



San Mateo County

General Meeting



**100 S. San Mateo Drive
San Mateo**

Hendrickson Aud. / Mills Health Center
Free evening parking in front

Wednesday, May 27

6:30pm Reception
7:00-8:30 Program

Rachel Loewy, Ph.D.

**Prevention and Early
Intervention in Psychosis**

Dr. Loewy, Associate Professor of Psychiatry, UCSF; Director, Prodrome Assessment, Research & Treatment (PART) Program; Executive Clinical & Research Director, PREP, will present the latest scientific knowledge about identifying and treating psychosis in its earliest stages, including her own work on computerized cognitive training. She will also describe early psychosis resources available in San Mateo County and the Bay Area.



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 illnesses and their families.

**Don't miss the
NAMI National Convention
in San Francisco this year!**

Info on page 7

See more articles in the **WEB** version
of our newsletter at
www.namisanmateo.org

Sign up for the 11th Annual Bay Area NAMIWalk!



*We expect to see over 3000 participants on May 30
and we hope that you will be one of them!*

Saturday, May 30

Lindley Meadow

Golden Gate Park, San Francisco

>> www.namiwalksfbay.org <<



Check-in: 8:30 am Start Time:10:00 am Distance: 5K

Join us again...or for the first time!

*This is an INSPIRING morning that helps raise funds
and educates the public about mental illness.*

Register now! Sign up your own team, just yourself, or join one of ours:

- Never Walk Alone
- Nurses for a Better Tomorrow
- Mighty Neurons
- BHRS SMC Help & Hope for All
- Heart & Soul
- Kathy's Hope

At www.namiwalksfbay.org, see Register to Walk, Donate to your favorite Walker, or Support Our Walk. (Hint: walkers from last year, log in before you register.) Or call the NAMI San Mateo County office (650-638-0800) or email nami@namisanmateo.org, and we'll find a team and answers for you.



Need a Ride? Bus transportation (donated by NAMI -SMC and Heart & Soul) is on a 1st come-1st serve basis. To reserve a seat, contact Tom, Christopher or Brenda at 650-343-8760 or email

Phantom Ball 40th Anniversary Celebration -- SUCCESS!

Thanks to all of you who supported this exciting and unusual way of celebrating NAMI San Mateo's 40th Anniversary! If you still have the RSVP card from the invitation sitting on your desk, please, don't hesitate to complete it with a contribution and send it to the NAMI office!



Art Showcased in SMC in May

Stigma-Free San Mateo County is looking for individuals with experience in living with mental illness and/or substance use challenges and family members of individuals with these challenges to participate in an art exhibit for Mental Health Awareness Month in May 2015. Your artwork will be displayed in San Mateo, Redwood City, South San Francisco, and/or Half Moon Bay.



If you are interested in sharing artwork, or would like additional information, please contact Marisol Solis, Mental Health Intern at San Mateo's County Office of Equity and Diversity at msolis@smcgov.org.

Wonderful Work Opportunity!

NAMI-SMC is searching for an Education Coordinator, preferably with some NAMI program experience. This part-time position (10-20 hours/week) will report to the Board Education Chair and the Executive Director to keep them updated on the needs and activities of NAMI's Education Programs. These programs include: Family to Family, Peer to Peer, Provider Education, Basics, In Our Own Voice, Parents and Teachers as Allies and Ending the Silence.

For more information and a full job description, please contact the NAMI office at nami@namisanmateo.org or 650-638-0800.

911 Script Available on the BHRS Website

Help prepare yourself for a mental health emergency (calling 911) with this comprehensive brochure packed with current local information. Download "Mental Health Emergency" at www.smchealth.org/MH911. Or visit the blog: <http://smcb-hrsblog.org/2015/03/30/mental-health-emergency-materials-aka-family-script/>.

FAST: Family Assertive Support Team

650-368-3178 or 650-371-7416 (pager)
24-hours, 7 days-a-week

Call FAST when you are concerned about a family member who may be showing signs or symptoms of serious emotional distress - FAST for prompt and caring support!
We Come to You!

