toward our goal of making ‘Mental Health for All’ a reality,” said Robert Taylor, Executive Director of NAMI SMC. Hundreds of people participated in last year’s local NAMIWalks – the first one NAMI SMC hosted on its own – which raised more than $181,000. This year’s goal, Mr. Taylor said, is to exceed $200,000.

NAMI SMC is a non-profit organization that provides free essential support, education and advocacy programs for people living with mental health conditions and their families in San Mateo County. NAMIWalks is the organization’s primary fundraising source and outlet for community mental health partnerships.

“In recent years, there’s been a huge increase in the number of people needing quality mental health resources,” Mr. Taylor added. Having a successful NAMIWalks event this fall, he noted, will ensure that NAMI SMC continues providing reliable resources for thousands of people for whom “hope and healing may be the difference between a meaningful life and feeling lost.”

NAMI SMC is the local affiliate of the National Alliance on Mental Illness, the nation’s largest grassroots mental health organization, committed to building better lives for the millions of Americans affected by mental health conditions. Additionally, NAMI conducts active advocacy efforts aimed at ensuring access to services, treatment, support, and research, while tirelessly working to raise awareness and foster a community of hope.

To sign up for the Walk, make a donation, or access general information please visit our website at www.namiwalks.org/sanmateo or contact the 2023 NAMIWalks Manager, Olivia Heffernan at olivia@namisanmateo.org.

In-Person Meeting with “Solutions for Supportive Homes on Thursday, September 14 at 1 pm in NAMI SMC office.

Solutions for Supportive Homes is inviting families who are interested in participating in the creation of a permanent supportive home for their adult family member with SMI here in San Mateo County.

This is an in-person meeting to be held on September 14, 2023 at 1 pm in the NAMI Board meeting room at 1730 S. Amphlett Blvd., #308, San Mateo.

Solutions for Supportive Homes is a Bay Area group of committed parents and community professionals working to increase the supply and the quality of permanent, affordable, health-supporting homes where adults living with long term special mental health needs can continue their lives and advance their recovery with dignity in our communities.

Most of us are aging parents who have been helping our adult children navigate the challenges of their mental health conditions for years. Our vision is to create permanent supportive homes for our adult children with both family investment and partnership with either a community land trust or other entity that guarantees permanency.

Our research and our direct experience have convinced us that successful supportive homes for adults with long term special mental health challenges combine 3 essential elements: community, permanence and on-site assistance.

We are looking for a conveniently located enclave-style small group living situation, providing privacy while discouraging isolation. With the dignity and security of one’s own home base, we encourage community opportunities both within and outside the residence, and located in walking distance to shopping, health care, social activities, and potential supported employment.

Currently, we are able to create supportive homes with minimal on-site support, not therapeutic support. With an on-site resident assistant who engages regularly with the residents, he or she can reach out to outside resources if the resident is showing signs of distress beyond the capability the resident assistant can provide. Each resident would be required to have their own personal resources for physical and mental health and financial needs. In addition to providing oversight, the resident assistant will work with the residents to create opportunities for community. This can be done through shared meals, gardening, exercise and entertainment experiences both within the resident community and with social interaction opportunities with neighbors.

We invite you to join us to learn more about our vision of how to create a home and learning more about our experience with our first project in Oakland. If you are not able to attend in person but would like to become involved or get more information, please write to Carolyn Shepard, President, at eshepard@s4sh.org, www.s4sh.org

NAMI W alks
San Mateo County
SATURDAY
October 14, 2023 9:00am
Seal Point Park, San Mateo, CA

REGISTER NOW

www.namianewsletter.org

"Mental Health for all"
Latinx Corner!
The Training of Leaders
Family-to-Family Produces 12 New Leaders!

By Rocio Panameno

We are very proud of the most recent graduates of the Training for Family-to-Family Leaders! Conducted by NAMI State Instructors Rosa Alvarez, Modesta Pulido, and Zoom producer Joseph Alvarez, was a two-day training that took place on the 24th and 25th of June via Zoom.

We would like to thank once again our dedicated trainers for their patience, guidance and ongoing support to empower our leaders community. All of our students were members of families who had taken our Family-to-Family Course and wanted to learn how to teach the class to carry this important course of education to their communities.

Our Latinx coordinator, Patricia Neme, attended this training and she learned to teach this course, while she offered support to the participants and advocated for the mission of our local NAMI affiliate. This training was especially meaningful to NAMI SMC because we have not had the opportunity to offer numerous Family-to-Family classes in Spanish due to the lack of instructors.

Completion of this training has allowed us to expand our list of certified teachers, giving us the chance to offer more services in Spanish.

Congratulations to our twelve graduates!
**Family Member Information when calling 911**

*By Ruan Frenette*

CIT (Crisis Intervention Training) is for law enforcement (LE) and related agency personnel responding to 911 mental health (MH) situations in a safe and legal manner. It is a 40-hour program offered quarterly, consisting of interactive and lecture courses about applicable subjects and law review. The Sheriff’s Office has been facilitating CIT since 2005 and celebrated its 50th training this June.

When we as family members are thinking our very ill loved one has digressed to a level where we cannot support them, and we’re not getting the needed help from doctors, hospitals, agencies...we’re on the verge of calling 911. Or should we try 988? Here are some helpful points:

**Have you documented this yet?**

Keep a written record of what has been developing, whether new or ongoing. Organized details are a vital tool to share with law enforcement, the hospital, a physician or a care-giving agency. **AB 1424 for San Mateo County (SMC)** is the best form we have for this. Law enforcement, paramedics, behavioral health specialists, and hospitals should accept it when offered during a 5150 hold. Documents aren’t shared from one agency to another so have copies available and give to any agency your loved one uses.

**988 vs. 911**

988 offers callers experiencing a mental health or substance use crisis or emotional distress someone to talk to, someone to come to them and somewhere to go, as needed. 988 is a confidential emotional support line available 24/7. You can also chat by texting the same 988 number. You can find 988 FAQ at [www.988lifeline.org/faq](http://www.988lifeline.org/faq)

911 connects to a dispatcher who will send needed services (e.g., EMS, fire, police) to the reporting person (RP) and may provide support to the RP while they wait for the services to arrive. Ask for “CIT trained officers” to respond if available. This type of request alerts dispatchers to the specialized needs of the person in crisis. Source: [www.thenationalcouncil.org/988-and-911](http://www.thenationalcouncil.org/988-and-911)

Get a copy of “Guidelines for Calling 911” at [www.smcehealth.org/MH911](http://www.smcehealth.org/MH911) or from NAMI. The more details given during the call, the better. Help your loved one get treatment (see a physician, go to the hospital) as soon as you see declining behavior over a period of time. Discuss the situation with LE or call FAST if your family has no treatment options (650-368-3178).

