General Meeting

100 S. San Mateo Drive
San Mateo
Hendrickson Aud. / Mills Health Center
Free evening parking in front

THURSDAY, May 25

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

Mental Health & Stigma: Changing the Conversation, the Metaphor, and the Outcomes

Siya Mehtani, D.O., Psychiatrist, San Mateo County

Siya Mehtani has personally and professionally experienced the de-moralizing influence of stigma, and it ultimately became the impetus for her career choice as a psychiatrist. Come learn about the social, cultural and perceived stigmas in mental health, and how it is not merely a barrier to services and treatment for individuals, but also a unique lens on the social-ization of diseases. We will explore the definition and origins of stigma, what factors cause stigma, why it matters, how as a society we can tackle it, and more.

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.

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

NAMIWalks: Saturday, Sept. 23, 2017
Guadalupe River Park, San Jose

Sponsorship Opportunities Available & Join the NAMIWalk Organizing Committee

With planning for NAMIWalks 2017 well under way, we need your help to raise funds to expand NAMI San Mateo County’s programs and to support operations. Please help us by asking your employer, civic organization or place of worship to consider becoming a sponsor, offering a matching grant or creating a NAMIWalks Silicon Valley team.

We are happy to make the contact ourselves; if you’d like our help or have any questions, please contact Helene at namiwalks@namisanmateo.org. To access the Sponsorship form, go to https://assets.donordrive.com/namiwalks/files/CmsS/100/4125.pdf.

To start your own team, decide on a team name that is meaningful to you, then access: www.namiwalks.org/siliconvalley, click on Register Now, then click on Team Captain and follow the prompts and -- voila! your team is ready to go!

To join the NAMIWalk organizing committee and contribute to our success, please contact Helene at hzimmer@namisanmateo.org.

Understanding Psychotic Breaks

When you hear the phrase “psychotic break,” what comes to mind? Probably nothing good. In everyday conversation, the phrase carries a negative meaning for many because it’s perceived as a harsh and abrupt disconnect or “break” from reality—though it is more accurately described as an episode of psychosis.

Carlos Larrauri, for example, describes his experience with psychosis as more of a gradual decline, as opposed to a “break” occurring during a single event. His behavior deteriorated for a year, though he recalls warning signs as early as two to three years prior. He was in his first year of college when he noticed changes in his mental health: “I couldn’t do routine assignments,” Larrauri noted. “I stayed up all night talking to myself and had trouble concentrating.” His behavior worsened as he isolated himself, stopped showering, ate out of trashcans and picked cigarettes up off the floor.

Rather than seeing psychosis as something that out-of-the-blue one day “breaks” or “snaps,” it’s important to realize that possible warning signs can occur along a continuum of time. The problem is, people often don’t recognize psychosis until an individual reaches a point of crisis.

So, What Should I Look For?

“Psychosis can look different for many people,” says Chantel Garrett, founding director of Partners for StrongMinds (P4SM). “[But] early in the development of psychosis, a person tends to withdraw from their family and social networks.”

(Continued on page 4)
Brain & Behavior Research Foundation:
Meet the Scientist Webinar Series
May 9  Borderline Personality Disorder
by Brad Reich, M.D.
McLean Hospital / Harvard University
2:00 p.m.–3:00 p.m. EST

Please join by phone or on the web on 2nd Tuesdays for BBR (Brain & Behavior Research) Foundation’s Meet the Scientist Webinar Series. Hear leading mental health researchers present the latest in new technologies, diagnostic tools, early intervention strategies and next-generation therapies for mental illness. Visit https://bbrfoundation.org/meet-the-scientist-webinar-series - very interesting!
May is Mental Health Month

See you at the Ballpark! (See page 9 for calendar of events.)

Each Mind Matters and the San Francisco Giants are teaming up to raise awareness about mental health!

May 17 AT&T Park
Los Angeles Dodgers vs San Francisco Giants! Don't forget to wear your lime green!

Become a Peer PAL - Give Back & Work Opportunity

Have you taken NAMI’s Peer to Peer class and wish to give back? If yes, then this might be for you.

PeerPALS are persons who have experienced their own major mental illnesses, but have achieved a substantial degree of personal well-being and stability. Serving as a friend and mentor, each PAL must have a strong desire to help others and be willing to be assigned for six months to someone who is in the beginning stages of his or her recovery. PALS will receive ongoing training and supervision by the PeerPAL Advisor for the duration of the assignment. PALS work four hours per week and are paid for their work. For more information, go to http://namisanmateo.org/about-us/jobs and/or email education@namisanmateo.org.

Next Peer to Peer class – Thursday, May 4: If you have not yet taken our Peer to Peer class, you can do so this month, or take the next class in September, based on a space available basis. Call or email to be added to the waitlist.