See a full article about FAST in our November 2013 web version newsletter at www.namisanmateo.org.

CASRA Conference

May 7 and 8 • Concord Hilton

Register now for the California Association of Social Rehabilitation Agencies (CASRA) Spring Conference.

Keynote Speaker: Will Hall
Working with Voices.

Visions and Different Realities in New Ways.

****35 informative and inspiring workshops****

Visit www.casra.org to register and for more information.

Caminar's First Annual Mental Health Symposium: New Research in Mental Health and its Impact on Treatment

Thursday, May 7, 2015 • 6:00Pm – 9:00Pm
At The Historic Carolands Chateau
565 Remillard Drive, Hillsborough

Hors d'oeuvres Reception
\$75 per person before April 24
\$100 per person after April 24

Panelists include: **Stephen Hinshaw, Ph.D.**; **Manpreet Singh, M.D., M.S.**; **Vikaas Sohal, M.D., Ph.D.**; **Brandon Staglin**

To learn more, contact us at (650) 372-4080 or events@caminar.org RSVP. Go to caminar.org/events to purchase tickets.

Please note seating will be limited. As a courtesy to its neighbors, Carolands Foundation requires guests to use complimentary Valet Parking. Guests are also asked to refrain from wearing narrow heels that may damage antique floors.

Tony Hoffman Awardees

Wednesday, May 6 • 4:00pm
225 37th Avenue, San Mateo

Congratulations to **Sharon Roth** (NAMI-SMC board member) and the **San Mateo Police Department** (under leadership of Chief Susan Manheimer), two selectees of the 2015 Tony Hoffman Award (in their respective categories).

This award is given to individuals, professionals, and businesses that have made an extraordinary difference in the lives of people with mental illness and to consumers/clients who, in their journey of recovery, are able to give back to their peers or the community.

Please join us at the awards ceremony! There will be a reception with refreshments immediately following the awards ceremony.

Save the Date! - 2015



- **May 30** The NAMI SF Bay Area Walk in Golden Gate Park
- **July 6-9** NAMI National Conference at the Hilton San Francisco Union Square. http://www.nami.org/Templates/Section=register_online&template=/security/login.cfm
- **August 21-22** NAMI California State Conference in Newport Beach. <http://www.namica.org/annual-conference.php?page=confhome&lang=eng>

Directing Change Student Film Contest

[We hope you've taken a look at these films - great work!]

The Award Ceremony is on **May 19th at the Crest Theater, 1013 K Street, Sacramento.**

Students throughout California have submitted 60-second films in two categories: "Suicide Prevention" and "Ending the Silence about Mental Illness". Visit the campaign website for contest rules and information: www.directingchange.org.



RSVP please, contact Lauren Hee if you have questions at lauren@namica.org or 916-567-0163.

Community Service League Kitchen Tour

Friday, May 15 • 10am-3pm

Proceeds benefit Mental Health Association of SMC and StarVista Crisis Intervention & Suicide Prevention Center. Call Phone: (650)364-4664 for more information.

Sign Up with AmazonSmile!

Shopping through AmazonSmile supports Nami San Mateo County!

Remember, always start at smile.amazon.com and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to NAMI San Mateo County.

Smile.amazon.com is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices and convenient shopping features as on Amazon.com. The difference is that when customers shop at smile.amazon.com, the AmazonSmile Foundation donates 0.5% of the price of the eligible purchases to the charitable organizations selected by customers. Shopping is free for both charities and customers to participate.

When you log onto smile.amazon.com please choose NAMI San Mateo County as your charitable organization; from there your shopping purchases will be linked directly to us! Let the shopping begin!

Creating a Mental Health Respite Center

Working with NAMI-SMC and Mateo Lodge, BHRS developed the Family Assertive Support Team (FAST) recently to respond to families who are concerned about a relative whose mental health condition is deteriorating. For many individuals served by FAST, it is anticipated that there is a need for a place to take some people to de-escalate the situation and give respite to the family. Members of law enforcement have also requested sites--other than psychiatric emergency services or jail-- where they can bring people.