**Law enforcement (LE) on the scene**

LE most likely will not immediately enter the home and engage the person in crisis, as this may trigger a dangerous response, especially if weapons or firearm threats are involved. If LE can’t connect with the person in crisis, they may disengage and provide other options to the family member, including leaving the home for a little while and hopefully suggest other resources to contact. This decision is up to the RP and others affected. If another crisis arises, please call 911 again.

**What if your family member is arrested?**

In SMC, the jail has a mental health unit, an Acute Stabilization Unit, in which nurses visit detainees often and regularly. There are other mental health diversion options in San Mateo County such as Pathways through the Probation Department.

**Restraining Orders**

Safety is the priority for law enforcement, families and the person in crisis. If violence is committed or a concern, law enforcement can ask a judge for an Emergency Protective Order (EPO) on your behalf. The EPO is valid for five days. This gives you some time to consider your options on how to proceed. If you are concerned about your ill family member being homeless when released from the hospital or jail (if arrested), ask law enforcement to connect you with the local homeless outreach organization. In SMC we use the services of Life Moves [www.lifemoves.org](http://www.lifemoves.org).

Life Moves can help people complete an assessment for shelter and long-term housing. Mental illness is not an impediment to obtaining housing assistance.

Family members may also apply for a Domestic Violence Restraining Order to keep their ill loved one at a safe distance until further treatment options are considered. Review further information at [form DV-500-INFO](http://www.speakforsafety.org).

Senior citizens over the age of 65 can obtain a protective order to prevent elder abuse. SMC Adult Protective Services is the best resource to get help with this process. For more information, call the SMC Aging & Adult Services TIES Line at 1-800-675-8437.

There are still many things to consider, including the recipient’s ability to own, possess or purchase firearms. For further details, please visit [Speak for Safety](http://www.speakforsafety.org).

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**CalAble** : a savings and investment plan offered by the state of California to individuals with disabilities. [https://calable.ca.gov](http://https://calable.ca.gov)

**The Benefits of CIT**

Not only can CIT programs bring community leaders together, they can also help keep people with mental illness out of jail and in treatment, on the road to recovery. That’s because diversion programs like CIT reduce arrests of people with mental illness while simultaneously increasing the likelihood that individuals will receive mental health services. CIT programs also:

- Give police officers more tools to do their job safely and effectively. Research shows that CIT is associated with improved officer attitude and knowledge about mental illness. In Memphis, for example, CIT resulted in an 80% reduction of officer injuries during mental health crisis calls.
- Keep law enforcement’s focus on crime. Some communities have found that CIT has reduced the time officers spend responding to a mental health call. This puts officers back into the community more quickly.
- Produce cost savings. It’s difficult to estimate exactly how much diversion programs can save communities. But incarceration is costly compared to community-based treatment. For example in Detroit an inmate with mental illness in jail costs $31,000 a year, while community-based mental health treatment costs only $10,000 a year.

NAMI SMC provides CIT training or technical assistance related to CIT programs.
A Tripartite Approach
By MayLynn V. Castañeiro

I am the newly hired Peer Support and Family Services Manager and so far, my experience has been positive because the NAMI SMC team is a close-knit, family-oriented team that fulfills its mission by empowering Peer workers like myself through positive regard and empowerment, while fostering self-advocacy and education. I got involved in NAMI because as a person in recovery, I am passionate about mental health matters, especially those that continue to challenge me and some of my family members. I have seen firsthand the devastating effects of mental health illness both in family dynamics as well as personal existence and how those issues are stigmatized in the society at large institutionally and permanently.

Such traumatic devastation motivated me to continue my degree in psychology from Santa Clara University into a doctoral track in clinical psychology with emphases in behavioral medicine and neuropsychology, which catapulted me to serve as a student doctor in both Palo Alto and East Palo Alto VA hospitals to serve my heroic peers in the military. As a student doctor, I began to witness the importance of incorporating Substance Use Dependency skills in the dichotomy of psychotherapy and psychotropic medicine regimen. This tripartite approach provides a plethora of services that benefits most peers in the Behavioral Health system. This tripartite approach also mimics the biopsychosocial approach that NAMI continuously follows, which encompasses all facets of life that peers encounter in this system. By following such tripartite approaches, I began to realize that my desire to help my peers requires me to continue my passion in learning through humility--never be complacent about the need to learn because I can never be an expert, so I need to train and gain all the knowledge I can to become a prolific mover of Peer work through formal education, and especially learning from the experts, those in peer work and providing them the due respect they deserve because, although I cannot see their battle scars, the commonality we all have is engraved and prolific and, thus deserves due respect and recognition. Such respect and recognition I provide full heartedly in every In Our Own Voice (IOOV) presentation I have had the privilege to witness and coordinate, as well as in the Connections group, I’ve had the honor to co-facilitate and coordinate.

In these two NAMI SMC services, I continually witness the magic and the immediate transformative power of Peer work, whereas the scars might be deeply engraved, but the soothing and palliative power of community through Group wisdom and the liberating cathartic power of telling one’s own story and successes in one’s unique journey of recovery always reminds me of the need to respect my peers while meeting them at their present moment and reality. Such opportunities remind me to stay humble and listen vigilantly, since such scars might be deeply rooted, but are ameliorative to some degree through diligent teamwork and camaraderie.

Helping the Mental Health Community, One Peer at a Time!
By Tracie Pon

My connections to NAMI San Mateo County started in 2018 when I took the 12-week Family-to-Family class. Through this program, I received much valuable information, learned what mental illness is, learned how to recognize symptoms and how to help someone with psychosis. Most importantly, I learned not to judge someone’s behavior due to their mental illness. I felt a connection to each person in the program because the two program facilitators created a safe environment for each of us to share our stories without judgments. After the program ended, I became a member and volunteered occasionally. Life took me to a different direction, but NAMI has always been on my mind. I started to volunteer again last year with community outreach and other events. When the Peer PALS coordinator position became available this spring, it was easy for me to transition into this role as I was already familiar with NAMI and knew all the wonderful and dedicated staff.

