



National Alliance on Mental Illness

www.namisanmateo.org



nami

San Mateo County

Newsletter

~ April / May / June ~

2024

NAMI San Mateo County 50th Anniversary, 1st Gala April 27, 2024

EVERY
picture
TELLS A STORY...



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 1974 in San Mateo County as a response to a newspaper ad placed by Eve Oliphant to meet at her home and share concerns regarding mentally ill family members, has blossomed into the nation's leading non-profit 501(c)(3) voice on mental health. The outcome of the 1974 meetings was the formation of PAS (Parents of Adult Schizophrenics) founded by three key people: Tony and Fran Hoffman and Eve Oliphant. The organization was subsequently renamed the Alliance for the Mentally Ill of San Mateo County, until its reformation in 1979 as the National Alliance on Mental Illness. Today, The National Alliance on Mental Illness of San Mateo County or NAMI SMC is part of an alliance of more than 650 local Affiliates and State Organizations who work in your community to raise awareness and provide support, education and advocacy 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

NAMI SMC 50th Anniversary Gala Recap

By Robert Taylor

Staff, Board of Directors, Members, Volunteers, and Friends of NAMI San Mateo County conducted our 1st Gala/Fundraiser on April 27th just before Mental Health Awareness Month. The event commemorated the local origins of the organization 50 years ago and celebrated its mission of continued community support, educational



programming, and advocacy for people living with mental health challenges and their families. The event raised \$72,000 which will go directly into offering free programming plus provided an excellent platform to promote the awareness of mental illness and reduce the stigma associated with mental health.

NAMI SMC is one of 650 NAMI state organizations and affiliates nationwide leading the way to give hope and support recovery from these disorders. In the past two years, NAMI SMC has grown exponentially and currently serves/supports 6,500 individuals within the county with free educational, support, and advocacy programs. In addition to the popular Family-to-Family and Peer-to-Peer courses and NAMI support groups, NAMI SMC has significantly increased outreach to youth and people of color as well as the Latinx and API communities through some newer programs and school-centered presentations.

"Since the pandemic, NAMI's research shows that one in every three people is impacted by or knows someone with mental illness. At this time, we're responding to the growing need for information and connections especially for our local youth and underserved communities."

Our team is very grateful for the funds raised at the recent gala and is already starting to plan for the non-profit's major fundraising event of the year, NAMI Walks, which will be held Saturday morning, October 5 at Seal Point Park in San Mateo.

The 2024 walk theme is **I AM NAMI WALKS!**

General Meeting Tue, July 23rd

6:45 - 8:00pm Program

zoom Meeting Only

- Topic -

"Understanding and Supporting Grief: A Compassionate Approach"

Visit our website for more info:

www.namisanmateo.org/news-events/general-meetings

NAMI San Mateo County General Meetings are free and open to the public. We welcome all who support our mission to improve the quality of life for people with mental illness and their families.

"Embrace with kindness those who battle unseen storms; compassion is the light that heals."

Selina Sanchez Cristobal - July 23rd General Meeting Presenter

Selina Sanchez Cristobal is the Community Outreach & Crisis Response Manager at Kara, where she is able to provide grief support to communities of all backgrounds through debriefs, training, and outreach. Prior to working with Kara, Selina was a defensive paralegal at a small immigration law firm. She has interned with the Coalición de Derechos Humanos and No More Deaths/ No Mas Muertes' Missing Migrant Hotline in Arizona before managing a Missing Migrant Hotline in South Texas. While working on both these hotlines, she advocated for families searching for their loved ones who disappeared crossing the US-Mexico border.



(Selina Sanchez Cristobal... cont'd from page 3)

This presentation will provide the fundamentals of grief and focus on identifying and supporting others through grief through a non-pathologized lens.

Kara's mission is to provide grief support for children, teens, families, and adults. Our guiding values are empathy and compassion. Every day, we provide caring support to children and adults affected by loss and grief. Our vision is to see people of all ages compassionately supported on their journey through grief so they can move toward renewed hope and meaning. We serve individuals who are grieving a death as well as those managing a terminal illness (their own or another's).

