



NAMI San Mateo County

National Alliance on Mental Illness

General Meeting



100 S. San Mateo Drive San Mateo

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

Wednesday, Nov 18

(3rd Wednesday of the month because of the holiday)

6:00pm Reception

6:30 Concert - The Friction Quartet

7:15-8:30 Program

NAMI Thanksgiving



RSVP NOW to 650-638-0800

We want to be sure there's plenty of pie!

Please join us for our traditional Thanksgiving celebration, focusing on GRATITUDE.

Bring your family and friends to enjoy comradery and pie!

Everyone who supports NAMI's mission is welcome and encouraged to attend. And, as always, it's free!

The Friction Quartet, a talented group of emerging artists whose performances have been called "terribly beautiful" will perform 3 well-known movements from classical repertoire.

The "**Be the One**" campaign to help fight stigma surrounding mental illness

Photo Booth will also be at the General Meeting. See the link below for photos and more information

<http://smcbhrsblog.org/betheonesmc/>.



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.

Peace Officer Training Signed Into Law

newsletter@namicalifornia.org

Thanks to the efforts and commitment of NAMI members we are thrilled to announce that SB 11 and SB 29, by Senator Jim Beall, were signed into law by Governor Brown on Saturday, October 3. Together, these bills will require 15 hours of behavioral health training for law enforcement in the basic academy course, and 12 hours of training for Field Training Officers, including 8 hours of crisis intervention behavioral health training. The training must include recognizing the signs and symptoms of mental illness, de-escalation techniques, appropriate response options, and community resources and referrals.

SB 11 and SB 29 were made possible by your support over the past weeks, months and years. The stories, and the local and state advocacy of NAMI families, combined with our partnership with law enforcement officers, made the case for mental health training.

Golden Gate Bridge Suicide Barrier Set To Go Out To Bid

AP / Saturday, October 10, 2015

Golden Gate Bridge officials are set to begin looking for a construction firm for a suicide barrier on the landmark span, a newspaper reported. The bid was scheduled to go out on October 13, and a construction firm could be selected as soon as March, the Marin Independent Journal reported Friday (<http://bayareane.ws/1hwpKk9>). Preliminary work could start within weeks of the selection. The entire project is expected to take more than three years to complete at an estimated cost of \$76 million.

The bridge district's board approved a deal Friday with the National Park Service that allows builders to store material and equipment on park land during construction, the Marin Independent Journal reported. The bridge district needed the deal because the park service controls the land at the bridge, Denis Mulligan, bridge general manager, told the newspaper.

More than 1,400 people have jumped to their deaths since the bridge opened in 1937. Most jumpers suffer a grisly death, with massive internal injuries, broken bones and skull fractures. Some die from internal bleeding. Others drown.

Golden Gate National Recreation Area Assistant Superintendent Aaron Roth said "tragedy and loss" have been part of the national park at the Golden Gate for too long. "We look forward to a future where the beauty and inspiration of this beautiful place are not overshadowed by these tragic losses and deep sorrow."

Talk of installing a suicide barrier began in the 1950s with the first serious consideration made in the 1970s, when 18 designs were considered and then dismissed. A coalition of agencies is paying for the project.

The design for the barrier calls for stainless-steel cable nets reaching out 20 feet from the bridge and 20 feet below the span. The cables will slightly collapse to absorb a person, making it difficult to get out until help arrives.

AB 1194 Signed Into Law

—<http://www.sandiegopsychiatricsociety.org/author>

On October 8 the Governor signed CPA sponsored AB 1194 (Eggman), which clarifies that danger in the 5150 statute is not restricted to only imminent danger, and that psychiatric history and the input of families **MUST** be taken into account. This will become the law in California on January 1, 2016.