I enjoy my role as the Peer PALS Program Coordinator and appreciate the benefits that program can contribute to the peers. The Peer PALS Program originally started in NAMI Santa Clara. In 2017, NAMI San Mateo County adopted the program and it continues to grow. The Peer PALS Program supports individuals diagnosed with a mental health condition who want to work on their wellness and recovery. Each Peer is matched with a Pal/mentor who has lived-experience and can relate to their struggles, loneliness, and isolation.

When matched, the Peer and Pal will connect 4 hours a week either in person, by phone or zoom. The duration for the Peers to receive mentorship is 6 months with the possibility for renewal. We value the time and support our Pals have provided to our Peers throughout this program. We continue to seek Pals of all ages. In order to qualify as a Pal, you must have completed NAMI’s Peer-to-Peer program or similar course through the County or community college. A Pal is an individual with lived mental health experience who feels committed to supporting others, and who also can demonstrate patience, empathy and understanding. Pals will be compensated for their time to up 4 hours a week. It is also a great first stepping stone job opportunity for those who have managed and maintained their mental health diagnosis to re-enter the workforce and build their confidence in helping others. It is very rewarding to hear how much the Peers in our program thrive from the support of their Pals. For example, one of our Peers started our program feeling lonely and isolated. With the encouragement and guidance from his Pal, they now embark on a weekly outing to the beach in Half Moon Bay, shopping in Santana Row or hanging out at Hillsdale Mall. Their mentorship grew into valuable friendship.

If you are someone who has been diagnosed with a mental health condition and is reviewing treatment and want the support of someone to help with maintaining your mental health goals, I encourage you to participate in our Peer PALS program. You can find more information about the program on page 18. Please email me at tpon@namisamateo.org if you have more questions. I would be more than happy to meet with you. Be well!

"No one can make you feel inferior without your consent." — Eleanor Roosevelt
The Executive Director’s Update
By Robert Taylor

Thank you for all your support and understanding over the years. I am thrilled to be part of the NAMI San Mateo County team. NAMI, the largest grassroots mental health organization in the nation was founded here in San Mateo in 1979. NAMI has a rich history of providing mental health programs and support to residents of San Mateo County. The last year or so has been transformative for NAMI San Mateo County in many positive ways.

We have a mission-focused board of directors intent on increasing our reach with existing and new programs/services, a dedicated team of employees ready to increase program offerings and engage/provide services to more individuals/families, and a supportive membership team that provides support and valuable insights. We are ready to grow our reach/presence in the community and provide more services via existing programs and launch new initiatives such as Youth Advisory Council and increase services for law enforcement agencies soon.

We are lucky to have a dedicated staff, more than 200 members, plus 40 active volunteers that help us maintain and grow our much-needed services/programs within San Mateo County. We thank you for your tremendous support of your time, talent, and treasures. Our mission is to improve the quality of life for people with mental illness and their families through support, education, and advocacy.

Lastly, we are very excited about NAMIWalks 2023 which will be held at Seal Point on the 14th of October. We are currently seeking sponsorship for this outstanding event. If you know of a corporation and/or local businesses that might be interested in becoming one of our sponsors, please let me know. As you may know, the funds generated from NAMIWalks 2023 will offset the costs of offering free programs to all San Mateo County residents.

Thanks again for your dedication and continued support of NAMI San Mateo County. I look forward to working with you in the coming months.

Best, Robert

Visit [www.namica.org](http://www.namica.org) to get the latest update on legislative activity pertaining to Mental Illness.

CalHOPE & NAMI SMC at SF Giants Sesame Street Day
By Tracie Pon

It was a sunny day on July 30th, with no clouds in the sky. Friendly neighbors and Giants fans there, that’s where NAMI San Mateo County met on the Sesame Street Day at Oracle Park. No matter how old you are, the Sesame Street program brings nostalgia and provides a safe place and sense of well-being. It was a perfect day and a privilege for NAMI SMC to be the only mental health organization to represent CalHOPE. NAMI SMC provided mental health awareness and provided essential mental health resource information to a stadium full of fans of all ages. Not only did we have an opportunity to showcase at the event, our Outreach Director, Patricia Neme had the honor to throw the first pitch on Sunday’s game, (Giants vs. Red Sox). Even though the camera was laser-focused on her and was shown on the jumbotron, Patricia proudly and triumphantly threw the ball to the catcher from the pitcher’s mound. It was an experience of a lifetime!

The NAMI Outreach Team set up our resource table and promoted our programs and resources to fans while sporting NAMI and Giants gear. There was a lot of excitement in the air as the Giants were trying to come back at the 11th inning. The NAMI Outreach Team connected with the community. It was an honor to share the mental health resources we have. The air was especially sweet when the Giants beat the Red Sox, 4 to 3. Go NAMI SMC and Giants!

Volunteer Opportunities

We have a wide range of opportunities where having a volunteer to help us would make a significant difference in our ability to serve our community.

Opportunities include answering the HelpLine, preparing materials for a class or being the NAMI presence at vital local county meetings.

If you’re interested in becoming a NAMI SMC volunteer we’d love to have you join us. Please go to [www.namisanmateo.org/get-involved/become-a-volunteer](http://www.namisanmateo.org/get-involved/become-a-volunteer) or scan the QR Code.
Raising Awareness = Raising Hope

These days, mental health concerns have become a common topic of public conversations. Most of us know at least one person struggling with anxiety, depression, or other mental health conditions. But do you know that there are tangible ways each of us can help to keep hope alive and reduce the stigma that accompanies these challenges?

Our local National Alliance on Mental Illness in San Mateo County (NAMI SMC) continues a long tradition of improving the quality of life for people with mental illness and their families through support, education, and advocacy. This formidable and now nation-wide grassroots organization invites you to learn more about their community programs and how you can participate in raising awareness of mental health concerns to support more people on the road to recovery.

Join NAMI SMC on Saturday, October 14, 2023 at Seal Point Park in San Mateo for a day of inspiration and fun at NAMIWalks. This free community event features a 5K fundraising walk, a community fair, a wellness program, music, food and a kids’ activity area.

