

General Meeting Tue, Nov 19th

6:45 - 8:00pm Program

zoom Meeting Only

- Topic -

"Psychosis and Schizophrenia"

Presenters: Dr. Andrew Kami
and Dr Rimal Bera

See page 2 for more information.

NAMI San Mateo County General Meetings are free and open to the public.



Happy Thanksgiving!

GIVING TUESDAY

DECEMBER 3RD, 2024

Mark your calendars to make a difference! Giving Tuesday is a global day of generosity where people worldwide unite to support causes close to their hearts. This year, NAMI SMC's goal is to raise \$30,000 to help expand our programs in our new satellite offices. Past Giving Tuesdays have been instrumental in helping us reach our goals, and we hope this year will be just as impactful. With this funding, by the end of December 2025, we aim to establish a minimum of three new support groups and offer quarterly educational classes for peers, families, and youth.

With three locations—San Mateo, South San Francisco and Menlo Park—we're ready to increase access across San Mateo County. Every donation made on GivingTuesday will directly contribute to helping those in our community impacted by mental health challenges. Save the date, and help us reach our goal—your generosity can change lives!

Expanding Our Reach

By Robert Taylor and Olivia Heffernan

2024 has been an incredible year for NAMI San Mateo County. We've hosted several new and exciting events, including our highly successful first Gala. This event not only raised significant funds but also fostered new connections within our community. We also conducted our first virtual and in-person job fair, which assisted in hiring needed staffers. We successfully completed our first financial audit to ensure we have robust financial procedures and reporting functions, which is imperative to our affiliate's growth projections. Finally, we have secured three new satellite training centers to better support the underserved communities in San Mateo County.

Grant awards via the Sierra Foundation and Children & Youth Behavioral Health Initiative have allowed NAMI SMC to expand operations in three specific communities: EPA/Menlo Park, South San Francisco, and San Mateo. The grants also provided funding to hire ten new positions (one full-time and nine part-time) and expand to three additional training centers. We currently have classes and support programs in the EPA and San Mateo satellite centers and plan to open the South San Francisco site in the first part of November.

Our NAMIWalks event on Saturday, October 5th, was a truly unforgettable day filled with warmth, energy, and a shared commitment to mental health awareness. We are beyond grateful for the incredible turnout, with over 500 attendees, 667 registered walkers across 68 passionate teams, and the generous support of 24 amazing sponsors. Each of you played an essential role in making this event a success.

Thanks to the dedication, enthusiasm, and kindness of everyone involved, we're now so close to reaching our \$250,000 fundraising goal! But there's still a little way to go—so if you haven't had a chance to donate, there's still time. Every donation, big or small, will bring us closer to empowering our community with critical mental health resources. A huge thanks to everyone who walked, sponsored, supported, and stood with us in raising awareness. You've made a lasting impact, and we couldn't be more appreciative.

Our board of directors is growing more vital and energized with the recent addition of two outstanding new members, Lisa Fuchs and...

(Continued on page 2)

"In giving, we light the world, turning cold November days into moments of warmth."

New Education and Staffing Coordinator

Meet Latona "Tonya" Byas, our new Education and Staffing Coordinator for NAMI San Mateo County. With a deep passion for mental health education and community support, Latona is committed to enhancing our training programs and ensuring that our staff is well-equipped to make a positive impact.

Her experience brings a fresh perspective to our team, and she is eager to foster collaboration and growth within the organization. Latona enjoys spending time with family, reading, and practicing self-care. She looks forward to contributing to NAMI's mission and supporting the vibrant San Mateo County community!



(Expanding Our Reach... Continued from page 1)

... Elyse Brummer. Their expertise and passion will be invaluable as we continue to advance our mission and serve our community.

Long and short, NAMI San Mateo County is poised to serve more individuals in our community struggling with mental health issues by increasing our training locations/sites, partnering with key nonprofits in the mental health space, and working closely with county and state entities to increase capacity to serve. We thank our members, supporters, volunteers, and board/staff for your commitment to our mission. Let's continue standing together for mental health!