AB 1194 really amounts to a change in a few words on paper when all is said and done . . . and yet it's a small but important step forward. AB 1194 has created an opportunity to refine and clarify more broadly who gets care in an emergency setting. It's also important to note that it will contribute to earlier interventions, and those earlier interventions can lead to better outcomes. In our efforts to make treatment laws more rational, and consistent across counties, hospitals and law enforcement agencies we have won a victory.

17th Annual Conference on Hoarding and Cluttering

November 5-6
Hilton San Francisco Financial District
750 Kearny Street, San Francisco

The Mental Health Association of San Francisco hosts the International Hoarding and Cluttering Conference in San Francisco. What began as a one-day regional Greater San Francisco Bay Area conference, the Hoarding and Cluttering Conference has transitioned into a two-day international education and learning forum that brings together individuals, service providers, housing providers, and researchers in a single location to address hoarding and cluttering disorders. For more information, contact ichc@mentalhealthsf.org.



NARSAD Artworks

Our office now carries a supply of cards - stop by and pick up a pack - and another for a friend!

Visit NARSAD Artworks for their beautiful holiday cards, notecards, calendars and gifts online at www.narsadartworks.org or call 800-607-2599 or 714-529-5571.

NARSAD Artworks showcases museum-quality art products by and on behalf of mentally ill persons. All proceeds support the Brain & Behavior Research Foundation and NAMI SMC.

Place your order now for this holiday season!

Visit www.namicalifornia.org/ to get the latest on legislative activity.

We appreciate your participation in advocacy!

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.

3rd Annual Tools for Change Conference *Innovative Paths to Achieving Wellness*

Demo Tank: Friday, Nov. 6 • 7pm-9pm
Conference: Saturday, Nov. 7 • 9am-6pm
Hilton San Francisco Financial District
750 Kearny Street, San Francisco

Mental Health3.NOW is a dynamic summit-style event bringing mental health experts, technology leaders, users/consumers, researchers, and community members together to explore and leverage the convergence of fast-moving technologies in the future of mental health and wellness.

Including an industry-facilitated, user-engaged Demo Tank and top Silicon Valley talent, Mental Health3.NOW is an opportunity to be part of some of the most exciting conversations ever to take place between leading technology and health sector experts, international program innovators, researchers, and funders.

Register at: mentalhealth3pointnow.com
10% off your registration until Oct 31
Use Code: HALLOWEEN2015

The Mental Health Association of San Francisco advances the mental health of people of San Francisco and leads the global community in advocacy, education, research and supports that promote recovery and wellness while challenging the stigma associated with mental health conditions.

The Center for Dignity, Recovery, and Empowerment leads the global community through lived expertise & culturally responsive innovations for mental health wellness, hope and human dignity.

Donations Received

Our Condolences

In memory of Matthew Anton from Janet Nestler and Jeff Appelbaum
Melissa and Ken Brenner

In memory of Sheri Reed from Kim Nobles

In honor of Terry Walker's 90th birthday from Al & Norma Guaspari
Eunice and Richard Kushman
Stephen Walker
William & Mikiko Walker

Thank you Jerry Thompson for the Dell Inspiron 15Z gifted to the NAMI SMC office. Our current Peer to Peer Education Class has already made good use of it!

NAMI San Mateo County appreciates those who send donations that honor loved ones.
Our heartfelt gratitude!

Momentum Builds To Reduce The Criminalization Of Mental Illness

—<http://www.treatmentadvocacycenter.org/>

In the wake of another mass shooting that left eight dead in Roseburg, Oregon, Representative Martha McSally (R-AZ) today [Oct 8] introduced the *Mental Health and Safe Communities Act*. The new House bill serves as a companion to the Senate bill introduced by John Cornyn (R-TX) in August.

McSally represents the 2nd District of Arizona, where in 2011 Jared Loughner killed six people and wounded 14, including former U.S. Representative Gabby Giffords. Loughner, who has been diagnosed with schizophrenia, was sentenced to seven consecutive life sentences in 2012. He is now one of the more than 350,000 individuals with a mental illness in our nation's jails and prisons. See <http://tacreports.org/treatment-behind-bars>

The Mental Health and Safe Communities Act would enhance the ability of local communities to provide care for people with mental illness before a tragedy occurs, and drastically improve options to divert people with a psychiatric disease into treatment before they come into contact with the criminal justice system.