NAMI SMC General Meeting Recap

By Olivia Heffernan

On May 28th, we had the privilege of learning from two knowledgeable speakers at our General Meeting: Ally Hoppis, LMFT, and Kelli Lozano, DNP, AGPCNP-BC. Ally Hoppis provided an insightful overview of California's new CARE Court, a framework designed to offer essential mental health and substance use disorder services to severely impaired individuals. This program helps them transition from homelessness or incarceration to stability through a comprehensive, court-ordered CARE Plan.

Kelli Lozano educated us on Tardive Dyskinesia (TD), a debilitating movement disorder often resulting from prolonged antipsychotic medication use. She highlighted its impact on mental health patients and the pressing need for increased diagnosis and management. Both presentations were incredibly informative, enhancing our understanding of these critical issues and equipping us with valuable knowledge to better serve our community.

General Meetings are held on the 4th Tuesday of every other month. At the meetings we strive to bring together our community, listen to valuable speakers and continue to expand on mental health education, advocacy and support. The General Meetings are free and open to the public. We hope you will join us for our next meeting.

Recordings for past General Meetings can be found online at:

www.namisanmateo.org/news-events/general-meetings.



"Connecting with others enriches our lives and fosters mutual understanding."

APEALS - Teen Support Group Update

Our teen support group, APEALS, recently concluded an extended and highly successful session. Originally planned for six weeks, we extended it to eight weeks due to the positive response from the teens and parents who formed strong connections and valued their time together. It was a rewarding experience working with such an engaged group.

We are excited to announce that **we will be starting another APEALS group at the end of the summer** to continue fostering this supportive community. For any questions, please reach out to our Youth Services Manager, Olivia Heffernan, at olivia@namisanmateo.org.



Finding Friends in Your 20s Update

Our Finding Friends in Your 20s Meet Up has continued to be a huge success. The group, focused on providing a supportive community for those struggling with mental health conditions to make friends, has flourished with 172 members. Our recent outing to the SF Giants game was a huge success, with a win from the Giants and an overall fun day. These gatherings aim to offer a sense of belonging and fun activities, enhancing mental well-being. With monthly meet-ups planned, we look forward to further expanding our community and providing a safe space for individuals to connect and support each other. For any questions, please reach out to our Events Manager, Olivia Heffernan, at olivia@namisanmateo.org.



Next 20s Meet-Up: Trivia Night on 7/24!

If you are in your 20s and looking to make friends, join us at Blue Oak Brewing for Trivia Night. This is designed to be a fun night to socialize, relax, and connect with others—no trivia skills needed!

Details: Wed, July 24th from 6-9pm Blue Oak Brewing in San Carlos.



Ending the Silence Update

As the 2023-2024 school year comes to a close, we wanted to give an update on our youth mental health presentation, Ending the Silence. **Our Ending the Silence presentation had a recording-breaking year, conducting 40 presentations across 16 schools, reaching a total of 4,100 middle and high school students.**

We hope that through increased awareness and education, we can help teens access treatment sooner and know that they are not alone. For any questions, please reach out to our Youth Services Manager, Olivia Heffernan, at olivia@namisanmateo.org.



Michael & Sally Mayer

Family Foundation

"Passion for mental health in our community"

We are thrilled to announce that Sally and Mike Mayer have generously offered a \$15,000 challenge match for our NAMIWalks event on October 5th at Seal Point Park, San Mateo!

This incredible opportunity is available for new sponsors only, doubling the impact of their contributions. We are actively seeking new sponsors to join us in this effort, ensuring we can continue to support and expand our free, vital programs.

If you or your organization are interested in making a meaningful difference, now is the perfect time to get involved!

NAMIWalks San Mateo County - Save the Date!

We officially invite you to mark your calendars for Saturday, October 5th for our annual NAMIWalks San Mateo County event at Seal Point Park, San Mateo! Join us as we stride together to support mental health advocacy, increase awareness, break the stigma, and raise funds for our free mental health services. You can choose to walk a 1k or 5k route and enjoy music, food, a community resource fair, a kids' zone, and more! It's never too early to start getting involved. Visit www.namiwalks.org/sanmateo to make a team, join a team, or sign up as an individual participant. For any questions, please reach out to our 2024 NAMIWalks Manager, Olivia Heffernan, at olivia@namisanmateo.org.