NAMI SMC will be offering a Family-to-Family (F2F) new leader training from December 13th-15th (Fri-Sun). This training is for family members who would have already taken the F2F course and would like to become a Family-to-Family Teacher which would allow you to present the 8-week F2F course.

If you or anyone you know is interested in taking this leader training, please register using the following QR Code.



For questions email rocio@namisanmateo.org

Upcoming Nov 19th General Meeting

Join us on November 19th from 6:45–8:00 PM on Zoom for our next General Meeting, where we'll explore psychosis and schizophrenia with Dr. Andrew Kami, LMFT and Dr. Rimal Bera, MD. Through their engaging presentation, you'll gain a clear understanding of what psychosis is and learn how to recognize its signs and behaviors.

Our expert speakers will also discuss how to approach conversations with someone showing signs of psychosis, as well as current medications and treatments in development. Plus, there will be time for questions and thoughtful discussion!

Dr. Kami earned his Doctorate in Clinical Psychology with an emphasis in Depth Psychology and his Master's Degree with an emphasis in Marriage and Family Therapy. He runs the KAMI Psychological Corp in Whittier, CA. <https://www.kamipsychology.com>

Dr. Rimal Bera is a Professor of Psychiatry & Human Behavior and Outreach Director at UCI School of Medicine. <https://medschool.uci.edu/about/faculty/rbera>

This event is free and open to the public. Don't miss out on this opportunity to learn from two leading experts!

Join the Zoom Meeting:

<https://us02web.zoom.us/j/87666680112?pwd=QzdJSnBQQTltYUswa0NJRfZjNVVVSQT09>

Meeting ID: 876 6668 0112

Passcode: 692533

Dial by your location

• +1 669 444 9171 US

• +1 669 900 6833 US (San Jose)



North County Satellite Program Location Open House

Join us on Monday, November 18th, at our new North County Satellite Program Location Open House. This significant milestone supports our expanding mission to provide free and accessible mental health services throughout San Mateo County.

We also have a special free Mental Health 101 presentation before the open house from 5-6pm. Mental Health 101 is designed to educate individuals about mental illness through presentations, short videos, and personal testimonies reflecting diverse cultures and beliefs.

Everyone is welcome, so bring your friends, family, and community members to enjoy delicious food, beverages, and exciting raffle prizes! At the open house, we'll also discuss the launch of new programming and share our plans for 2025. We hope to see you there!

Location: Roberta Cerri Teglia Center,
601 Grand Ave, 3rd Floor,
South San Francisco

Mental Health 101 presentation : 5pm - 6pm
Open House : 6pm - 7:30pm

RSVP encouraged: leslie@namisanmateo.org

"Life isn't about finding yourself. Life is about creating yourself." - George Bernard Shaw



NAMI SMC Welcomes two new members to our Youth Services team.

Yvette Morales - Youth Outreach Associate

Yvette has been helping run our new Blues teen support group which has already successfully completed their first 6-week session. She also helps with our Youth Advisory Council (YAC), social media, increased outreach to youth, and special events. Please continue directing your general youth services questions to me, but I still highly encourage you to send her a welcome email.

Email: ymorales@namisanmateo.org

Stacey Holmes - Ending the Silence Coordinator

Stacey has joined us specifically to help run our Ending the Silence program since it has grown exponentially in the past two years. She has already successfully coordinated 6 presentations this fall and is getting ready to book a very busy Spring semester. If you have any related Ending the Silence questions or leads, feel free to direct those questions to Stacey but please include me on the email for the time being. Email: sholmes@namisanmateo.org

Thank you Stacey and Yvette for joining our team! With their help we can continue to grow our youth services even more.

NAMI SMC's Youth Advisory Council



We're excited to announce that we're putting together our new cohort for our Youth Advisory Council (YAC), and there's still space for teens to join! NAMI SMC's YAC is an incredible opportunity for young people to have their voices heard and make a real impact on mental health advocacy in their community. This group empowers teens to share their insights, help shape mental health programs, and advocate for the needs of their peers.