Reflections and insights from Ginny Traub, our 2022 SMC NAMIWalk Manager

Our 2022 -first in-person- NAMIWalks SMC was a huge success, so we are at it again. Three years after my retirement, Visa faithfully continues my legacy by walking this year with me and my team, Visa and the Strong Soles. Thankfully, I’m not the Walk Manager this year, so I had some time to expand my roles at NAMI and stay actively engaged as always.

This year, I taught an 8-week Family to Family in person class which was hugely rewarding. I also had the privilege of participating in several "Ending the Silence" presentations, a mental health 101 for high school students. The highlight of my year was presenting to 500 high school students at San Mateo High School, the same school my daughters attended when they were first diagnosed. That was a full circle moment that meant so much to me.

Now I am back at the NAMIWalks committee, planning for our largest annual fundraiser to support our free programs and operations. I’ll be participating with family, friends, NAMI Parents of Youth Support Group, Family to Family group attendees, and hopefully ETS High Schooler Teams.

These are my thoughts on how you can join us and get involved in whatever way you can:

1. **Take care of your own mental health** - as that is always enough
2. **Register for free and join an already established NAMI SMC walk team:** You are welcome to join my team: Visa and the Strong Soles www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=1397
3. If you can’t be at Seal Point Park on October 14th, no worries. **You can participate virtually and still walk with us anywhere you are,** so please register at www.namisanmateo.org/news-events/namiwalks-2023
4. **If you can’t walk,** please consider **donating to our cause.** Every dollar helps someone in need. Donations are tax deductible. Checks can be sent to the NAMI office, contact nami@namisanmateo.org for information and Tax ID.
5. If you would like to create your own walk team or get your company involved by creating a corporate team or becoming a sponsor, please contact me at ginny@namisanmateo.org
6. **Connect us to a potential sponsor, organization or employer who might create a team to walk for Mental Health!** We’d greatly appreciate it as any connection helps.
7. **Set up a fundraising goal!** Although your presence will be plenty, we’d love to have you fundraise with us. Write to Olivia for a fundraising tool guide at Olivia@namisanmateo.org

Learn more about 2023 SMC NAMIWalks at WWW.NAMIWALKS.ORG/SANMATEO or contact me at ginny@namisanmateo.org. Thank you for your support and participation.

- Ginny T.

~13 years making a difference to improve mental health in our community~
Grupo de Apoyo Para Familias Latinas

Un espacio de apoyo emocional y aprendizaje para padres o cuidadores de seres queridos enfrentado desafíos emocionales.

Cuando: 4to martes del mes
Horario: 6:00 pm a 7:30 pm
Donde: The Barbara A. Mouton Multicultural Wellness Center
903 Weeks St. East Palo alto, CA 94303

Para mas información llame a Claudia Saggese: (408) 348-6864
Grupo Virtual De Apoyo
Para Familias En Español

El Grupo de Apoyo FAMILIAR de NAMI es un grupo de apoyo para cualquier adulto con un ser querido que haya experimentado síntomas de una condición de salud mental. Obtenga información de los retos y éxitos de otras personas que se enfrentan a experiencias similares.

Al compartir sus experiencias en un ambiente seguro, usted puede ganar esperanza y desarrollar relaciones de apoyo. Se beneficiarás de las experiencias de los demás, descubrirás su fuerza interior y se fortalecerá compartiendo sus propias experiencias en un espacio sin prejuicios. Nuestro grupo es completamente gratuito y confidencial.

¿Dónde?: Por Zoom
¿Cuando?: El primer y tercer jueves de cada mes
¿A qué hora?: De 7 a 8:30 PM

Escanee este código para inscribirse o envíe un correo electrónico a grupoapoyovirtual@namisanmateo.org para obtener más información de parte de nuestras facilitadoras.
Sábado, 14 de Octubre
Parque Seal Point, San Mateo

Hora: 9 a.m.
Dirección:
Parque Seal Point
1901 J Hart
Clinton Dr.
San Mateo, CA
94404

Únase a la Alianza Nacional sobre Enfermedades Mentales (NAMI) del condado de San Mateo mientras caminamos 1k o 5k #juntos4saludmental.

Habrá comida, un maestro de ceremonias, música y feria de recursos para disfrutar con todos.

Corre la voz en tu comunidad, crea un equipo, únete a un equipo, ven solo, trae a tus mascotas y comparte un día divertido con NAMI SMC.

Obtenga más información en namiwalks.org/sanmateo
The words you use matter. You can break down negative stereotypes and give people hope by choosing words that are more relatable and promote understanding. This simple but caring approach may help people feel more comfortable and willing to talk openly about mental health and to reach out for support early.

Tips for Talking About Mental Health

SAYING
- Mental health condition
- The weather is unpredictable
- My daughter has schizophrenia
- Person with a mental health condition
- Lives with, has or experiences

INSTEAD OF
- Brain disorder or brain disease
- The weather is bipolar
- My daughter is schizophrenic
- Consumer, client or patient
- Suffers from, afflicted with or mentally ill

Tips for Talking About Suicide

SAYING
- Suicide attempt/attempted suicide
- Died by suicide/suicide death
- Took their own life
- Died as the result of self-inflicted injury
- Disclosed

INSTEAD OF
- Failed suicide or unsuccessful attempt
- Successful or completed suicide
- Committed suicide
- Chose to kill him/herself
- Threatened

When talking about suicide, consider other meanings your words may have. For example, “committed suicide” implies that suicide is a crime. You can help eliminate the misunderstanding and stigma that prevent people from speaking up and getting support by choosing words that are clearer and more neutral.
To our very generous **Donors** (of ♨️ and 💰) which together with **NAMI SMC Members & Volunteers**, are the❤️ of this organization

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**Thank You All for Your Time and Donations!!!**

- **In Memory of Donations** -
  Ian McMillan from Julia McMillan-Jones | Fred P Orrock from Kathleen McCann

- **In Honor of Donations** -
  Mee Chen from MayLynn Castaneto | Trish Miller from Elizabeth Tough
  Jeanette Young from Stephanie Young