Treatment Advocacy Center Executive Director John Snook said about the legislation: "Representative McSally recognizes that our nation's jails and prisons are the worst places to treat people with severe mental illness. For too long, our nation's mental health system has failed those in need and law enforcement has been left to pick up the pieces. It is inhumane, not effective and too often the consequences are tragic."

"We are encouraged that leaders in the U.S. House and the Senate are championing mental health reform and actively working to keep those with a mental illness out of jails and prisons where they don't belong," the executive continued. "The status quo is unacceptable."

The Treatment Advocacy Center is a national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illness. The organization promotes laws, policies and practices for the delivery of psychiatric care and supports the development of innovative treatments for and research into the causes of severe and persistent psychiatric illnesses, such as schizophrenia and bipolar disorder.

Could Depression Be Caused By An Infection?

NPR has posted the following report about what new research is showing about the possible link between infection and depression and mood disorders:

http://www.npr.org/sections/health-shots/2015/10/25/451169292/could-depression-be-caused-by-an-infection?utm_source=npr_newsletter&utm_medium=email&utm_content=20151025&utm_campaign=news&utm_term=nprnews

There Are Rules And There Are Ways Around Them

By Kim Nobles, member

I got a call from my brother's case manager at Cordilleras (third floor) - he'd been taken to Psych ER. I knew that if I called I'd get no information from staff per regulations - wouldn't even be able to learn whether my brother was (or wasn't) there.

I called anyway, and a sympathetic ER staffer answered the phone. He stuck by the rule and did not give me any information about my brother, but what he did do was hold the phone out into the waiting room so I could hear my brother, who was in full angry voice. And I heard.

The staffer came back on the line and said simply, "Did you hear that?" I answered yes and thanked him.

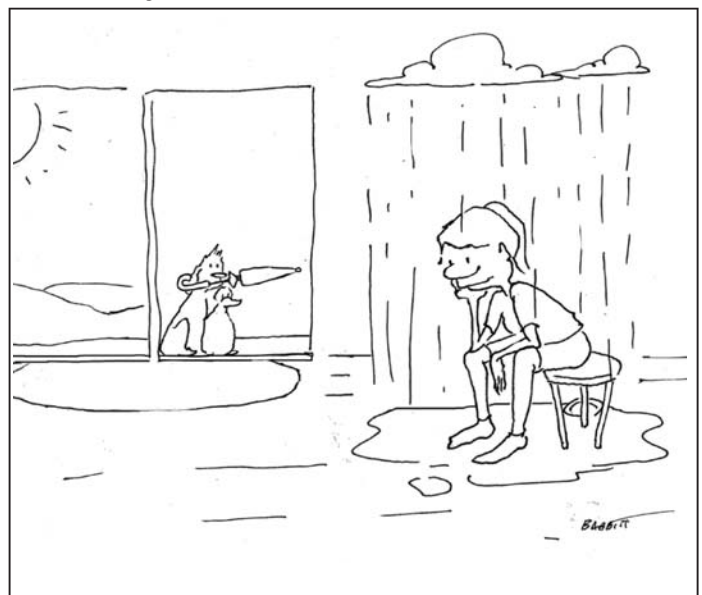
No rules broken. Small success achieved by the combination of a determined family member and sympathetic staff.

Editor's note: Stories of making the system work for your family are welcome! Send to the NAMI SMC office at nami@namisanmateo.org.

Check out *Wellness Matters*, the SMC BHRS newsletter <http://smchealth.org/wm>

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Social Security Questions?
.....
Call Joe Hennen at Vocation Rehab Services: 650-802-6578
.....