If you're a San Mateo County resident ages 15-21, able to commit to meeting once every other week, passionate about mental health and want to make a difference, YAC is the perfect platform. Not only will you collaborate with like-minded youth, but you'll also develop leadership skills and gain experience working on meaningful initiatives.

We're currently filling spots in our new cohort, so now is the time to get involved! If you or a teen you know is interested, we encourage you to fill out an application to join us.



Ending the Silence: Empowering Youth Through Mental Health Education

As the school year kicks into high gear, so does our Ending the Silence program. This impactful youth mental health presentation is designed for middle and high school students, helping them learn about mental health, recognize signs of distress, and access resources. After a record-breaking year, where we reached more students than ever before, we're excited to make an even bigger impact this year!

If you're a passionate mental health advocate looking to inspire and educate youth, consider becoming an Ending the Silence speaker. Your voice can make a difference in the lives of students, helping to break the stigma surrounding mental health.

If you're a school administrator, teacher, or parent interested in bringing Ending the Silence to your school, we'd love to connect and get it scheduled.

For more information or to schedule a presentation, please reach out to our Youth Services Manager, Olivia Heffernan, at olivia@namisanmateo.org.



Finding Friends in Your 20s

Our Finding Friends in Your 20s group has been thriving with a variety of fun activities designed to bring people together! Lately, we've hosted several exciting events, including trivia night, a comedy show and game night, SF Giants game, and more. These meetups have been a great way for young adults to connect and make meaningful friendships in a relaxed, supportive environment.

We'll continue to host these events on a monthly basis, offering a safe space for people in their 20s to meet new people. Whether you're new to the area or just looking to expand your social circle, we welcome you to join us!

Please subscribe to our Meetup page to stay up to date with the next events.



The NEW Basics class began on September 19th and will run for six weeks, concluding on October 24th. Iliana Solis and James Ramirez are leading the class via Zoom from 6:00 PM to 8:00 PM. We currently have 12 participants, all committed to learning more about mental health to better support their young loved ones. This class is especially meaningful as it marks our first English Basics course since the pandemic. We're excited to continue this momentum and plan to offer at least two more English Basics classes in 2025.



We are thrilled to announce the NEW in-person Connection Support Group at St. Raymond Catholic Church! This group meets on the 2nd and 4th Wednesdays of each month from 6:30 PM to 8:00 PM. Special thanks to John Butler for his dedication in launching this support group for our community. We're excited to offer this space for connection and support, and we hope it provides valuable resources to all who attend.



Upcoming: Connection Group - South Asian Connection Support Group. We look forward to launching the South Asian Connection Support Group, led by Ashish Kapoor. This group provides a welcoming space for South Asians to connect, share experiences, and support one another on their mental health journeys. If you are interested in joining, please take a moment to fill out our interest form. We look forward to creating a strong, supportive community through this group and would love to have you be a part of it!



Blues Teen Group Update



We are excited to announce the launch of our new ****Blues Teen Group****, a skills based support group designed to help teens build emotional resilience and manage feelings of sadness and anxiety. This new program is replacing our former APEALS group and will be running on a more regular basis, allowing us to better support teens on an ongoing basis.

The Blues Teen Group offers an engaging six-week program for youth ages 11-18. Each session, lasting one hour, will focus on teaching essential coping skills for managing low moods and anxious thoughts, in addition to exploring how to reshape negative beliefs and thoughts. Teens will also have the opportunity to practice these skills at home, reinforcing what they learn in the group.

As mental health challenges continue to grow among teens, we recognized the need for a consistent and reliable resource for this age group. By transitioning to the Blues program, we are expanding our reach and providing a more comprehensive approach to emotional wellness. Please fill out the interest form to stay up to date with when the next Blues Teen Group will be starting.



Latinx Corner!

Familia a Familia Course- 17 Participants Graduate!