NAMIWalks
San Mateo County
Saturday, October 5th
9am-1pm
Seal Point Park, San Mateo

I AM NAMI
National Alliance on Mental Illness
Walks

Join NAMI San Mateo County's
Annual Mental Health Walk!

5k Walk - Wellness Program
Food - Resource Fair
Music - Kids' Zone

The walk raises funds for
NAMI's free mental health
support groups, education
programs & advocacy.

MentalHealthForAll

Learn more at
namiwalks.org/sanmateo



Mental Health Overview presentation with focus on Crisis Management

By Pato Neme

NAMI SMC Outreach carried the MHO presentation to the general public with great success. The Mental Health Overview & Crisis Intervention information was offered to San Mateo family members, community partners, adult schools, nonprofit agencies, city libraries' staff and the general public 18 years old and above. This presentation lasted between 45 minutes and one hour and was done in English and in Spanish, in person or via zoom. This initiative was possible thanks to some funding the NAMI SMC grant team secured for our affiliate. Attendance was usually between 15 and 20 people and we had the chance to work with Samaritan House, Kara grief group, Voices of Recovery, City libraries and JobTain among others. The outreach team had the chance to visit our community partners' headquarters and meet new people while strengthening relationships between nonprofits. A impactful power point presentation, lunch and nice swag rounded out the education of the public about Mental Health. With the openings of NAMI SMC satellite offices thorough out the San Mateo County, we are confident that more opportunities will emerge to bring this presentation to more people.

Please stay tuned to find out if we are able to resume this rewarding outreach work that could potentially benefit you and your neighborhood. Thank you to our friends and community partners for helping us spread the word:

THERE IS NO HEALTH WITHOUT MENTAL HEALTH!

**NAMI** San Mateo County
National Alliance on Mental Illness



NAMI

Mental Health Overview

Focus: Crisis Management

Did you know...

- 1 in 5 adults in the US experience mental illness each year
- 1 in 20 adults in the US experience serious mental illness each year
- 1 in 6 Youths in the US ages 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14 and 75% by age 24

Attend our 45 minute presentation where we cover the following:

- ✓ What is Mental Health?
- ✓ What is a Behavioral Health Crisis?
- ✓ How does a Crisis Typically Occur?
- ✓ What is Crisis Management?
- ✓ Managing Your Own Reactions
- ✓ Crisis Approach Strategies
- ✓ Community Resources

The benefits of the NAMI SMC Peer PALS program: Fostering Support and Connection

By Tracie Pon

The NAMI Peer PALS Program is dedicated to promoting recovery, empowerment, and connection among individuals living with mental health conditions. By pairing individuals in recovery (Peers) with others who have lived experience (PALS), the program establishes a support system that encourages mutual understanding, resilience, and hope. As the program grows, the need for more participants—both Peers and PALS—becomes increasingly important.



Peers are individuals currently living with mental health conditions who seek support, companionship, and encouragement on their recovery journey. PALS are individuals who have also faced mental health challenges and have reached a stable point in their recovery. They offer empathetic and effective support to their Peers. This Peer-PALS model allows participants to share experiences, challenges, and victories in a way that fosters genuine connection and understanding.

The benefits of peer support are profound and multifaceted. For Peers, having someone who understands their struggles can be transformative. The program helps reduce feelings of isolation, build self-esteem, and develop coping strategies. For PALS, the experience of giving back and supporting others in their recovery journey can be equally rewarding and empowering.

The Peer PALS Program has grown from 4 pairs to 15 pairs within a year, and with this growth comes the need for more Peers and PALS. As the demand for mental health services continues to rise, the need for compassionate, understanding individuals who can offer support also grows. If you are interested in offering support to someone in their mental health recovery, or if you need support from someone who understands your struggles with empathy and encouragement, I welcome you to apply for our Peer PALS Program. Please contact Tracie at tpon@namisanmateo.org.