Melanfolly by L Babbitt



A Conversation on the Edge of Human Perception

This article from the NY Times gives a very helpful perspective of therapists trying to communicate with and help people with schizophrenia. It could be helpful for family members. http://opinionator.blogs.nytimes.com/2015/10/17/a-conversation-on-the-edge-of-human-perception/?emc=edit_tnt_20151017&nlid=40088222&ntemail0=y
[A Conversation on the Edge of Human Perception](#)

Thanks to our Volunteers!

Family to Family Teachers: Tad Randall, Vivien Duering, Rosemary Field, Penney Mitchell and Claudia Sagesse.

Newsletter Delivery Team: Gina Olinger, Esther Paula, Diana Casey

Our Warm Line Dream Team: Cammie Forchione, Diane Warner, Diana Casey, Gina Olinger, Hilary R. Randall

Health Fair Helpers: Maribel Rios, Karen Snyder, Florian Davos, Sue Jorgensen

**To all our volunteers, THANK YOU.
We couldn't do it without you!**

If you would like to volunteer, please contact Debi at nami@namisanmateo.org, or 650-638-0800.



Shopping Supports NAMI SMC

Together, shopping through any of these mediums makes a real difference. Last year, NAMI SMC received over \$3,000 in merchant rebates!

The **S.H.A.R.E.S. card** will donate 3% of your grocery purchases to NAMI SMC at all SAVEMART, LUCKY, SMART FOODS & FOODMAXX stores! To request a S.H.A.R.E.S. card please call our office at (650) 638-0800 or email us at education@namisanmateo.org. Tell a friend!



Remember, always start at **smile.amazon.com** and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases. 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!



escrip is easy, quick & secure! Let's get started! Go to www.escrip.com, click on "sign up," follow the instructions to register your grocery cards and your existing credit/debit cards and start earning for NAMI SAN MATEO COUNTY! Tell a friend!



Farewell Maureen

Maureen Sinnott, Ph.D., has resigned her post on the NAMI SMC board, having served most recently as the secretary. She was a mental health professional on the Provider Education teaching team, as well as very active with the NAMI Walk and the NAMI SMC 40th Anniversary event. With wide knowledge of the human psyche due to her clinical psychology background, and a deep and generous spiritual focus as a Franciscan nun, Maureen could always be counted on for wise council.

Maureen looks forward to focusing more on her work as a cross-cultural psychology consultant in Tanzania, East Africa, and spending more time with her family.

Maureen, thank you. You will be missed.

Research Study

An observational study is being conducted that examines sleep and mood in 14- to 21-year-olds with or without bipolar disorder. Participants receive \$215 for completing the study.

What's involved? One visit to our lab; Sleep assessments in teen's home; Teen filling out a daily diary using a cell phone. Contact dailyrest@stanford.edu or 650-736-2689 for more information.

MHSARC Meetings - open to the public

Wednesday, Nov. 4 • 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, Nov. 3 • 9:00 a.m.
Board Chambers
400 County Center, First Floor, Redwood City
Board of Supervisors agendas are found at

Jail Chaplain

Spiritual counseling for incarcerated persons - Marty at St. Vincent de Paul Society: 650-796-0767.

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), NOV-DEC 2ND Mondays, 7-8:30pm. 222 W. 39th Ave. & Edison, Board Room (main entrance elevator to 2nd floor, left to the end of hall). San Mateo, 638-0800. Kristy Manuel and Ginny Traub, facilitators.
- **Dual Diagnosis Group for Consumers**, Mondays, 2:30pm. 210 Industrial Rd. Bldg. 210, Room 160, info: 650-393-8604.

MONDAY

- **NAMI Spanish-Speaking Support Group** for family members. 2ND Tuesdays, 6-7:30pm. South County BHRS, 802 Brewster Ave, Redwood City. Contact Claudia Sagese at 573-2189.
- **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 Bisenivis, 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.**
- **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.