We are thrilled to share that 17 participants graduated from our Familia a Familia Course this past Wednesday, October 25th. This 8-week program, led with dedication by Claudia Sagesse and Sandra Ruiz, was a tremendous success thanks to their hard work and commitment.

The graduation ceremony, held during the Open House for our new satellite office at the JobTrain Center in Menlo Park, was truly moving. As participants stepped up to receive their certificates, there wasn't a dry eye in the room. It was heartwarming to see how deeply this course touched everyone, not only by providing valuable education about mental health but by fostering a sense of community and support among the families. The dedication shown by these families was truly inspiring—one participant shared, "I use my vacation hours to be here," a testament to the incredible lengths our families go to in order to learn how to support their loved ones facing mental health challenges.

Beyond the graduation, the stories shared were filled with hope and determination. Sandra Ruiz bravely shared her personal journey with NAMI, and her words deeply resonated with everyone present, reminding us all why this work is so important. Her testimony highlighted the struggles, triumphs, and the power of coming together as a community.

We were also honored to have Antonio Lopez, the mayor of East Palo Alto, attend the ceremony. He shared words of encouragement, expressing his admiration for the graduates and the strength they have shown. His presence reinforced the importance of building a supportive network around mental health, not just within our families but throughout our communities.

We are incredibly proud of all our graduates for their perseverance and commitment. They've not only completed the course but have gained the knowledge and tools to support their loved ones in a meaningful way. We applaud their courage and determination, and we look forward to continuing this important work together.

"A car with a flat tire has a hard time going straight, but it makes perfect circles" - Dadae Deutz



¡Esquina Latina!

¡Curso Familia a Familia- 17 Participantes Graduados!

EN ESPAÑOL

Estamos encantados de compartir que 17 participantes se graduaron de nuestro curso Familia a Familia el pasado Miércoles 25 de Octubre. Este programa de 8 semanas, dirigido con dedicación por Claudia Sagesse y Sandra Ruiz, fue un gran éxito gracias a su gran trabajo y compromiso.

La ceremonia de graduación, celebrada durante la inauguración de nuestra nueva oficina satélite en el JobTrain Center de Menlo Park, fue realmente conmovedora. Cuando los participantes se acercaron a recibir sus certificados, parecía que no había ni un ojo sin lágrimas en la sala. Fue conmovedor ver hasta qué punto este curso llegó a todos, no sólo porque proporcionó una valiosa formación sobre salud mental, sino porque fomentó un sentimiento de comunidad y apoyo entre las familias. La dedicación mostrada por estas familias fue realmente inspiradora: uno de los participantes dijo: "Utilizo mis horas de vacaciones para estar aquí", un testimonio de los increíbles esfuerzos que hacen nuestras familias para aprender a ayudar a sus seres queridos con desafíos de salud mental.

Más allá de la graduación, las historias compartidas estaban llenas de esperanza y determinación. Sandra Ruiz compartió valientemente su testimonio personal con NAMI, y sus palabras nos recordaron a todos por qué este trabajo es tan importante. Su testimonio destacó las luchas, los triunfos y el poder de unirse como comunidad.

También tuvimos el honor de contar con la presencia de Antonio López, alcalde de East Palo Alto. Compartió palabras de aliento, expresando su admiración por los graduados y la fuerza que han demostrado. Su presencia reforzó la importancia de construir una red de apoyo en torno a la salud mental, no sólo dentro de nuestras familias, sino en todas nuestras comunidades.

Estamos increíblemente orgullosos de todos nuestros graduados por su perseverancia y compromiso. No sólo han completado el curso, sino que han adquirido los conocimientos y las herramientas necesarias para apoyar a sus seres queridos de manera significativa. Aplaudimos su valentía y determinación, y esperamos continuar juntos esta importante labor.