- **Thank You to All of Our Volunteers** -
  **Ending The Silence:** Debbie Heffernan, Bonnie McNamara, Andrea Sobel, Ginny Traub
  **Family-to-Family:** Ruan Frenette, Jane Marshburn, Jean Perry, Ginny Traub
  **Familia-a-Familia (Latinx):** Jesus Bonilla, Claudia Saggesse
  **NAMI Family Support Groups:** Christine Abraham, Joan Dower, Liz Downard,
  Karina Marwan, Ginny Traub, Pat Way
  **NAMI Grupo de Apoyo Familiar (Latinx):** Yahaira Ortega, Yolanda Ramirez, Claudia Saggesse,
  Patricia Neme, Juanu Ruano, Vicenta Alvarado, Linda Espinosa
  **General:** Jill Johnson, Juana Ruano, Emily Shiller, First Impressions Printing

- **NAMI Outreach Table** -
  Vicenta Alvarado, Ken Tomiyana, Milagros Viernes, Gina Olinger-Giani,
  Patricia "Pato" Neme, Olivia Heffernan, Mike Dunn, John Butler

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A Big Thank You to Sports Basement at 202 Walnut St, Redwood City for hosting our NAMIWalks Kick-Off 2023!

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Space available for recognition of in-kind donations.
“Out & About”: NAMI’s Outreach Team

Patricia and the Outreach Team had been busy taking the NAMI San Mateo table everywhere! They love to share resources and give information about our support groups, classes and future events. For the past 4 months the Outreach Team has been at 24 different events and Pato providing outreach by herself at another 15 events. If you’d like to go “tabling” with our team and meet fun people, visit new places and spread the word about Mental Health for All, Join our Outreach Team!

Aug 20: Gina, Ken, Tracie and Vicenta at Heart & Soul annual picnic in Central Park, San Mateo

Aug 26: Gina and Vicenta at Fisher House fundraising in Redwood City

July 22: Tracie at Our Second Home Resource Day in Daly City

May 21: John and Tracie at Star Vista in Seal Point Park, San Mateo

July 30: Tracie and Pato at SF Giants Game in AT&T Park, SF

Aug 20: Gina, Ken, Tracie and Vicenta at Heart & Soul annual picnic in Central Park, San Mateo

If you are in San Mateo County and would like our NAMI SMC table at your Community Fair or event, please send an email to outreach@namisanmateo.org with the subject line titled: "Request NAMI table at our event"
APEALS, A Peer Emotional and Life Skills Group Update

On June 6th, NAMI SMC achieved a significant milestone by launching our youth support group—an important stride in broadening the reach of our free support services to the younger population. Comprising five high schools, the group ran for eight sessions, ending on August 1st.

APEALS was led by two Young Adult Peer Facilitators, Olivia Heffernan and Julie Lichtman. In our goal to provide the best experience for the participants, NAMI SMC created a partnership with another organization, Teen Life, which generously contributed an eight-week curriculum and additional facilitator trainings.

The eight weeks led the teens through strength-based sessions where we talked about the challenges that are coming up in their lives and the ways they can overcome them by using their own strengths. One of the most important parts of the group was letting the teens know that they are not alone. As each of them shared, they learned that they experience similar challenges and there are other people who have overcome the challenges that they are facing.

The goal of the group was to empower teens to take ownership of their lives and continue to take actions towards how they want to live them.

This group meets once a week with open enrollment. If you are a middle or high schooler who is interested in joining, please email Olivia Heffernan at olivia@namisanmateo.org or see the APEALS flyer in the online version of this newsletter for more info.

In Our Own Voice (IOOV) Update

In Our Own Voice 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 MayLynn Castaneto at: mcastaneto@namisanmateo.org

Please find the registration link below for your convenience. https://bit.ly/IOOVNAMISMC or scan the QR code.

Connection Update

NAMI Connection is a free, peer-led support group for any adult living with the symptoms of a mental health condition. The meetings are led by trained facilitators who are also living with mental illness. This group is specifically for individuals 18 years and older who are living with a mental health condition.

The Peer and Family Services manager is looking for skilled co-facilitators to join our Connections 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 MayLynn Castaneto at: mcastaneto@namisanmateo.org

Registration link https://bit.ly/ConnectionNAMISMC or scan the QR code.

Ending the Silence Update

As the new school year starts, we’re on the lookout for dedicated Ending the Silence (ETS) presenters to help us make a greater impact in San Mateo County. During the last school year, we successfully reached approximately 3,500 students across 8 different schools and after-school programs. Our ETS presenters played a pivotal role in achieving this outreach, and now we aim to reach even more students with your help.

NAMI Ending the Silence instills a message of hope and recovery and encourages teens to reduce stigma and end the silence surrounding mental illness. How Does the Program Work? ETS is presented in health, science, or psychology classes, youth groups, clubs and after-school programs.

If you are a young adult aged 18-32 with a lived experience eager to share your story or an adult aged 32+ who is passionate about sharing with students your experience with mental health, we invite you to be part of our mission.

For more information, email Olivia Heffernan at olivia@namisanmateo.org or scan the QR code and apply to be a speaker!

HelpLine Update

Since our last newsletter, the NAMI SMC resource line has undergone successful changes. We are now branded as the NAMI SMC HelpLine to align with many other affiliates and better represent the service.

The NAMI SMC HelpLine is a critical service we are proud to offer - all thanks to our dedicated employees and volunteers who contribute day in and day out. Our HelpLine serves our community by providing callers information regarding resources to assist themselves or loved ones. We direct our callers to mental health resources related to family support, crisis intervention, substance abuse, employment, housing, veterans, and so much more!.

Recent HelpLine trainees from June 20th are Peter Liao, Qingyang Xu, Bianca Coleman, Jack Brooks and Josen Kalra.

Our HelpLine specialists engage with our community of callers to act as a helping hand to direct them to desired resources – we are not a crisis line, we are a community HelpLine to guide and support. We have updated our HelpLine specialist training to include all up to date trends and information by referencing amazing material provided by NAMI National’s HelpLine training. We were able to successfully implement our new training material with a recent wave of volunteer HelpLine specialists. Nevertheless, we are always looking to find new volunteers to support the HelpLine!

If you or anyone you know might be interested, please email Grayson Davis at gray@namisanmateo.org to begin the volunteer process or scan the QR code.
Peer PALS Update

The Peer PALS Program is going strong. In the past three months, we received more than a dozen Pal applications from individuals who are ready to share their experiences and support a Peer, as well as applications from Peers requesting support from a mentor while they work on their mental health recovery.