TUESDAY

- **NAMI Stanford** for family & friends. 2nd Wednesdays, 7:00 -8:30pm. 401 Quarry Road #1206, Stanford. Dept. of Psychiatry & Behavioral Sciences (parking is between Vineyard & Quarry). Info: 650-862-2886 or pamelapolos@comcast.net
- **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.
- **Body Image & Eating Disorders**, Thursdays, 6:30-8pm, 1225 Crane St, Ste 205, Menlo Park. Open to family and friends. *RSVP required:* emlycaruthersmft@gmail.com. More info: 408-356-1212 or e-mail: info@edrcsv.org.
- **H.E.L.P. for those with a mental illness and/or in a supporting role**, Thursdays, 6:00pm optional dinner; 6:30-7:30 program, 7:30-8:30 prayer. Menlo Church, Garden Court, 950 Santa Cruz Ave., Menlo Park Contact Jane Clark 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: Linda Hildreth and Adam Harrison LCSW More info: 650-301-8650.

THURSDAY

- **NAMI Connection - Consumer Recovery Support Group**: call NAMI SMC 650-638-0800 for information.
- **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, Call 650-343-8760 for address.

SATURDAY

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

NAMI Education Programs

Call to be added to the Wait List - 650-638-0800

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. Pre-registration is required.

- **Basics**—For parents and caregivers of children and adolescents living with mental illness who developed symptoms prior to the age of 13 years.
- **Family to Family**—For relatives of an adult 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.
- **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.
>>Please call to set up an in-house program for your organization.

Teachers/Facilitators Needed

We're looking for persons to facilitate our programs! Training is provided to lead our education programs, presentations and support groups - please contact the NAMI office at 650-638-0800 for details.

We are also looking for individuals with lived experience who are interested in telling their story for In Our Own Voice presentations.

\$250 Scholarship Available

The MHA of SMC is offering a scholarship for persons with lived behavioral health experience to pursue education through the Lived Experience Scholarship. Please contact the Mental Health Association of San Mateo County at 650-368-3395 for qualifications and application information. First come, first served until funds are gone, so apply now!

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.

BHRS Family Contacts

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



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.

HELPFUL: Tips to prepare yourself for a 911 call are available on the BHRS website. Download "Mental Health Emergency" at www.smchealth.org/MH911 or visit the blog: <http://smcbhrsblog.org/2015/03/30/mental-health-emergency-materials-aka-family-script/>.

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.

NAMI Awards Major Research Grants in Serious Mental Illness

NAMI Research Fellowships Benefit Academic Departments of Psychiatry

ARLINGTON, VA, October 8, 2015 – NAMI today announced the award of five-year grants to promote research in serious mental illness in two of the nation’s leading university departments of psychiatry.

The University of Michigan Health System’s Department of Psychiatry and the McLean Hospital Psychotic Disorders Division, affiliated with Harvard Medical School, will each receive a grant to support a NAMI Research Fellow, in conjunction with NAMI’s medical director, Ken Duckworth, M.D. Each was selected following a nationwide Request for Proposals (RFP).

“One of the most important things about the grants is that our NAMI Research Fellows will help individuals who live with serious mental illnesses and their families feel more connected to research,” said NAMI Medical Director Ken Duckworth, M.D. “We’re confident both academic centers chosen will do an excellent job bringing the development and practice of research to life for people impacted by mental illness.”

Each academic institution, in conjunction with the NAMI Medical Director, will identify individual early career investigators to become NAMI Research Fellows. A close working relationship is planned between NAMI and each center: Fellows will come to NAMI’s annual convention, contribute to NAMI’s resources and discuss their research work with NAMI members in person or via media.