Tip from Education and Staffing:

Our well-being is just as important as we support communities across the county, whether in person or online. Self-care is a way for us to focus on ourselves. You may be asking yourself, how can we do this? Well, it's pretty simple. Here are a few examples of Self-care you can put into practice:

- Go for a walk
- Guide meditation
- Spend time with family and friends



A widespread belief about mental health is that mental illnesses are rare and only affect a small portion of the population. In reality, mental health conditions are very common, with one in 5 people developing a mental health issue at some point in their life, and one in 25 Americans currently living with a serious mental illness

NAMI SMC Changes Live for Good in Faith Communities

By John Butler

In October, our Connections group celebrated our first year of being together at the Burlingame Presbyterian Church (Burl Pres). I want to give a big thanks to Sally Mayer", who is a member of that fellowship, and to the Foundation Sally and her husband Mike created which is a substantial donor to the NAMI San Mateo organization. Because of Sally and Burl Pres, we have opportunities to reach out and uplift people in northern San Mateo County, the rest of the SF Peninsula, and residents of San Francisco County who have visited us often. I believe that this work in a Faith Community will lead Nami San Mateo to embrace NAMI Faith Net as NAMI Santa Clara County has been for many years. NAMI SMC has guided more than 20 Faith Communities into developing Mental Health Ministries on their campuses and in their parishes.

There are stories of transformation coming out of our two Nami in-person Connections support groups. Those who are coming to Our Groups say: "Thank God You are meeting in person. I hate Zoom meetings. That is why I have not come back to NAMI Connections until now. I was last here when you met at the previous office near 17th and El Camino Real in San Mateo." Others say to us: "I have never come to a NAMI Connections Group on Zoom. I want to share my story and emotions near people, in a room where we can sit together and see all of each other, not just a small box portion of a person on a device screen."

Spirituality and Mental Health are my twin passions in my life. You will often hear me say. "When we can heal the Spirit, we can heal the mind to a great or nearly perfect degree." I have had conversations about the Burl Pres Connections at every venue where I am "outreaching" on behalf of NAMI San Mateo, whether as a Staff or Board member or as I often volunteer to perform and be of service to our SMC Communities. I have been privileged to facilitate over 100 support groups for more than 4 years for our affiliate. Each group is a blessing for each of us.

I especially want to thank our leading facilitators Kira Leiss and Calvin Shelton, who brought me into the NAMI SMC fold in 2018. Bring your challenges in your lived experiences with mental health. Here you will find community and group wisdom and honest support at our Nami Connections support groups.

Burlingame Presbyterian Church is located at 1500 Easton Drive two blocks north of Broadway Avenue. The length of the church runs along El Camino Real. There is a bus stop one block away. Also, it has plenty of free parking. Burl Pres Connections meets on the 2nd, 3rd, and 4th Wednesdays of each month from 4 to 5:30 pm. Please enter the door of the building near the playground.



Upcoming: We are excited to announce the launch of NEW Connection support groups at our South County Satellite Office, located at JobTrain, 1200 O'Brien Dr, Menlo Park, CA 94025. Stay tuned for more updates, including group schedules and additional details, coming soon!

NAMI SMC Helpline

By Kira Leiss

NAMI San Mateo Helpline has trained volunteers who offer free and confidential emotional support, referrals and advocacy by individuals who may or may not identify with lived experience. We are not licensed clinicians, nor social workers during our role on the Helpline; however, we are a great go-to resource when you want to immediately talk with someone if you are feeling stressed or overwhelmed.

We can make referrals to diverse types of crisis hotlines where people are trained to handle the appropriate call or provide other referrals that can match a person with possible long-term counseling.

As the new Helpline Manager, I hope to continuously connect our community members to services and support within our community regarding issues around mental health in their life. I hope to have a robust group of volunteers eager to populate our weekly schedule. I plan to be up and running at the beginning of October with our trained volunteers, (one who speaks Japanese). Helpline is only in English, but we have several staff members that are Spanish speaking and can be made available. I would like to think that anything is possible with Helpline.