In addition, we have 4 newly formed mentorships, two renewals and two matches that successfully ended their mentorships. While we continue to accept applications from Peers and Pals, we are very fortunate to have several wonderful Pals/mentors who are eager to be matched with a Peer. If you are someone diagnosed with a mental health condition, feeling lonely and isolated and would like the support of a Pal/mentor to help you work on your wellness and recovery, our Peer PALs program can be beneficial to you.

Why would you want to be a Pal? The most compelling reason to become a Pal is deeply caring about others and wanting to make a difference. Many Peers who have experienced numerous episodes of mental illness have found ways to cope and practice healthy living, often through the support of a Pal. Peer PALS want to give back. Pals also receive a stipend. If you are interested in this amazing opportunity, please email Tracie Pon at tpon@namisanmateo.org or click the QR codes to learn more about this free program.

Peer-to-Peer (P2P) Update

NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders, (Peers with lived experience), this program includes activities, discussions and informative videos. NAMI Peer-to-Peer is a safe, confidential space. The course provides an opportunity for mutual support and growth. Experience compassion and understanding from people who relate to your experiences. This is a place to learn more about recovery in an accepting environment. Register soon for our next class! Space is limited.

For more information, please contact Rocio Cornejo at rocio@namisanmateo.org. Available in English & Spanish. Please find the registration link below for your convenience. https://bit.ly/P2P-NAMISM C or scan the QR code.

New NAMI SMC Leader Trainings

We are delighted to share the exciting news that NAMI San Mateo County successfully conducted three new Leader Trainings in June. Thanks to the generous MOU Grant awarded to our affiliate by NAMI California, we were able to offer training for Family-To-Family, Basics, and Familia-Familia. Although we were initially offered two trainings, we advocated for a third training that could be conducted in Spanish in order to expand the number of multicultural leaders in our community.

The Family-To-Family training took place from June 2nd to June 5th with the support and skillful instruction of State Trainers Ruan Frenette, and Lynn Cathy. We would also like to extend our gratitude to Zoom Producer Jean Perry for her support throughout the training.

We are incredibly proud of our five new Family-To-Family leaders who graduated from the training. Their dedication and commitment to supporting families navigating mental health challenges is truly commendable. We have full confidence in their abilities to make a positive impact in our community.

We recently trained four new NAMI SMC Basics leaders. The Leader Training took place from June 8th to June 10th via Zoom and was supported by Zoom Producer Ruan Frenette. Under the guidance of James Ramirez and Jean Marie Harris, our trainees had the opportunity to delve into various aspects of family support, gaining valuable insights and skills along the way. Their participation and growth during the course are truly commendable. We look forward to planning new Basics classes under their instruction. For questions, please contact Rocio Panameno at rocio@namisanmateo.org.

We extend our heartfelt appreciation to our enthusiastic and devoted instructors Ruan Frenette, Lynn Cathy, James Ramirez, Jean Marie Harris, Rosa Alvarez, and Modesta Pulido for their dedication and commitment to delivering an exceptional training experience. Their expertise and guidance have contributed immensely to the growth and development of our trainees.

We are excited about the positive ripple effect these newly trained leaders will create in our community. Their contributions will foster understanding, compassion, and resilience among individuals and families facing mental health issues.

Family-to-Family Update

We are thrilled to share the exciting news about our latest Family-to-Family (F2F) class led by Ginny Traub and Jane Marshburn. This class, which concluded in mid-June and graduated 13 participants was a significant milestone for us as it marked our first in-person session since the onset of the pandemic. We are immensely proud of the graduates and their commitment to enhancing their understanding of mental health and building resilience within their families. Moreover, we would like to express our heartfelt gratitude to Ginny and Jane for their tireless efforts in ensuring the success of this class.

Family-to-Family is a nationally recognized and evidence-based program that has garnered praise and popularity. We are dedicated to continuing this impactful program and are diligently working on bringing you the next course in the near future. Available in English & Spanish.

If you are interested in participating in our upcoming F2F course, please scan the provided QR code. For any inquiries or questions, please feel free to reach out to Rocio Panameno at rocio@namisanmateo.org.

Peer Application

PAL Application
NAMI Basics is a free 6-session education program for parents, caregivers and other family members who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. It is not necessary that the child has received a specific diagnosis. This program is free to participants, 99% of whom say they would recommend the program to others.

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 in-patient units, business and consumer groups, students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates, and interested civic groups.

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.

Currently offering these FREE Classes, Presentations and Support Groups at Nami San Mateo (E = English / S = Spanish)

Classes
1) NAMI Basics / E & S
2) NAMI Family-to-Family (F2F) / E & S
3) NAMI Homefront
4) NAMI Peer-to-Peer (P2P) / E
5) NAMI Provider

Presentations with trainings
6) NAMI Ending the Silence (ETS) / E & S
7) NAMI In Our Own Voice (IOOV) / E
8) NAMI Family & Friends (F&F)
9) NAMI Sharing Your Story with Law Enforcement (SYSLE)
10) NAMI Crisis Intervention Team (CIT) Program / E

Support Groups & Support Programs
11) NAMI Connection Recovery Support Group / E
12) NAMI Family Support Group / E & S
13) Peer PALS / E
14) APEALS for High School Students / E

Information on these programs can be found at: https://namisanmateo.org/support
### SUPPORT GROUP MEETINGS