The Mental Health Respite Center would fill that gap, providing temporary residential care to as many as 10 people at a time.

The crisis residential facility will be owned by the County. The program would house and serve 10 clients and have an average length of stay of 10 days for each client. One of the primary goals of this program is to prevent acute psychiatric hospitalizations.

Services to be provided include (but may not be limited to):

- Client centered crisis stabilization services and promote recovery from crisis.
- A nurturing environment in which to recover.
- Peer support to residents and their family members.
- Wellness and Recovery Action Plans (WRAP) to residents.
- Assessment of mental health and substance use, physical health, and psychopharmacology issues.
- Development of treatment and support services recommendations
- Linkage to post crisis residential treatment, recovery and other supports.
- Family education
- Linguistic and culturally appropriate services.

The respite center will be called Serenity House. it will be located at Hacienda Street & 37th Avenue. The facility should be open in about a year.

Volunteers Needed!



As we look to expand our outreach into the community we need your help. If you would you like to make a difference, we invite you to sign up to become a volunteer.

With numerous opportunities to choose amongst, your involvement will allow us to further help those affected by mental illness and their families. For more information, go to www.namisanmateo.org and click on "Become a Volunteer," or call 650-638-0800. We can't do it without you!

Bipartisan Bill Introduced to Reduce Criminalization!

Act Now To Urge Your Members of Congress to Co-Sponsor!
enews@nami.org

The excessively high rate of people with serious mental illness, including Veterans, who are incarcerated in jails and prisons is one of the profound tragedies in 21st Century America. In local jails alone, it is estimated that 2 million individuals with serious mental illness are booked into jails each year. People with mental illness and co-occurring substance use disorders are similarly overrepresented in state and federal prisons. Most of these individuals are not violent criminals but rather in need of quality mental health treatment and supports.

Earlier this week, a bipartisan group of legislators introduced the Comprehensive Justice and Mental Health Act of 2015 in the U.S. Senate and House of Representatives. These bills (S. 993 in the Senate, HR 1854 in the House) update and reauthorize the Mentally Ill Offender and Treatment Crime Reduction Act (MIOTCRA) passed in 2004. Senators Al Franken (D-Minn.) and John Cornyn (R-Texas) are the Senate lead co-sponsors and Representatives Doug Collins (R-Ga.) and Bobby Scott (D-Va) are the lead co-sponsors in the House. The two bills were assigned to the Senate and House Judiciary Committees.

The bill incorporates the “Sequential Intercept Model” as a foundation for services. This is a comprehensive approach to services that emphasizes interventions at whatever stage of the criminal justice process a person is, whether pre-arrest, post-arrest, during incarceration, or upon discharge into the community. It requires all relevant systems (criminal justice, mental health, substance abuse, consumers and families and others) to work together to design and implement strategies to reduce incarceration and improve treatment and rehabilitation.

The bill authorizes funding for a variety of relevant services, including:

- Law enforcement training and partnerships such as Crisis Intervention Team (CIT) programs;
- Specialty Courts such as Veterans Treatment Courts and Mental Health Courts;
- Treatment and services in correctional settings, including alternatives to solitary confinement;
- Programs to assist people transitioning out of corrections and reentering communities, including mental health and substance use treatment, housing and employment.

Action Needed:

Finding additional co-sponsors and supporters in the Senate and House will be critical to moving these bills forward. Check to see if your Representative or 2 U.S. Senators are co-sponsoring the bill by clicking on the links above. If they are not currently co-sponsors, please contact them and urge them to join as co-sponsors of this important legislation.

Thank you for advocating for passage of these important bills!



In Loving Memory of:
Philip B. Monaghan

NAMI San Mateo County appreciates those who send donations in honor of or memory of individuals who have passed. Our heartfelt gratitude, and our condolences to the families who've lost a loved one.