We have had two very dedicated staff members, (John McMahon and Debi Mechanic), working on our Helpline, and our volunteer, Randi Hutchinson, who is continuing to work on revising our **Helpline Resource Guide**. Once revisions are completed, we strive to create a living resource guide of mental health support services in San Mateo County.

To reach our goal of diversity, equity and inclusion, we welcome suggestions from readers about relevant support services for consideration in the resource guide. Submit suggestions to Kira Liess, Helpline Coordinator: (650) 638-0802 or email me at kliess@namisanmateo.org

If you are interested in being a volunteer for the Helpline, you can fill out the Google form, and we will notify you if we have an opening and give you training details afterwards. Requirements:

- You must be at least 18 years old.
- Commit to at least 1 - 2 hour-shift, a week, and for a six-month duration
- Monthly meetings for check-ins are advisable.

Our goal is to have lively discussions and hopeful learning at our meetings. Everything is negotiable. The goal is to practice self-care, be of service for all involved here.

You are not alone. You are seen! You are heard! At the Nami San Mateo - Helpline, we are here to try to connect the dots in the best efforts that are possible. We all have our story and nothing is too much to bear. We hold the vision for you to feel safe, treated with dignity and with warm regard. I always tell our callers to continue to call our Helpline for other resources if the first one we tell you does not work.



During sleep, the brain activates a cleaning system called the glymphatic system, which removes toxins and harmful proteins such as beta-amyloid, associated with Alzheimer's disease. This process of brain detoxification is crucial for maintaining cognitive health and preventing neurodegenerative diseases.

Peer PALS Program Updates

By Tracie Pons

As we move into the latter half of 2024, the Peer PALS Program is thrilled to share some exciting updates, making a difference through peer support. Our program continues to grow and evolve, reflecting the dedication of our peers and pals and the increasing need for supportive connections in our community. It has been a busy third quarter for the Peer PALS program, with some changes and progress. We are proud to announce that:

- **Five Matches Renewed:** Five successful matches renewed their partnerships, demonstrating the enduring strength and value of their Peer PALS relationships.
- **Four New Matches:** Our program has welcomed four new matches, expanding our reach and impact within the community.
- **Three Matches Concluded:** We have concluded three matches this quarter due to various circumstances.
- **Three New PALS:** We are also excited to welcome three new PALS to our program. These individuals bring a wealth of lived experiences, empathy, and understanding, and are committed to supporting our peers through their unique perspectives and insights.

Our goal is to reach a total of 20 matches by the end of the year. This ambitious target reflects our commitment to providing meaningful and supportive peer connections in our community. Our program thrives on the diverse experiences and backgrounds of our peers and pals, and we are particularly in need of male peer and pals. However, we encourage anyone who needs the support of a pal/mentor and who are committed to provide the peer support to apply for our program. For more information, please contact Tracie Pon at tpon@namisanmateo.org.

Free Peer Support Worker Info Sessions on Wednesday, 11/13 and Thursday, 11/14

Interested in becoming a Peer Support Service Worker for free? Join NAMI SMC for an informational session on November 13th or 14th to learn more! We're proud to offer Peer Certification Training and Placement through California's HCAI program, providing individuals in the community a unique opportunity to join the Peer Support Work Force for free!

Check out this link to see if you meet the criteria: HCAI Peer Training

Session Details:

In-Person: Wednesday, 11/13 at 12pm, Main NAMI San Mateo office (1730 S Amphlett Blvd #308). Lunch provided; RSVP to leslie@namisanmateo.org.

Zoom: Thursday, 11/14 at 12pm - Zoom link.

Have questions? Reach out to Leslie Davis at leslie@namisanmateo.org and don't miss this opportunity!

Big congratulations to Jennifer from Team Avery for winning the NAMIWalks Fanny Pack from the feedback survey! Thank you to everyone who took the time to share your feedback and participate in the raffle. We truly appreciate your input and are excited to incorporate your thoughts into our future events. Stay tuned for more chances to win and, as always, thank you for being a part of our NAMIWalks community!