Seeking Exhibitors - NAMI CA Conference

August 25-26
Newport Beach

Registration and info: http://namica.org/conference/hotel/

NAMI CA invites you to participate in the 2017 NAMI California Annual Statewide Conference. This year’s theme is Joining Forces: Building a Movement of Community Collaborations. The show space for more exhibits and opportunities to promote product or service has been expanded, offered on a first-come, first-served basis.

- Early Bird Registration Deadline (6/16/17): visit the link above.
- Special Group Registration is available for up to 4 or more people - contact Eugenia at Eugenia@namica.org.
- NAMI CA Special Hotel Rate: visit the link above for the special rate of $169.99 per night.
- 2017 Exhibitor Forms: to include your company in promotional materials we must receive signed Exhibitor applications and payment by July 10. Space is limited. Contact Eugenia at Eugenia@namica.org for more info.

NAMI Ask the Doctor Webinar - Ketamine for Depression: Progress and Pitfalls

Thursday, 11 May 2017 • 2:00 - 3:00pm PT
Register Now!
https://communique.adobeconnect.com/cristinacusin/event/registration.html

You are receiving Member Only invitation to register for NAMI’s Ask The Doctor Webinar! (Become a member now to attend - see form on back page or call our office 650-638-0800)

We are grateful for your support of NAMI, and hope you will join us for the upcoming NAMI Ask The Doctor Webinar hosted by NAMI Medical Director Dr. Ken Duckworth M.D. and featuring Dr. Cristina Cusin, M.D.

This webinar will address Ketamine for Depression: Progress and Pitfalls. Ketamine is an anesthetic drug that in very small doses has been shown to relieve symptoms of depression within hours, even in patients who did not improve with other treatments.

In this presentation we will review briefly the literature from clinical trials supporting the efficacy of ketamine for patients with Major Depressive Disorder and Bipolar Depression. We will then review the numerous limitations of the current knowledge and the future lines of research on the effects of ketamine.

See full event details at https://communique.adobeconnect.com/cristinacusin/event/event_info.html
See detailed speaker bio at: https://communique.adobeconnect.com/cristinacusin/event/speaker_info.html

Audio Conference Details: 1-888-858-6021
View past recordings of Ask the Doctor at NAMI's website.
For questions or information, contact: info@nami.org, 703-524-7600

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Garrett notes other early signs can include:

- Difficulty sleeping
- Difficulty reading or comprehending what someone is saying
- Seeing shadows or flashes of light
- Hearing ringing or voices
- Smelling or tasting things that others can’t

There are additional early warning signs to look out for, especially among adolescents. In the U.S., 100,000 young people experience psychosis each year. Psychosis is a symptom and therefore temporary; however, if not treated early, it may develop into more intense experiences, including hallucinations and delusions. Psychosis can also be a sign of a mental health condition, such as schizophrenia or bipolar disorder.

What Causes Psychosis?

Many factors can lead to psychosis, including genetics, trauma, substance use, physical illness, injury or mental health conditions. However, we are still discovering why and how psychosis develops. “What we do know is that during an episode of psychosis, the brain is basically in a state of stress overload,” says Garrett.

Stress can be caused by anything, including poor physical health, loss, trauma or other major life changes. When stress becomes frequent, it can affect your body, both physically and mentally. “When a brain can no longer effectively process a certain level of stress, the processing of information and emotions is impacted, resulting in trouble perceiving reality,” explains Garrett.

Thus, it is very important to listen to our bodies so we can properly manage our stress. However, even with properly managing stress, some people will still experience psychosis.

How Can I Support Someone Who May Be Experiencing Psychosis?

Being supportive and persistent in helping a loved one find the right treatment can make a world of difference for someone experiencing psychosis. Larrauri explains his journey to recovery was largely due to his friends, family and academic community. In college, a trusted friend notified his mother that something was “going on” with her son. Soon after, his mother arranged a meeting with him and his thesis advisor. After being reminded by his thesis adviser that he was not required to disclose anything private, Larrauri insisted on full disclosure while away at college.

“With all due respect, I have a Cuban mother. I’ve never had privacy,” Larrauri recalls telling his advisor. He knew his health was at risk. Over the next few years, his family played a key role in his recovery. Larrauri’s mother took him to several doctors until he finally received the correct diagnosis of schizophrenia. His father helped him enroll in classes part-time to encourage structure and develop coping skills. Today, Larrauri is in graduate school pursuing a career as a psychiatric nurse practitioner. “People have maintained high aspirations for me,” adds Larrauri. “I’ve gone from someone who was seeking help to someone on the NAMI Miami Dade County board of directors. People recognize NAMI as a bridge builder in the community. We need to focus on early intervention,” he says. It’s a game changer for people experiencing early psychosis.

Want to learn more about how NAMI is getting involved with early intervention programs across the country? Register for the Schizophrenia Research Forum’s webinar on March 22 featuring Andrew Sperling, NAMI’s Director of Federal Legislative Advocacy.