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<thead>
<tr>
<th>Day</th>
<th>Group</th>
<th>Meeting Time</th>
<th>Notes</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td>NAMI Cordilleras MHR Center Family Group, (ages 6-26)</td>
<td>6:30-8pm</td>
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<td>Facilitators: Karina &amp; Joan. To register, email: <a href="mailto:cordilleras6765@gmail.com">cordilleras6765@gmail.com</a></td>
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<td>NAMI Parents of Youth &amp; Young Adults</td>
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<td>Facilitators: Ginny Traub &amp; Christine Abraham.</td>
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<td>NAMI Connections for Adults 18+,</td>
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<td>To register, email <a href="mailto:nami@namisanmateo.org">nami@namisanmateo.org</a> or call 650-638-0800.</td>
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<td>Zoom Meeting Only</td>
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<td>Café para Padres</td>
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<td>NAMI South County Family Support Group, (Redwood City)</td>
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<td>6:30-8pm. No pre-registration required - Drop ins welcome!</td>
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<td>Mental Health Clinic, 802 Brewster Ave, Redwood City,</td>
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<td>To register, email <a href="mailto:southcountyNFSG@gmail.com">southcountyNFSG@gmail.com</a></td>
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<td>NAMI Spanish Speaking Family Support Group, (Redwood City)</td>
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<td>or call 650-573-2673.</td>
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<td>NAMI Jewish Family &amp; Services Support Group, (Palo Alto)</td>
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<td>NAMI Spanish Speaking Family Support Group, (East Palo Alto)</td>
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<td>Barbara Mouton Center, 903 Weeks St, East Palo Alto</td>
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<td>To register, email <a href="mailto:cisaggese@smcgov.org">cisaggese@smcgov.org</a></td>
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<td>NAMI Stanford Family Support Group, (Palo Alto)</td>
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<td>DBSA Mood Disorder Support Group,</td>
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<td>Meets every Tuesday from 7-9pm.</td>
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<td>Contact at 650-299-8880 (leave a message) or email:</td>
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<td><a href="mailto:info@dbsaSanMateo.org">info@dbsaSanMateo.org</a> or <a href="http://www.dbsaSanMateo.org">www.dbsaSanMateo.org</a></td>
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<td></td>
<td>Individuals Living With Their Own Mental Illness,</td>
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<td>meets every Tuesday from 1-2:30pm.</td>
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<td>Redwood City - Sequoia Counseling Services, sliding scale fees apply.</td>
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<td>Contact Deborah at 650-363-0249, x111</td>
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<td>WED</td>
<td>NAMI Connection for Older Adults 55+</td>
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<td>meets 1st Wed of the month</td>
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<td>To register, email: <a href="mailto:nami@namisanmateo.org">nami@namisanmateo.org</a> or call 650-638-0800</td>
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<td>NAMI Connection for Peers 18 &amp; Over</td>
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<td>meets 2nd &amp; 4th Wed of the month</td>
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<td>BurlPres Church. 1500 Easton Drive, Burlingame. Office door via</td>
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<td>Parking Lot. Walk Ins Welcome!</td>
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<td>Jewish Support Group, (open to all denominations), for those</td>
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<td>with mental illness and families and friends.</td>
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<td>Info: call Carol Irwin 408-858-1372</td>
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<td>TUESDAY</td>
<td>NAMI Connection for Older Adults 55+</td>
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<td>meets 1st Wed of the month</td>
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<td>To register, email: <a href="mailto:nami@namisanmateo.org">nami@namisanmateo.org</a> or call 650-638-0800</td>
<td>Zoom</td>
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<td>NAMI Spanish Speaking Family Support Group, (East Palo Alto)</td>
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<td>meets 1st &amp; 3rd Thursday of the month on Zoom</td>
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<td>Coastside Dual Diagnosis Group, (Half Moon Bay) Development for</td>
<td>4-5pm</td>
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<td>clients in all stages of recovery.</td>
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<td>Meets every Thursday from 4-5pm.</td>
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<td>Info: call 650-726-6369</td>
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<td></td>
<td>Body Image &amp; Eating Disorders, (Menlo Park)</td>
<td>6:30-8pm</td>
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<td>meets every Thursdays from 6:30-8pm.</td>
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<td>Open to family and friends.</td>
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<td>RSVP required. email: <a href="mailto:emlycaruthersmft@gmail.com">emlycaruthersmft@gmail.com</a></td>
<td>More info:</td>
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<td>Info: call 650-726-6369</td>
<td>408-356-1212</td>
<td><a href="mailto:info@edrcsv.org">info@edrcsv.org</a></td>
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<td>Chinese Family Support Group, (in English, Cantonese, &amp; Mandarin)</td>
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<td>meets 2nd Friday of the month from 6:30-8pm. For more info</td>
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<td>&amp; registration, contact Tammy Vuong, ASW at 650-454-4711 or</td>
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<td><a href="mailto:QVuong@smcgov.org">QVuong@smcgov.org</a></td>
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<td>Korean Support Group, (Cupertino) for family members.</td>
<td>12:30-2:30pm</td>
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<td>Call for location: Kyo, 408-712-1149.</td>
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<td>Consumer Support Groups, Heart &amp; Soul</td>
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<td>For info call 650-232-7426 or visit <a href="http://www.heartandsoulinc.org">www.heartandsoulinc.org</a></td>
<td>a holiday)</td>
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<td>Cluttering &amp; Hoarding Support Groups, Workshops, and Private</td>
<td>6:30-8pm</td>
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<td>Consultations - Groups/programs, contact Emily Farber,</td>
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<tr>
<td></td>
<td>MSW, 650-289-5417, <a href="mailto:efarber@avenidas.org">efarber@avenidas.org</a></td>
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</table>

**Additional support groups listed in the online version of this newsletter.**
NAMI San Mateo County
1730 S. Amphlett Blvd., #308
San Mateo, CA 94402

RETURN SERVICE REQUESTED

Time Value

Membership / Donation Form
Donate, renew or join NAMI SMC also at namisanmateo.org

☐ Individual Member ($40)*  I would like to donate:
☐ Household Member ($60)*  ☐ $50  ☐ $75  ☐ $100  ☐ $250
☐ Open Door Member ($5)*  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?__________________________________________

☐ Family  ☐ Individual  ☐ Friend
☐ MH Professional  ☐ Business or Agency

Please check all that apply: I/we am/are

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

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

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

Office Hours: currently by appt only.