Sponsor Spotlight



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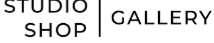












6

Free Teen Psychiatric Services Available

Allcove-San Mateo, a welcoming drop-in center for teens, now offers free psychiatric services! This safe space provides youth with mental health support in a relaxed setting, and now offers the exciting new addition of Dr. Baker, a new psychiatrist at the center.

Dr. Baker will be available every Tuesday from 1:00 PM to 6:30 PM to provide support at no cost. For teens under 18, parental involvement is required for medication-related treatment plans.

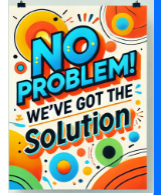
Explore allcove and learn more about their services: Allcove, 2600 South El Camino Drive, Suite 300 San Mateo, CA 94403

<https://allcove.org/centers/san-mateo>

Didn't get a chance to join our last informative NAMI SMC General Meeting?



Recordings for past General Meetings can be found online at: www.namisanmateo.org/news-events/general-meetings.



"It's the possibility of having a dream come true that makes life interesting." — Paulo Coelho



San Mateo County

FREE PEER CERTIFICATION TRAINING

COME JOIN US! INFORMATIONAL PRESENTATION

- FREE PEER SUPPORT TRAINING
- FREE JOB PLACEMENT ASSISTANCE
- FREE NETWORKING OPPORTUNITIES
- PER DIEM, PART TIME & FULL TIME OPPORTUNITIES AVAILABLE

VIRTUAL

Thursday, Nov. 14, 2024

12:00PM to 1:00PM

<https://tinyurl.com/HCAI-Informational>

Meeting ID: 852 5749 3565

Passcode: 406838



MENTAL HEALTH

FOR ALL OF US

- ARE YOU 18 - 25 YEARS OF AGE?
- ARE YOU A FAMILY MEMBER, VOLUNTEER OR PAID CAREGIVER OR AN EMPLOYEE WORKING WITH THIS AGE GROUP?
- DO YOU HAVE A MENTAL HEALTH DIAGNOSIS OR ARE YOU A FAMILY MEMBER OF SOMEONE WHO IS?

*******IF YOU ARE, JOIN THIS PRESENTATION!!!**

IN-PERSON

Wednesday, Nov. 13, 2024

12:00PM to 1:30PM

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

Light lunch will be served!

RSVP PREFERRED - PLEASE EMAIL:
LESLIE@NAMISANMATEO.ORG

ONLINE LEADER TRAINING

NAMI Family-to-Family is a free, 8-session educational program for family, significant others, and friends of people with mental health conditions. It is a designated evidence-based program. Becoming a Nami Family-to-Family leader is a meaningful way to support families facing mental health challenges, providing participants with tools to better support their loved ones and care for themselves.



DAY 1 5:00PM – 8:00PM
DAY 2 9:00AM – 5:00PM
DAY 3 9:00AM – 3:00PM

FOR QUESTIONS, PLEASE EMAIL
ROCIO@NAMISANMATEO.ORG OR CALL
(650) 638-0800
NAMISANMATEO.ORG

**FRIDAY DECEMBER 13TH,
SATURDAY DECEMBER 14TH
&
SUNDAY DECEMBER 15TH**



**SPACE IS LIMITED
REGISTER TODAY!**



National Alliance on Mental Illness

nami

San Mateo County

**New North County
Center
OPEN HOUSE!**



*NAMI San Mateo County Expansion
Come Celebrate With Us – All Are Welcome!
Beverages and Appetizers Will Be Served –
A Chance to Win Prizes and More!*

***Monday, November 18, 2024
6:00PM to 7:30PM
Roberta Cerri Teglia Center
601 Grand Avenue, 3rd Floor
South San Francisco, CA 94080
(Parking lot is in the back of the building.)***

*Opportunity to register for both on site and virtual programs:
Peer and Family Support Groups & Classes in both English & Spanish
Ofrecemos muchas clases y grupos en Español- en persona y en línea!*