California Clubhouse Update

By Diane Warner

We are thrilled to announce we have recruited an Executive Director for the California Clubhouse. Erica Horn will start officially on April 23. Erica brings tremendous knowledge, experience and energy to our program.

Erica is highly regarded throughout the Clubhouse International community, having achieved accreditation for Hero House (Bellevue, WA) in record time, and for achieving financial sustainability even as other Clubhouses struggled during the financial downturn. Erica grew up in the Bay Area and is enthusiastic about returning to her family and connections here. She is an exceptional leader and we are extremely fortunate to have her join the team.

We look forward to opening our doors to members soon after she arrives sometime in May, which is national Mental Health Month.

With Erica's guidance, members and staff will collaborate to create a place where people with persistent mental illness can work on recovery in an atmosphere of dignity and hope.

Body Image & Eating Disorders

Thursdays • 6:30-8:00pm
1225 Crane Street, Suite 205
Menlo Park, CA

Join us for this free support group. Are you unhappy with your body? Do you compulsively exercise? Do you think about food day & night? Do you eat when you're not hungry? Come join us and get control of your body image and fear about eating. You are not alone and these confidential support groups will make a difference. Open to family and friends.

RSVP required: emlycaruthersmft@gmail.com. More information: 408-356-1212 or e-mail: info@edrcsv.org

Hosted by Emily Caruthers, MFT, in partnership with Eating Disorders Resource Center / www.edrcsv.org or www.emlycaruthers.com

SUPPORT GROUP MEETINGS (for information on NAMI Support Groups call 650-638-0800)

- **NAMI Cordilleras MHR Center Family Group**, 1ST Mondays (2ND Monday if 1st is a holiday), 6:30-8pm, 200 Edmonds Road, Redwood City, 650-367-1890. Penney Mitchell & Julie Curry, NAMI SMC co-facilitators
- **NAMI Parents of Youth & Young Adults** (ages 6 – 26), 2ND Mondays, 7-8:30pm. NAMI SMC, 1650 Borel Pl, Ste 130, San Mateo, 638-0800. Kristy Manuel and Ginny Traub, facilitators.
- **Dual Diagnosis Group for Consumers**, Mondays, 2:30pm. The Source, 500 A Second Ave., San Mateo. Info: 650-343-8760

MONDAY

- **NAMI Coastside Support Meeting** for family members, 2nd Tuesdays, 7-8:30pm. Coastside MH Cntr, 225 S. Cabrillo Hwy, #200A, Half Moon Bay, 650-726-6369. Karina Marwan, NAMI facilitator
- **NAMI Jewish Family & Children's Services**, family and friends are welcome. 4TH Tuesdays, 7:00pm. 200 Channing Ave., Palo Alto, 650-688-3097. Sharon & Ron Roth, NAMI SMC facilitators; John Bisenivs, LCSW.
- **NAMI San Mateo Medical Center** for family members. 1st and 3rd Tuesdays, 6:30-8pm. 222 W. 39th Ave. & Edison, San Mateo. Board Room (main entrance elevator to 2nd floor, left to the end of the hall). Terry & Polly Flinn, Carol Metzler & Judy Singer, NAMI facilitators.
- **NAMI South County Support Meeting** for family members, 2nd Tuesdays, 6-7:30pm. Mental Health Clinic, 802 Brewster, Redwood City, 650-363-4111. Pat Way, NAMI SMC facilitator; Liz Downard RN, MSN. **Park behind building and knock loudly on door.**