Grant proposals were reviewed by a panel of NAMI’s scientific council, the NAMI medical director and additional NAMI leaders. Each academic center selected was able to demonstrate:

- A commitment to academic study and productivity in serious mental illness research
- A history of mentoring young investigators
- Capacity for research designed to:
 - o improve the understanding of the basis of psychiatric disorders
 - o enhance the application/translation of current treatments for serious mental illness, or
 - o improve the quality of life for people living with serious mental illnesses
- A current collaborative relationship with a NAMI State Organization and/or NAMI Affiliate.

The University of Michigan fellow will do research work in first episode psychosis, with Stephan F. Taylor, M.D., as mentor. Areas of study will include stem cell research, digital application of symptom monitoring and pharmacogenetics. The fellow with McLean Hospital of Harvard Medical School will research a creative recovery-oriented approach to hospital care that involves shared decision-making, patient engagement and the inclusion of family members. Dr. Dost Öngür, M.D., Ph.D., will mentor the fellow, who will work from the perspective that integrating recovery into inpatient care is key in improving outcomes.

Awards will be disbursed for the Fellows in time for their research to begin July 1, 2016.

—Bob Carolla, Director of Media Relations, NAMI
www.nami.org/stigmafree

Mentally Ill Need Care—Not Easy Gun Access

Please call your Congressional representative ASAP to urge support for HR2646

OPEN FORUM On Mass Shootings

By Fred J. Martin Jr., San Francisco Chronicle, 10/17/15

The continuing call of “let’s work together for sensible gun laws” makes sense, but it is a halfway answer at best when it comes to addressing mass shootings. What’s needed is a clarion call for Congress to act both on sensible gun laws and reform of our mental health laws.

Rep. Tim Murphy, R-Pa., has introduced a bill, HR2646, the Helping Families in Mental Health Crisis Act, which would restructure certain parts of the federal mental-health system to focus on ensuring treatment for the 4 percent of mental health patients who are the most seriously ill. It has bipartisan support.

This new focus is important because a number of the mass shooters have been persons with severe mental illness. Their illness, when paired with easy access to guns, is a recipe for murder. It is time for legislators — state and federal — to accept the medical research that shows mental illness is disabling to the person and requires psychiatric care and treatment. Many of those with mental illness also are afflicted with a condition that results in denial that they are ill.

Hearings Murphy held in 2013 revealed that the federal government’s approach to mental health is outdated, uncoordinated and fails to deliver psychiatric care to individuals and families in need. The federal government spends \$5.7 billion a year on services for the seriously mentally ill delivered through 112 mental health programs spread out over various agencies. Yet it fails to provide services to an estimated 40% of the nearly 10 million Americans with mental illness.

California’s Legislature and its government also would do well to revisit the use of the billions of tax dollars raised for mental health services under Proposition 63 since its passage in 2004. Voters were promised that this money would provide care and treatment for those severely mentally ill, especially those who make up the majority of our homeless. This year, the state’s Little Hoover Commission raised questions about Prop. 63 spending and criticized its poor oversight and lack of fiscal accountability.

What we are doing by continuing with our failed laws and ineffective mental health systems is shifting the problem of treating the mentally ill to the police, the jails and the prisons. Providing punishment rather than care results in greater costs — both financial and emotional — for all of us. Far too often, the laws and our judicial system are a barrier instead of a vehicle to provide treatment. If we have the right to bear arms, then mentally ill persons also have a right to get well.

Our responsibility is clear: The system is broken; it needs fixing. Tell your congressional representative to support HR2646.

Fred J. Martin Jr., a former Bank of America executive and a historian, has organized and chaired two major symposia at UC Berkeley on mental health issues.

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 Individual (\$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!

Conference on Hoarding and Cluttering

November 5-6 - see page 2

Tools for Change Conference

November 6-8 - see page 2

General Meeting

November 18 - see page 1



NAMI Members - are you ready to switch your paper newsletter delivery to email? Please help us be more efficient. Call the office today or email us at nami@namisanmateo.org.