RSVP: leslie@namisanmateo.org
408-483-0681

Wish to become a corporate sponsor?
Contact: leslie@namisanmateo.org



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

Kimberly Nobles from NAMI San Mateo
Emanuel Borg from Charli Farruga, Philip Farruga,
 Catherine Rafalo & Doris Scerri / Lilly Krenn /
 The Advancement Team / Robert Meadows / Jim Rossi /
 Paul Vassallo

Max Heffernan from Robert & Deborah Hirth

Joshua Marsland from John Marsland

Zina Segre from Fuchs Family

In Honor of Donations

Lisa Fuchs from Linda Segre

Ginny & Carina Traub from The Lawrence Family

Bianca Coleman from Orlina O'Francia

Thank you to our Volunteers, Collaborators, Associates and Friends

Basics Teachers: James Ramirez, Iliana Solis

Blues Teen Group: Alysya Orillaza, Yvette Morales

Family Support Group Facilitators: Christine Abrahams, Joan Dower, Liz Downard, Karina Marwan, Yolanda Ramirez, Ginny Traub, Pat Way

Peer PALS: John Pranys

Outreach: John Butler,

Ending the Silence & Youth Services: Andrea Sobel, Molly Wolfe, Lindsey Wade, Alina Aupatham, Gracie Fama, Julie Lichtman, Yvette Morales, Stacey Holmes

NAMIWalks Committee Members: Jill Johnson, Susan Rogers, Carol Ann Lapeyrouse, Michelle Trayer, Lisa Fuchs, Debbie Heffernan, Diane Russell, Ellie Byrd, Kate Phillips, Robert Taylor, Ginny Traub, Xyla Kiang, Whitney Murphy, Olivia Chen

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A BIG Thanks to First Impressions Printing for printing our class materials, brochures and newsletters



NAMIWalks SMC Team Captains

More photos here→ namisanmateo.org/news-events/namiwalks-2024

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
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. 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
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
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



NAMI San Mateo County



- Breaking News
- General Meetings
- Newsletters
- Upcoming Events

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Want to stay up to date with all things NAMI SMC? Join our Tuesday Newsday email list so you can stay up to date weekly with everything happening at NAMI SMC. To subscribe, send an email to: events@namisanmateo.org

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)

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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, Suite 308
San Mateo, CA 94402
650-638-0800 / e-Fax: 650-240-3804

nami@namisanmateo.org

www.namisanmateo.org

Office Hours: *currently by appt only.*

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National Alliance on Mental Illness

NAMI | San Mateo County

Nuevo Centro del Norte del Condado “OPEN HOUSE”



***Expansión de NAMI en el Condado de San Mateo
Ven a celebrarlo con nosotros – ¡Todos son bienvenidos!
Se Servirán Bebidas y Aperitivos –
¡Una oportunidad de ganar premios y mucho más!***

***Lunes, 18 de noviembre de 2024
6:00PM a 7:30PM
Roberta Cerri Teglia Center
601 Grand Avenue, 3er Piso
South San Francisco, CA 94080***

(El estacionamiento está en la parte trasera del edificio).

*Oportunidad de inscribirse tanto en programas presenciales como virtuales:
Grupos y clases de apoyo para personas con desafíos de salud mental y sus
familias, tanto en inglés como en español.
¡Ofrecemos muchas clases y grupos en Español - en persona y en línea!*

***RSVP: leslie@namisanmateo.org
408-483-0681***

***¿Desea convertirse en patrocinador
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Contacte: leslie@namisanmateo.org***



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?

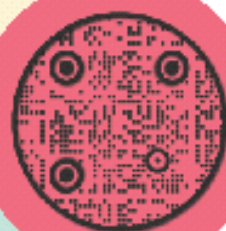
A PAL is an individual with lived experience who feels committed to supporting another individual through their mental health journey. A PAL is NOT a therapist but is required to have peer support or mental health training prior to being matched with a Peer. A PAL must also demonstrate patience, empathy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