TUESDAY

- **DBSA Mood Disorder Support Group** for persons with uni- and bi-polar disorders, mania, depression, or anxiety; family members welcome. Tuesdays, 7-9pm, College Heights Church, 1150 W. Hillsdale Blvd, San Mateo. Contact at DBSASanMateo@um.att.com or 650-299-8880; leave a message.
- **HOPE** (Hope, Offering, Prayer and Education), for those with mental illness and/or in supporting roles. 1st and 3rd Tuesdays, 6:30pm, First Presbyterian Church, 1500 Easton Dr., Burlingame. Call 355-5352 or 347-9268 for info.
- **Korean Support Group**, a family/consumer group. 4TH Tuesdays, 6:30-8:30pm. Full Gospel Mission Church, 20920 McClellan Rd. (opp. De Anza College), Cupertino. Info: Kyo, 408-253-9733.
- **Women Living With Their Own Mental Illness**, Tuesdays, 1-2:30pm. Redwood City - sliding scale fees apply for this meeting. Contact Deborah at 650-363-0249, x111.
- **Spanish-Speaking Support Group** for family members. 2ND Tuesdays, 6-7:30pm. South County BHRS, 802 Brewster Ave, Redwood City. Contact Claudia Saggese at 573-2189.

- **DBSA Mood Disorder Support Group** Wednesdays, promptly 6:30-8:30 pm. Contact: DBSAPaloAlto@gmail.com. Supporters may attend with their consumer. VA Hospital, 3801 Miranda Ave, Hosp Bldg 101, Room A2-200, Palo Alto.
- **Jewish Support Group** (open to all denominations), for those with mental illness and families and friends. 2nd Wednesdays, 6:15-8:30pm. For info, call Carol Irwin 408-858-1372. Beit Kehillah, 26790 Arastradero Rd., Los Altos
- **Telecare** for family and friends of residents. 2nd Wednesdays, 5:30-7pm. 855 Veterans Blvd, Redwood City. 650-817-9070

WEDNESDAY

- **Asian-Language Family Support Groups** Last Thursday, 6-7:30 pm, Cantonese/Mandarin. 1950 Alameda de las Pulgas, San Mateo. BHRS main entrance. Info: 650-573-3571.
- **Coastside Dual Diagnosis Group**, development for clients in all stages of recovery. Thursdays at 4-5pm. 225 S. Cabrillo Hwy #200A, Half Moon Bay. 726-6369 for information.
- **H.E.L.P. for those coping with a mental illness and/or those in a supporting role**, Thursdays, 6:00pm optional dinner; 6:30-7:30 program, 7:30-8:30 prayer. Menlo Park Pres., 950 Santa Cruz Ave. Garden Court. Contact Jane at 650-464-9033
- **North County Support Group** for clients, family and friends. 2ND and 4TH Thursdays, 5:45-7pm, 375 89th Street, Community Room, Daly City. Co-facilitators: Stu Berger, RN, CNS, & Adam Harrison ASW More info: 650-301-8650.

THURSDAY

- **NAMI Connection - Consumer Recovery Support Group**: 1ST & 3RD Saturdays, 3:30-5pm. 500 E. 2nd Ave, San Mateo, Heart and Soul. Questions, call NAMI SMC at (650) 638 - 0800.
- **Japanese Education & Support Group**, call (415) 474-7310 for information.
- **Obsessive-Compulsive Foundation of SF Bay Area**, 3RD Saturdays, 1:30-3:30pm, Seton Medical Center, 1900 Sullivan Ave., 2nd Fl. Conf room near cafeteria, Daly City. For more information: 415-273-7273; www.ocd-bayarea.com.
- **Consumer Support Groups**, Heart and Soul, 500 E. 2nd Ave., San Mateo. Call 650-343-8760.

SATURDAY

Cluttering & Hoarding Support Groups, Workshops, and Private Consultations - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, efarber@avenidas.org



Sat., May 30
Golden Gate Park
Lindley Meadow

Psychiatric Grand Rounds Programs

Open to the Public

Mills-Peninsula Health Services

Saidy Conf. Rm., Ground Floor
100 South San Mateo Drive, San Mateo / 650-696-5813
12:15 – 1:45pm **BRING LUNCH**

May 12 12:15 – 1:30 P.M.