NAMI San Mateo County
1650 Borel Place, Suite 130
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Important Recent Publications

from Carol Lamont, member

The recording of Nev Jones' amazing presentation at the NAMI Santa Clara County general meeting last week is now available online. She makes so many excellent points about the failure of mental healthcare in the US compared to other developed countries and shares her own experience living with schizophrenia:

Nev Jones, PhD Presentation: Engaging With Psychosis: Beyond the Status Quo –
<http://www.namisantaclara.org/classes/activities/>

Also, check out the recording of their very informative speaker at the NAMI meeting in September: Judge Richard J. Loftus. Presentation: Mentally Ill and the California Justice System.
<http://www.namisantaclara.org/classes/activities/>

I found this letter to the NY Times editor by a professor emeritus and former chairman of the department of psychiatry and behavioral sciences at Duke, was chairman of the D.S.M.-IV Task Force to be right on point and consistent with Nev Jones' comments at the NAMI meeting last week:

The Opinion Pages | Letter

Treating Severe Mental Illness: The U.S. Lags Behind

“New Approach May Alleviate Schizophrenia” (New York Times, front page, Oct. 20) describes a large new study reporting on the optimal treatment for first break psychosis. The winner is a combination of medication, education, skills training and psychotherapy. This is not at all surprising: This package already informs best practice in most other developed countries.

What is surprising is that the United States lags so far behind these other countries in providing accessible treatment and decent housing. We have closed 600,000 psychiatry beds in the last 50 years but did not, as planned, invest the savings in community services.

A result: Hundreds of thousands of our mentally ill are either homeless or are imprisoned for nuisance crimes that were easily avoidable if they had not been neglected. For people with severe mental illness, there has never been a time and a place worse than now in the United States. Let's hope that this study finally wakes up our sleepy collective conscience.

—Allen Frances
Coronado, Calif.

The writer, professor emeritus and former chairman of the department of psychiatry and behavioral sciences at Duke, was chairman of the D.S.M.-IV Task Force.

From the front page of the New York Times:

Talk Therapy Found to Ease Schizophrenia

By Benedict Carey, *The New York Times*, 10/20/15

More than two million people in the United States have a diagnosis of schizophrenia, and the treatment for most of them mainly involves strong doses of antipsychotic drugs that blunt hallucinations and delusions but can come with unbearable side effects, like severe weight gain or debilitating tremors.

Now, results of a landmark government-funded study call that approach into question. The findings, from by far the most rigorous trial to date conducted in the United States, concluded that schizophrenia patients who received smaller doses of antipsychotic medication and a bigger emphasis on one-on-one talk therapy and family support made greater strides in recovery over the first two years of treatment than patients who got the usual drug-focused care.

The report, to be published on Tuesday in *The American Journal of Psychiatry* and funded by the National Institute of Mental Health, comes as Congress debates mental health reform and as interest in the effectiveness of treatments grows amid a debate over the possible role of mental illness in mass shootings.

Thank you Carol!

EDITORIAL On 'Patient Dumping'

Nevada paying for its cruel ploy

San Francisco Chronicle, Wednesday, October 7, 2015, Page A11

San Francisco residents wonder why the city streets are home to so many lost and forlorn mentally ill drifters. Now there's a documented reason: Nevada callously shipped its unwanted psychiatric patients here to be rid of them.

In a tentative settlement, Nevada is agreeing to pay \$400,000 to San Francisco to end a lawsuit over what has been called Greyhound therapy, the practice of shipping indigent patients elsewhere. In this case, a state psychiatric hospital in Las Vegas allegedly sent 24 homeless former mental patients to this city with one-way bus tickets and little else.

The inexcusable practice came to light when a frail, elderly man stepped off a bus in Sacramento with a handful of snacks and a three-day supply of medications. He ended up in a local hospital before his background was discovered and detailed by the *Sacramento Bee*. A similar case was described in a *Chronicle* story: A deaf and blind man, discharged from the same Las Vegas hospital, ended up homeless in San Francisco with no family, friends or care awaiting him.