"Life is a tapestry woven by the threads of connections, moments, and experiences that together create the beautiful picture of our existence."

Latinx Corner: Mental Health Presentation

NAMI SMC Outreach will host a presentation in Spanish on "Mental Health Overview" for members of the public ages 18 and older on August 19 from 6 to 7 p.m. in the community room on the second floor of the Redwood City Library, 1040 Middlefield Road, Redwood City, 94063. General mental health information and crisis intervention will be offered.

This presentation will last between 45 minutes and one hour. The doors are open to Latinx community members interested in learning the basics of mental health. Help us publish this rewarding educational work among Spanish speakers to strengthen human relations in our community.

¡Esquina Latina!: Presentación sobre Salud Mental

EN ESPAÑOL

El departamento de Outreach de NAMI SMC organizará una presentación en español sobre "Panorama general de la salud mental" para el público mayor de 18 años el 19 de agosto de 6 a 7 p. m. en el salón comunitario en el segundo piso de la biblioteca de Redwood City, 1040 Middlefield Road, Redwood City, 94063. Se ofrecerá información general sobre salud mental e intervención en crisis.

Esta presentación tendrá una duración de entre 45 minutos y una hora. Las puertas están abiertas a los miembros de la comunidad Latinx interesados en aprender los conceptos básicos de la salud mental.

Ayúdanos a publicar esta gratificante obra educativa entre los hispano hablantes para fortalecer las relaciones humanas en nuestra comunidad.

Corre la voz, porque
NO HAY SALUD SIN ¡SALUD MENTAL!



Cuidar la salud mental es importante porque impacta todos los aspectos de nuestra vida, desde nuestras relaciones hasta nuestra capacidad para manejar el estrés y disfrutar de la vida.

NAMI SMC Education Updates

by Veronika M. Yecguanchuy-Park

- Tentatively waiting for available instructors for Family-to-Family or Peer-to-Peer. There is a possibility that Family-to-Family classes will resume this fall. Ron Dugrenier is becoming a leader in Family & Friends and would like to start holding classes as soon as his training is complete.
- Two NAMI Bases y Fundamentos classes were given by the Office of Diversity and Equity from San Mateo County, which produced 18 new graduates.
- Behavioral Health and Recovery Services (BHRS) held a workshop on May: “Como apoyar a mi adolescente en su transición a la Adultez” (TAY). This is a resource from the NAMI Basics Teachers Intranet. This class was full.
- Welcome to new Connections facilitators: -Joe Christensen has been attending Connections for many years. Joe started co-facilitating with Connections and guiding the group very naturally. -Camille Petriello joins NAMI SMC from Santa Rosa. Camille tackles the difficult topics of mental health with deep empathy and understanding.
- “We Heal Better Together” (WHBT) is now on Zoom. Let’s help them grow and get the word out to our community.
- NAMI Online CA State Leader Training in Spanish is still taking submissions for this summer and spots are limited. The online classes still offered are NAMI Basicos and Familia-a-Familia.
- A new East Asian Support Group will start at NAMI SMC with newly trained facilitator Ashish Kapoor. Ashish has been mentoring under Calvin Shelton and has co-facilitated a few groups, subbed for a group and he is hitting the ground running.



NAMI San Mateo County
National Alliance on Mental Illness

East Asian Support Group

Find support and connection within the embrace of your peers and community
Open Enrollment for peers of 18+



How do I sign up?
If you or someone you know is interested, please scan the QR code to fill out the interest form

1st NAMI SMC JOB FAIR VIRTUAL & IN PERSON!

By Leslie Davis

As a result of hundreds of thousands of dollars of program grant funding, we are excited to announce two satellite office expansions to increase our impact countywide. As we need to staff these offices with the best of the best to meet the growing needs of SMC residents, we held not one but two job fairs. Our May Job Fair was our first NAMI SMC Virtual Job Fair and in June we held our first NAMI SMC In-Person Job Fair at the San Mateo Senior Center.