Board of Directors:
Chris Rasmussen - President
John Butler - Secretary
Kim Gariéby - Treasurer
Kate Phillips, Dr. Jennifer Harrison, John Paye, Bianca Coleman, Yoko Ng - Members-at-Large

Advisory Council:
Ian Adamson, Sally Meyer, Dr. Cameron D. Quanbeck, Sharon Roth, Pat Way

Staff Members:
Robert Taylor - Executive Dir
Leslie Davis - Grants & Accounting Dir
Rocio C. Panameño - Education & Volunteer Dir
Patricia Nema - Latinx, Newsletter and Community Outreach Dir, Olivia Heffner - Communications, Events & Youth Services Mgr, May Lynn Castañeda - Peer Support & Family Services Mgr
Gray Davis - HelpLine & Grants Mgr
Tracie Pon - Peer PALS Coordinator & Outreach Assistant, Debra Mechanic - Office Support
Ken Tomiyama - HelpLine Trainer and Coach & Outreach Per Diem, Jill Johnson - Community Intake Specialist, David Lo - IT Dir
Ruan Frenette - CIT Program Supervisor, F2F Teacher/Trainer,
Kira Liess - HelpLine Specialist/Peer Facilitator & Instructor, John McMahon - HelpLine Specialist
John Butler - Senior Peer Facilitator & Instructor
Calvin Shelton - Senior Peer Facilitator & Instructor
Dr. Jennifer Harrison - Staff Psychologist & Trainer
Ron Dungerini - Newsletter Producer, F2F Teacher
Kimberly Nobles - Editorial Assistant

Like us on Facebook www.facebook.com/namismc
and follow us on Twitter www.twitter.com/NAMIsmc

All of our newsletters can be found online at: www.namisanmateo.org/news-events/newsletters
To be placed on our email list go to: www.namisanmateo.org/contact

NAMI SMC HelpLine: 650-638-0802
Monday to Friday 9 am - 7 pm
Saturday to Sunday 9 am - 3 pm

www.facebook.com/namismc

www.twitter.com/NAMIsmc

www.namisanmateo.org/news-events
Saturday, October 14th
Seal Point Park, San Mateo

2023

Mental Health for all

NAMI Walks San Mateo County

Time: 9am
Location: Seal Point Park 1901 J Hart Clinton Dr San Mateo, CA 94404

Come join the National Alliance on Mental Illness (NAMI) San Mateo County as we walk a 1k or 5k together4mentalhealth.

There will be food, an emcee, music and resource fair to enjoy with everyone.

Spread the word in your community, create a team, join a team, come alone, bring your pets and share a fun day with NAMI SMC!

Learn more at namiwalks.org/sanmateo
San Mateo County
Peer PALS Program

What is Peer PALS Program?
The Peer PALS program supports individuals struggling with their mental health recovery by matching them with pals or mentors with lived experience. Together, Peer PALS embark on a 6-month partnership where they connect for 4 hours per week, either in person, by phone or through virtual meetings.

Who is a PAL?
A PAL is an individual with lived experience who feels committed to supporting another individual through their mental health journey. A PAL is NOT a therapist but is required to have peer support or mental health training prior to being matched with a Peer. A PAL must also demonstrate patience, empathy and understanding. Pals will be compensated for their time.

Who is a Peer?
A peer is an individual who has been diagnosed with a mental health condition or someone who is in the process of seeking mental health support for symptoms. Peers understand the difference between seeking support from a mental health professional and seeking support from a PAL. A peer must be currently receiving treatment or is open to receiving treatment. A peer must be 18 years of age to join this free program.

For more information, please contact tpon@namisannmateo.org
650-638-0800
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!

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.
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 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)
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.
<table>
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<tr>
<th>Lesson 1</th>
<th>Lesson 2</th>
<th>Lesson 3</th>
<th>Lesson 4</th>
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<th>Lesson 6</th>
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<td><strong>Lesson Goal</strong></td>
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<td>Group members will leave the group feeling safe, heard, and desiring to come back.</td>
<td>Group members will leave today identifying a new way to deal with stress in a healthy and productive manner.</td>
<td>Group members will identify at least one internal resource they feel is a strength.</td>
<td>Group members will gain a better understanding of their relationships.</td>
<td>Group members will leave today understanding the ways their relationships impact their life at school.</td>
<td>Group members will identify their high and low points, establishing what helped them come through the difficult times.</td>
<td>Group members will identify at least one strength they can use to help make life better.</td>
<td>Group members will close by helping students identify how they have grown.</td>
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<td><strong>Emphasis</strong></td>
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<td>That students play an important role not only on this group but other groups as well.</td>
<td>To provide knowledge on healthy ways to deal with stress and challenges.</td>
<td>To identify at least one area where they feel they have low resources and search for a solution.</td>
<td>To identify what relationships need to move &quot;closer&quot; and which need to move &quot;farther away&quot;.</td>
<td>To identify one new practical strategy to make their life better at school.</td>
<td>To learn how to navigate tough times but also imagine positive future outcomes.</td>
<td>To learn about our strengths to not only survive, but also thrive.</td>
<td>To identify ways they have grown but also remember what resources they have learned to help them in the future.</td>
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STANFORD UNIVERSITY IS CONDUCTING A STUDY ON VIRTUAL TREATMENTS FOR ANOREXIA NERVOSA IN ADOLESCENTS.

WHO CAN PARTICIPATE?

- Adolescents living with their families between the ages of 12 and 18 years of age with DSM-5 AN
- Adolescent lives with at least one family member
- Parents are able to read and speak fluent English
- Access to a computer with a reliable internet connection
- Adolescent is medically stable for remote, outpatient treatment

THE STUDY WILL CONSIST OF...

Randomization to either:
- Virtual family-based treatment (FBT-V)
- Online guided self-help family-based treatment (GSH-FBT)

In addition to treatment, participants will complete assessments and questionnaires throughout the course of the study.

IF YOU HAVE ANY QUESTIONS, OR ARE INTERESTED IN SIGNING UP FOR THE STUDY, PLEASE EMAIL HAZAL GURCAN AT FAMILYTREATMENT@STANFORD.EDU. ALTERNATIVELY, CALL (650) 723 - 9182.

QR CODE LINKS TO EMAIL

Hazal Gurcan
(familytreatment@stanford.edu)

(650) 723 - 9182

https://med.stanford.edu/edresearch.html
VOLUNTEERS NEEDED FOR RESEARCH STUDY

Participate in our study and earn up to a $130 for your participation!

WE ARE LOOKING FOR:
Adults with Schizophrenia Disorder, Schizoaffective Disorder or Bipolar Disorder

YOU WILL BE ASKED TO:
Complete an initial visit with interviews regarding your symptoms and complete daily surveys on a mobile phone application for two weeks.

IF INTERESTED, PLEASE CONTACT US AT: MERLSFSU@GMAIL.COM OR 415-501-0660

Scan the QR code to contact our lab directly.