No Grand Rounds due to a special event -- Please join us for the “Third Annual Community Project Poster Day”

May 26 Telepsychiatry, the New Frontier in Mental Health: How Technology is bringing psychiatrist to people in underserved areas”

Research Studies

Youth with Bipolar Disorder needed for a sleep study. Eligible youth will be compensated up to \$215 for participating. For more information, please contact dailyrest@stanford.edu or 650-736-2689. Let us know the best days/times to reach you. Please share this information with anyone who may be interested in participating. For information about participant rights contact (866) 680-2906.

BHRS Family Contacts

Suzanne Aubry, Dir. Family Service & Support: 650-573-2673
Claudia Saggese, Family Liaison (habla Español): 573-2189
Jade Moy, Dir. Chinese Initiative: 573-2952

NAMI Education Programs

Call 650-638-0800 to register

Sign up for the evidence-based education class that fits your need (Support Groups on page 5). Courses are FREE, comprehensive, and popular. Gain skills and understanding in an interactive, supportive environment. Registration is required.

- **Family to Family**—For adult relatives with a family member with mental illness. Class meets once a week for 12 weeks.
- **Peer to Peer**—Better living skills for people with mental health issues taught by people with mental health issues.
* * *Class starts Thursday, May 21—Join us!* * *
- **Provider**—An overview program for Mental Health and AOD professionals, para-professionals and all others serving individuals with serious mental illnesses and their families. CMEs pending approval for qualified attendees.
- **Basics**—Focuses on the fundamentals of caring for you, your family and your child with mental illness.

If you're interested in becoming a **facilitator** for NAMI Support Groups or any of our education programs, please contact the NAMI office: 650-638-0800. Training classes are scheduled throughout the year.

Visit www.namicalifornia.org/ to get the latest on legislative activity.
We appreciate your participation in advocacy!

San Mateo County Mental Health Emergency Numbers

Police: 911

Tell the dispatcher you are calling regarding a person who has a mental illness. Request a CIT (Crisis Intervention Team) trained officer and/or someone who has experience in dealing with the mentally ill. For non-emergency situations, call your local police department.

24 Hour Crisis Line & Support Help: 650-579-0350 / 800-784-2433

Calling the local number will get you someone in San Mateo County. Calling the 800 number will get you the first person available. This person may not be in San Mateo County.

Psych Emergency: San Mateo Medical Center: 650-573-2662
Mills Peninsula Hospital: 650-696-5915

Kaiser South San Francisco: 650-742-2511
Kaiser Permanente SMC: 650-991-6455

FAST: 650-368-3178 | 650-371-7416 (pager)

Family Assertive Support Team - When your loved one is in emotional distress. Available 24x7.

For additional non-emergency numbers relating to Mental Health issues, access www.namisanmateo.org.

MHSARC Meetings - open to the public

Wednesday, May 6 • 3:00 - 5:00pm

(first Wednesday of every month)

Time/locations vary, please check with 650-573-2544

or www.smchealth.org/MHSARC

Health Services Building Room 100

225 W. 37th Ave., San Mateo

AGED-FOCUSED COMMITTEES:

225 W. 37th Ave., Diamond Room, San Mateo

Older Adult Services Committee • 10:30am - 12:00

Adult Services Committee • 1:30pm - 3:00

Children and Youth Services Committee • 4pm - 5:00

(2000 Alameda De Las Pulgas., Room 209)

Board of Supervisors Meeting

Tuesday, May 5 • 9:00 a.m.

Board Chambers

400 County Center, First Floor, Redwood City

Board of Supervisors agendas are found at

<http://www.co.sanmateo.ca.us/portal/site/bos>.



Plan now to attend the 2015 NAMI National Convention IN SAN FRANCISCO!

You won't want to miss the outstanding program offerings:

- Top-notch researchers and clinicians providing information and tools to advance and sustain recovery from mental illness
- People living with a mental illness and their families providing their own important perspectives on recovery
- The country's keenest minds and savviest policymakers offering strategies and tactics to effectively advocate for changing the mental health system in our nation
- Abundant networking opportunities so we can learn from each other about how we can improve the lives of all people living with mental illness and their families
- Inspiration, innovation and an exhilarating four days in this wonderful city

The fastest and easiest way is to register online.