These job fairs were extremely successful and brought several strong candidates to us that will be joining our team. However, we still need people! We are looking for dedicated team members to join us in our fight to provide much needed mental health support and education to peers and family members who struggle daily with their own recovery or that of their loved one. We have supervisory positions, direct service personnel, outreach team openings, and much, much more. Some grant-based positions will end in December 2025 if new funding is not obtained, but others will continue as they fill ongoing demands.

Our effort to continue to bring in funding will not cease – the Grants Team realizes what is at stake and we are so proud of the programs and services that we have been able to develop, sustain and grow because of these efforts.

If you could not connect with us during one of the job fairs, please send your resume to nami@namsanmateo.org or go to our website and apply on line. If you would like more information about our future plans to continue to make as big of impact as possible with the best county residents ever, drop us an email – we would be happy to get any and all ideas on how we can best serve you. For more information, please contact Leslie Davis at leslie@namsanmateo.org or 408 483 0681.



Debi Mechanic at the San Mateo Senior Center 1st NAMI SMC Job Fair June 20th, 2024.

NAMI SMC Grants Update

By Gray Davis

NAMI San Mateo County is thriving through our Grants Department led by Leslie Davis & Gray Davis. At this time, we have been awarded over \$2,500,000 in active grant funding!

These welcome grant opportunities have allowed us to increase programs and services as a whole, with an emphasis on workforce development and expanding our youth and teen support programs. Leslie & Gray are eager to continue to build off this amazing success and achieve greater levels of funding to best support our beloved community.



Leslie, Pato and Robert waiting for the job seekers to arrive.



Some candidates were interviewed during the fair for the several open positions.



Bee-ing Thankful



To our very generous **Donors** (of  and ) who,
along with the **Members, Volunteers, and Staff of NAMI SMC**,
are the  of this organization

- In Memory of Donations -

Joshua Logan Manuel from Whitney Beecher, Shirley Hasley, James P Watson

- In Honor of Donations -

Olivia Heffernan from Linda Podolsky

Kate Phillips from Cynthia & Erich Braun, Helen & Russell Pyne/50th Gala, Larissa Roesch

Tracie Pon from Peninsula Hills Women's Club

- Thank you to our Volunteers, Collaborators, Associates and Friends -

Peer PALS: John Pransy & Pam Hogan

Outreach: John Butler, Tracie Pon, Gina Olinger

Ending the Silence: Desiree Orque, Alysa Orillaza, Andrea Sobel, Ginny Traub, Carolina Martinez, Alina Aupatham, Angelina Heller, Nina Raman, Veronika Park

NAMIWalks: Susan Rogers, Carol Ann Lapeyrouse, Daniella Ochoa, Michelle Trayer, Ginny Traub, Ellie Byrd, Kate Phillips, Robert Taylor, Jill Johnson, Bryan Palomino, Olivia Chen, Alexandra Kiang, Debbie Heffernan, Whitney Murphy, Diane Russell

NAMI SMC Newsletter: Ron Dugrenier, Pato Neme, Kimberly Nobles

General: First Impressions Printing for printing our class materials, brochures and newsletter



510-784-0811

www.firstimpressionsprinting.com



Space available for recognition
of in-kind donations.

"Volunteering at NAMI isn't just about giving your time; it's about transforming lives, including your own. Every moment you spend, every person you help, and every smile you share creates a ripple of hope and healing in our community."

FREE Classes, Presentations and Support Groups

In our 3 SMC office locations: San Mateo, East Palo Alto & North San Mateo County

Classes

- 1) **NAMI Basics / English & Spanish**
- 2) **NAMI Family-to-Family (F2F) / English & Spanish**
- 3) **NAMI Peer-to-Peer (P2P) / English**

Presentations with Training

- 4) **NAMI Ending the Silence (ETS) / English & Spanish**
- 5) **NAMI In Our Own Voice (IOOV) / English**
- 6) **NAMI Crisis Intervention Team (CIT) Program / English**

Support Groups & Support Programs

- 7) **NAMI Connection Recovery Support Group / English**
- 8) **NAMI Family Support Group / English & Spanish**
- 9) **Peer PALS / English**
- 10) **APEALS for Middle & High School Students / English**