City Attorney Dennis Herrera sued Nevada, claiming the state was behind 1,500 similar cases of patient dumping. Nevada fended off the claims but also fired several hospital employees, changed discharge rules and poured money into

(continued on page 10)

(Patient Dumping from page 9)

mental health budgets. The Las Vegas hospital, the state's largest mental health facility, lost its accreditation briefly and a federal health care agency added to the pressure by warning the state to clean up its practices or lose Medicare funding.

Strangely, Nevada pushed on in court. One weak defense focused on San Francisco's Homeward Bound program, which offers bus fare to the homeless who have family awaiting them — an entirely different reception than Nevada's "out of sight, out of mind" treatment. Only when the Supreme Court refused to take up the case did Nevada relent with talks leading up to this week's agreement.

The outcome should serve as a dollar-sign warning that the cruel and premeditated practice of patient dumping won't be tolerated. <http://www.sfgate.com/opinion/editorials/article/Nevada-pays-S-F-for-patient-dumping-scheme-6554737.php>

Related articles:

Ex-mental patients were bused to S.F.

Bob Egelko, San Francisco Chronicle, Tuesday, October 6, 2015, Page C1

<http://www.sfgate.com/bayarea/article/S-F-Nevada-reach-tentative-settlement-in-6552026.php>

Nevada, San Francisco agree to settle patient dumping suit
The Associated Press / San Mateo Daily Journal, October 6, 2015, Page 7

<http://www.smdailyjournal.com/articles/wnews/2015-10-06/nevada-san-francisco-agree-to-settle-patient-dumping-suit/1776425151336.html>

Settlement proposed in lawsuit

City Attorney claims Nevada was sending mentally ill to The City

Joshua Sabatini, San Francisco Examiner, Monday, October 5, 2015, Page 4

<http://www.sfexaminer.com/sf-reaches-400k-settlement-proposal-in-nevada-patient-dumping-case/>

Former L.A. County inmates file legal action over treatment
Amanda Lee Myers, The Associated Press / San Mateo Daily Journal, Tuesday, September 29, 2015, Page 17

<http://www.smdailyjournal.com/articles/lifestyle/2015-09-29/former-la-county-inmates-file-legal-action-over-treatment/1776425150905.html>

Ex-inmates want L.A. County to stop dumping mentally ill inmates on skid row

Abby Sewell and Cindy Chang, Los Angeles Times, Tuesday, September 29, 2015

<http://www.latimes.com/local/lanow/la-me-ln-jail-skid-row-releases-20150928-story.html>

Patient dumped: lawsuit

Glendale hospital improperly discharged homeless man, Public Counsel says

Kibkabe Araya, San Francisco Daily Journal, Thursday, July 2, 2015, Page 3

kibkabe_araya@dailyjournal.com

Daily Post, Monday, April 15, 2013, Page 4

PATIENT DUMPING: Nevada's primary state psychiatric hospital, Rawson-Neal Psychiatric Hospital in Las Vegas, has transported over 1,500 mentally ill patients to cities across the nation by Greyhound bus over the last five years in order to cut costs, The Sacramento Bee reported yesterday.

Nevada buses hundreds of mentally ill patients to cities around country

Cynthia Hubert, Phillip Reese and Jim Sanders, The Sacramento Bee, Sunday, April 14, 2013, Page 1A

<http://www.sacbee.com/2013/04/14/5340078/nevada-buses-hundreds-of-mentally.html>

Integrated Health Care (MH + PH)

What will integrated care mean for future health care delivery? 1) physical health services provided in the mental health setting, and mental health services provided in the physical health setting, 2) common and consistent mental and physical health condition reimbursement (to practitioners) from one payment pool, 3) single health record and documentation system, 4) communication among, and co-location of, unified network of mental and physical health specialists, and 5) co-management as the means to deal with complex clinical problems.

See the full article at http://www.nhmf.org/integrated_health_care.html.