<http://www.nami.org/Get-Involved/The-2015-NAMI-National-Convention/Registration-Information>

Bringing Communities Together

NAMI California Annual Conference



**Friday and Saturday, August 21 - 22
Newport Beach**

Register Today and Save a Lot of

Money With Early Bird Special Sav-

ings on Hotel and our 2015 Annual State Conference

Rates! Go to <http://www.namica.org/annual-conference.php?page=register&lang=eng>.

Contact Eugenia

Cervantes at eugenia@namica.org or (916) 567-0167 for more information.

Gene Discovered That May Play Role in Anxiety, Schizophrenia

The Psychiatry Advisor take:

A gene called Gomafu that was recently discovered by researchers influences how the body responds to stress and may play a significant role in anxiety and schizophrenia.

Researchers from the University of California, Irvine, University of Queensland (Australia) and the Garvan Institute of Medical Research in Sydney, Australia, found that when Gomafu switches off, behavioral changes begin to happen, and those changes are similar to what is seen in anxiety and schizophrenia, they reported in the journal *Biological Psychiatry*.

The gene is a long, noncoding RNA and was found within a section of the genome most associated with so-called "junk" DNA, the 98% of the human genome that, until recently, was thought to have no function. The researchers note this is the first time long, noncoding RNA activity has been detected in the brain in response to experience.

The researchers also discovered that noncoding genes such as Gomafu might serve as a kind of surveillance system that has evolved so that the brain can rapidly respond to environmental changes. Timothy W. Bredy, PhD, assistant professor of neurobiology & behavior at UC Irvine, said in a statement that disruption of this brain network could contribute to the development of neuropsychiatric disorders.

The researchers added that they hope the discovery will allow for better prediction of and resilience to developing certain psychiatric disorders.

— <http://www.psychiatryadvisor.com/gene-discovered-that-may-play-role-in-anxiety-schizophrenia/article/400843/>

Peninsula Veterans Affairs Center

Are you a vet or know one who needs help, is experiencing PTSD and/or other symptoms? Call 650-299-0672 or visit Peninsula VA Center, 2946 Broadway, Redwood City.



Sign up for the NAMIWalk!

Saturday, May 30 - see page 1

Tony Hoffman Award Ceremony

May 6 - see page 2

Caminar Symposium

May 7 - see page 2

CASRA Conference

May 7 & 8 - see page 2

General Meeting

May 27 - see page 1

Art Showcased in May

see page 2

NAMI National Convention

in San Francisco!

July 6-9 - see page 7

Please Become a Member of NAMI San Mateo County

1650 Borel Place, Suite 130, San Mateo, CA 94402

- Regular Member (\$35 to \$99)*
- Sustaining Member (\$100 to \$499)*
- Patron Member (\$500 to \$999)*
- Benefactor Member (\$1,000 or more)*
- Mental Health Consumer (\$10)
- Renewal or New Membership Amount Enclosed: \$_____

Change Address (print new address below, include bottom half of page with old address)

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

Name _____

Address _____

City/State _____ Zip _____

Phone (_____) _____ E-mail _____

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

Credit Card# _____ Expires _____

Amount \$ _____ Signature _____

How did you hear about NAMI? _____

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

MH Professional Business or Agency Friend

Your membership in NAMI San Mateo County is tax deductible to the extent allowed by law.

Thank you for your support!

NAMI San Mateo County
 1650 Borel Place, Suite 130
 San Mateo, CA 94402
 650-638-0800 / FAX: 650-638-1475
 nami@namismc.org
 www.namisanmateo.org
 Office open: 9am-1pm, M-F (or by appt.)