Outreach, Advocacy and Wellness

- 11) **NAMI Family & Friends / English**

Information on these programs can be found at:
www.namisanmateo.org/support

SUPPORT GROUP MEETINGS

	• NAMI Cordilleras MHR Center Family Group, meets 1st Monday of the month (2nd Monday if 1st is on a holiday) on ZOOM from 6:30-8pm. Facilitators: Karina & Joan. To register, email: cordilleras6765@gmail.com • NAMI Parents of Youth & Young Adults, (ages 6-26) meets 2nd Monday of the month on ZOOM from 7-8:30pm. Facilitators: Ginny Traub & Christine Abraham. To register, email: Parentsofyouth@namisanmateo.org • NAMI Connections for Adults 18+, meets every Monday & Thursday on ZOOM from 7-8:30pm. To register, email nami@namisanmateo.org or call 650-638-0800. • Café para Padres ultimo Martes de cada mes. Clinica Shasta, Contacte a Yolanda Ramirez al 650-599-1047.	MONDAY
UPDATED!	NAMI Connections We Heal Better Together (WHBT) African Ancestry/Black Connection Recovery Support Group 18+, meets 2nd & 4th Tuesday of the month on ZOOM from 6:00-7:30p. To register, email: nami@namisanmateo.org Facilitators: Tamara & Latona. To register email: tsmithjones@namisanmateo.org or lbyas@namisanmateo.org.	
UPDATED!	NAMI Central County Family Support Group, meets 2nd Tuesday of the month in-person from 6-7:30pm. Drop ins welcome! NAMI SMC office, 1730 South Amphlett Blvd, Ste 308, San Mateo, 650-638-0800 Pat Way & Liz Downard, RN MSN. email: southcountyNFSG@gmail.com. • NAMI Spanish Speaking Family Support Group, meets 2nd Tuesday of the month in-person from 6-7:30pm. Mental Health Clinic, 802 Brewster Ave, Redwood City, To register, email: yramirez@smcgov.org or call 650-573-2673. • NAMI Jewish Family & Services Support Group, (Palo Alto) meets 2nd Tuesday of the month on ZOOM from 7:30-9pm. To register please complete this form: https://bit.ly/NAMI-JFSG • NAMI Spanish Speaking Family Support Group, meets 4th Tuesday of the month in-person from 6-7:35pm. Barbara Mouton Center, 903 Weeks St, East Palo Alto To register, email: cisaggese@smcgov.org • NAMI Stanford Family Support Group, (Palo Alto) meets the 4th Tuesday the month from 7:30-9pm. To register please complete this form: https://bit.ly/StanfordFSG • DBSA Mood Disorder Support Group, for persons with uni- and bi-polar disorders, mania, depression, or anxiety; family members welcome. Meets every Tuesday on ZOOM from 7-9pm. Contact at 650-299-8880 (leave a message) or email: info@dbsaSanMateo.org www.dbsaSanMateo.org • Individuals Living With Their Own Mental Illness, meets every Tuesday from 1-2:30pm. Redwood City - Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x111	TUESDAY
UPDATED!	• NAMI Connection for Older Adults 55+, meets 1st & 3rd Wed of the month on ZOOM from 7-8:30pm. To register, email: nami@namisanmateo.org or call 650-638-0802 • NAMI Connection for Peers 18 & Over, meets 2nd, 3rd & 4th Wed of the month in-person from 4-5:30pm. BurlPres Church. 1500 Easton Drive, Burlingame. Office door via Parking Lot. Walk Ins Welcome! • Jewish Support Group, (open to all denominations), for those with mental illness and families and friends. Meets 2nd Wed of the month from 6:15-8:30pm. Info: call Carol Irwin 408-858-1372	WED
	• NAMI Connection for Adults 18+, meets every Monday & Thursday on ZOOM from 7-8:30pm. To register, email: nami@namisanmateo.org or call 650-638-0800. • Coastside Dual Diagnosis Group, (Half Moon Bay) Development for clients in all stages of recovery. Meets every Thursday from 4-5pm. Info: call 650-726-6369 • Body Image & Eating Disorders, (Menlo Park) meets every Thursdays from 6:30-8pm. Open to family and friends. RSVP email: emlycaruthersmft@gmail.com More info: 408-356-1212 or email: info@edrcsv.org	THURSDAY
UPDATED!	• NAMI Connection for Adults 18+, meets every 4th Saturday of the month on ZOOM from 1-2:30pm. To register, email: nami@namisanmateo.org or call 650-638-0800. • NAMI Spanish Speaking Family Support Group, meets every Friday of the month on ZOOM from 7-8:30pm. To register, email: grupoapoyovirtual@namisanmateo.org • Chinese Family Support Group, (in English, Cantonese, & Mandarin) meets 2nd Friday of the month from 6:30-8pm. For more info & registration, contact Tammy Vuong, ASW at 650-454-4711 or QVuong@smcgov.org • Korean Support Group, (Cupertino) for family members. Meets 4th Friday of the month from 12:30-2:30pm. Call for location: Kyo, 408-712-1149.	FRI/SAT
	• NAMI Teen Support Group APEALS (A Peer Emotional and Life Skills Group), meets once a week for 8 weeks in-person at the NAMI SMC Office. For teens ages 11-18. Contact olivia@namisanmateo.org or call 650-677-1275 for more details.. • Consumer Support Groups, Heart & Soul, For info call 650-232-7426 or visit www.heartandsoulinc.org. • Cluttering & Hoarding Support Groups, Workshops, and Private Consultations - Groups/programs, contact Emily Farber, MSW, 650-289-5417, efarber@avenidas.org.	OTHER