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NAMI San Mateo County
 1650 Borel Place, Suite 130
 San Mateo, CA 94402

RETURN SERVICE REQUESTED

Time Value

Got news?

email nami@namisanmateo.org

Rule Proposed On Providing Mental Health 'Parity' In Medicaid Program

By Jenny Gold | April 7, 2015

A federal law that passed in 2008 was supposed to ensure that when patients had insurance benefits for mental health and addiction treatment, the coverage was on par with what they received for medical and surgical care. But until now, the government had only spelled out how the law applied to commercial plans.

That changed Monday, when federal officials released a long-awaited rule proposing how the parity law should also protect low-income Americans insured through the government's Medicaid managed care and the Children's Health Insurance Program (CHIP) plans. The proposed regulation is similar to one released in November 2013 for private insurers.

"Whether private insurance, Medicaid, or CHIP, all Americans deserve access to quality mental health services and substance use disorder services," said Vikki Wachino, acting director at the Center for Medicaid and CHIP Services.

Medicaid and CHIP programs are funded jointly by the federal and state governments.

Even if the state has carved out some benefits under a separate behavioral health plan, patients would be protected under the rule. Medicare patients are generally not affected by the regulation, nor are those in Medicaid fee-for-service plans. But the rule does affect the majority of the 70 million people on Medicaid who are in managed care plans, and the 8 million children covered by CHIP plans.

Insurers, advocates and the general public will have a chance to comment on the proposed rule. The government will then release a final version. The proposal would mean that plans no longer could have hard limits on coverage such as a certain number of mental health visits in a year. And if a patient were to be denied treatment for a mental health or substance use disorder, the insurer would have to explain why.

The regulation has been a long time coming, says former Rhode Island congressman Patrick Kennedy, lead author of the Mental Health Parity and Addiction Act, which passed two years before the Affordable Care Act (also known as Obamacare).

"Even if this rule goes forward, it's going to be at least another 18 months to implement it. We're going to be a decade ... between when the law was passed and when it's going to be effective," said Kennedy. "It's very emblematic of what we've always faced in mental health. We're always secondary and an afterthought in health care."

Kennedy and other advocates across the country say commercial insurance plans have been slow to implement the parity law, even though they have had a final rule for more than a year. Patients still face discrimination in their mental

health and substance abuse care, Kennedy said, and the federal government has not aggressively enforced the law.

"We have a lot of lessons learned already on the failure of parity to be enforced in commercial plans. We definitely will be carrying over those same problems [into Medicaid plans] if we don't correct them in time," he said.

The responsibility for enforcing the new regulation will fall first to state Medicaid agencies. Matt Salo, executive director of the

National Association of State Medicaid Directors, said the rule is a welcome development. "Medicaid has quietly become the largest payer of mental health services in the country," Salo said. "Medicaid directors are hopeful that parity ultimately helps to level the playing field, which would allow more people to get the care they need at the right time, and ultimately reduce future reliance on Medicaid."

In the short term, the rule is expected to cost state Medicaid programs \$150 million in additional behavioral health costs. "Because of decades of insufficient investments from other payers, approximately 30 percent of all Medicaid dollars are spent on individuals with behavioral health needs. These regulations will lead to increased coverage of — and therefore spending on — behavioral health services for Medicaid beneficiaries in managed care or other capitated care models," Salo explained.

Mario Molina, CEO of Molina Healthcare, a large Medicaid health plan based in Long Beach, Calif., said he applauds the government's plan to have the parity law apply to Medicaid plans. "It's a great idea," he said.

Even with parity provisions, however, Molina said he worries about the shortage of mental health providers in Medicaid. "It won't impact the number of providers, but it will increase demand for them," he said.

Emily Feinstein, the director of health law and policy at substance abuse and addiction center CASAColumbia, worries that access to care will make parity difficult to achieve in practice. The parity rule "will not be enough to overcome all of the barriers that patients face in accessing care, including an insufficient number of in-network providers," she said. Under the proposed rule, however, plans that allow access to out-of-network providers for physical health issues must provide access for mental health as well, she said. Kaiser Health News staff writer Phil Galewitz contributed reporting.

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