- Breaking News
- General Meetings
- Newsletters
- Upcoming Events

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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

Membership / Donation Form

Donate, renew or join NAMI SMC also at www.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
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nami@namisanmateo.org

www.namisanmateo.org

Office Hours: *currently by appt only.*

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Kimberly Nobles - Editorial Assistant

Dr. Jennifer Harrison - Staff Psychologist &

Trainer

Ruan Frenette - CIT Program Supervisor, F2F

Teacher/Trainer



A peer-led support group for older adults
(55+) who experience mental health
symptoms.

A confidential, safe space for:
Individual sharing and group discussion
Learning from other's experiences
Gaining a sense of community

We aim for
better
coping skills.

We forgive
ourselves and
reject guilt.

We will never
give up hope.

**Offered on Zoom : The 1st & 3rd Wednesday of
the month, 7pm-8:30pm**

Interested? Call our Helpline at **(650) 638-0802** or
email **nami@namisanmateo.org** to sign up!





Offered on Zoom:
Mondays & Thursdays,
7pm-8:30pm
&
The 4th Saturday of the
month, 1-2:30pm

A peer-led support group for adults (18+)
who experience mental health symptoms.

A confidential, safe space for:
Individual sharing and group discussion
Learning from other's experiences
Gaining a sense of community

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nami San Mateo County
National Alliance on Mental Illness

“We Heal Better Together (WHBT)”

Discover the path to well-being

NAMI African Ancestry/Black Connection
Recovery Support Group 18+



Join a powerful support group for individuals receiving mental health support, led by folks who have firsthand experience!

When 2nd & 4th Tuesday of
every month on zoom

Time 6:00pm-7:30pm



Contact Facilitators Tamara & Latona at
tsmithjones@namisanmateo.org & lbyas@namisanmateo.org
or scan the QR code to register!
Office: 650.638.0800



A peer-led support group for older adults
(55+) who experience mental health
symptoms.

A confidential, safe space for:
Individual sharing and group discussion
Learning from other's experiences
Gaining a sense of community

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 **nami** San Mateo County
National Alliance on Mental Illness



Attorneys for special needs planning.

Now available from the Special Needs Alliance (SNA) for those individuals with disabilities, or their family members.



What You Need to Know About Being an Adult with Disabilities:

A Handbook for Self-Advocates, Parents, Guardians and Their Loved Ones

Prepared by SNA members, this valuable resource is available as a PDF and can be downloaded and printed.

www.specialneedsalliance.org/wp-content/uploads/2024/02/SNA_Disabilities_Handbook-FINAL.pdf

NAMIWalks San Mateo County

Saturday, October 5th

9am-1pm

Seal Point Park, San Mateo



National Alliance on Mental Illness

Walks

Join NAMI San Mateo County's
Annual Mental Health Walk!

5k Walk - Wellness Program

Food - Resource Fair

Music - Kids' Zone

The walk raises funds for
NAMI's free mental health
support groups, education
programs & advocacy.



MentalHealthForAll

Learn more at
namiwalks.org/sanmateo





National Alliance on Mental Illness

NAMI

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?

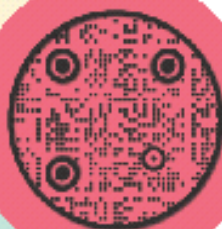
A PAL is an individual with lived experience who feels committed to supporting another individual through their mental health journey. A PAL is NOT a therapist but is required to have peer support or mental health training prior to being matched with a Peer. A PAL must also demonstrate patience, empathy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

Scan here
to apply to be a Pal



Who is a Peer?

Scan here if you
need
1-on-1 support



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@namisanmateo.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.

Participant Criteria

We are looking for participants who:

- Are 18+ years of age
- Have a diagnosis/prominent symptoms of OCD

We reluctantly cannot accept any participants who:

- Have any brain lesions or other clinically significant abnormalities
- Are pregnant
- Have any non-MRI safe implants
- Have a history of epilepsy / seizure

Contact Us

If you are interested in learning more about TMS, or have any questions or concerns about our study, please contact us below.

Scan the code or go to the link below:

redcap.link/OCDStudy



Email us directly at:

TMSOCDstudy@stanford.edu

Or call us at: 650-800-6920

bsl.stanford.edu/for-patients

Brain Stimulation Lab

Department of Psychiatry and Behavioral Sciences
401 Quarry Road
Stanford, CA 94305

For participant's rights, call 1-866-680-2906.



Transcranial Magnetic Stimulation

for

Obsessive Compulsive Disorder (OCD)



Research Opportunities



Research Opportunity Announcements

To increase awareness of ongoing mental health research, NAMI National creates "Research Opportunity Announcements" to ensure our grassroots leaders are aware of both clinical trials and social sciences research relevant to the mental health community. Promoted research may be conducted by government, academic or private industry partners, or any other entity that has secured IRB approval/exemption for their study.

Researchers who have secured IRB approval/exemption for their studies may submit an application requesting a partnership with NAMI.

As we take our role in sharing this information very seriously, all studies selected for promotion have been thoroughly reviewed to ensure the safety of those involved. If you have any questions about Research Opportunity Announcements or a study that has been shared by NAMI, please contact us at research@nami.org.

For more information go to: www.nami.org/NAMInet/Education/Research-Opportunities

Managing distressing emotions can be hard.

Playing CLEAR Path may help!

Help us learn how to use gaming for good.



IF YOU...

- Are between 18-88 years old
- Have experienced at least one traumatic event in your lifetime

YOU MAY BE ELIGIBLE TO PARTICIPATE!

WHAT IS CLEAR PATH?

CLEAR Path is an online serious game that aims to teach users strategies to improve mood and manage distress.

WHY WOULD I PARTICIPATE?

- Learn strategies to manage stress, low mood, and anxiety
- Contribute to science

LINK TO CLEAR PATH:

<https://cactuslab.info/clearpath>



WHAT WILL I BE ASKED TO DO?

- Guide an avatar through a week in their life
- Help your avatar improve their mood and reduce their distress by making decisions on how to best cope with stressful situations following a traumatic event
- Let us know what you think of the game and fill out short surveys

Questions? Contact us!



hkingman@paloalto.edu



PAU CACTUs Lab



Palo Alto University
Psychology | Counseling

For Participant's rights questions, contact 1-866-680-2906. For general information regarding questions, concerns, or complaints about research related injury or the rights of research participants, please call 650-723-5244 or toll free 1-866-680-2906 or write to the Administrative Panel on Human Subjects in Medical Research, Administrative Panels Office, Stanford University, Stanford CA 94305-5401.

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



Stanford
MEDICINE

Eating Disorders Research Program
In the Department of Psychiatry

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>