**New Additions to the Library**

*Please visit the library at the NAMI San Mateo County office - we have books and videos available to check out! Watch for our latest additions below. If you have read a book related to Mental Health issues that you believe would benefit others, please email the office with the title and author.*

**No One Cares About Crazy People: The Chaos and Heartbreak of Mental Health in America**

by Ron Powers

New York Times-bestselling author Ron Powers offers a searching, richly researched narrative of the social history of mental illness in America paired with the deeply personal story of his two sons’ battles with schizophrenia. This book conquers the moving story of Powers’s beloved son Kevin—spirited, endearing, and gifted—who triumphed even while suffering from schizophrenia until finally he did not; and the story of his courageous surviving son Dean, who is also schizophrenic.

**To all our volunteers**

THANK YOU.
We couldn’t do it without you!

**Newsletter Distribution Team:** Lily Arapeles, Edna Daga, Patrick McErlain, Trish Miller, Natalie Pitre, Roxana Ruan, Kathy Stern

**Carlmont High Resource & Safety Fair:** Natalie Pitre

**Office Support:** Patrick McErlain

**All of our Support Group Leaders!** See meetings on pg 5.

**Newsletter Production Team:** A special acknowledgement to Ruan Frenette and helpers Kim Nobles and Pat Way – our newsletters wouldn’t be possible without you!

To volunteer contact Debi at nami@namisanmateo.org or 650-638-0800
<table>
<thead>
<tr>
<th>SUPPORT GROUP MEETINGS (for information on NAMI Support Groups call 650-638-0800)</th>
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<tbody>
<tr>
<td><strong>NAMI Cordilleras MHR Center Family Group</strong>, 1st Mondays (2nd Monday if 1st is a holiday), 6:30-8pm, 200 Edmonds Road, Redwood City, 650-367-1890. Penney Mitchell &amp; Julie Curry, NAMI SMC co-facilitators</td>
</tr>
<tr>
<td><strong>NAMI Parents of Youth &amp; Young Adults</strong> (ages 6–26), 2nd Mondays, 7–8:30pm. 222 W. 39th Ave. &amp; Edison, Board Room, San Mateo. Park in the large lot on west side of building, off 37th Ave. Enter building through the “Hospital &amp; Clinic West Entrance” and follow the NAMI signs to the 2nd floor Board Room W-225. Info: 638-0800. Kristy Manuel and Ginny Traub, facilitators.</td>
</tr>
<tr>
<td><strong>NAMI Coastside Support Meeting</strong> for family members, 2nd Mondays, 6:30-8pm. El Centro DE Libertad; 225 Cabrillo Hwy South Ste #105d (the bldg next to Coastside MH), Half Moon Bay 650-726-6369. Karina Marwan, NAMI facilitator</td>
</tr>
<tr>
<td><strong>NAMI Connection</strong> for persons with mental illness who are working on their wellness &amp; recovery. 2nd &amp; 4th Mondays, 7-8:30pm. 1650 Borel Place #130, San Mateo. Call NAMI SMC 650-638-0800 for information.</td>
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<tr>
<td><strong>NAMI Spanish-Speaking Support Group</strong> for family members, 2nd Tuesdays, 6-7:30pm, 802 Brewerst, RWC. 650-573-2189</td>
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<tr>
<td><strong>NAMI Jewish Family &amp; Children’s Services</strong>, family and friends are welcome. 4th Tuesdays, 7:00pm. 200 Channing Ave., Palo Alto, 650-688-3097. Sharon &amp; Ron Roth, NAMI SMC facilitators; John Bisenviws, LCSW.</td>
</tr>
<tr>
<td><strong>NAMI San Mateo Medical Center</strong> for family members. 1st and 3rd Tuesdays, 6:30-8pm. 222 W. 39th Ave. &amp; Edison, San Mateo. Board Room (main entrance elevator to 2nd floor, left to the end of the hall). Terry &amp; Polly Flinn, Carol Metzler &amp; Judy Singer, NAMI facilitators.</td>
</tr>
<tr>
<td><strong>NAMI South County Support Meeting</strong> for family members, 2nd Tuesdays, 6-7:30pm. Mental Health Clinic, 802 Brewerst, Redwood City, 650-363-4111. Pat Way, NAMI SMC facilitator; Liz Downard RN, MSN. Park behind building and knock loudly on door.</td>
</tr>
<tr>
<td><strong>DBSA Mood Disorder Support Group</strong> 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 <a href="mailto:DBSASanMateo@um.att.com">DBSASanMateo@um.att.com</a> or 650-299-8880; leave a message.</td>
</tr>
<tr>
<td><strong>Individuals Living With Their Own Mental Illness</strong>, Tuesdays, 1-2:30pm. Redwood City - Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x111.</td>
</tr>
<tr>
<td><strong>Parent Chat</strong>, for parent/caregivers of kids aged 14-24 with mental health challenges. 2nd &amp; 4th Tuesdays, 7-8:30pm. Orchard Room, Los Altos Library, 13 San Antonio Road. Info: Trudy Palmer 650-208-9116 or Donna Soo at 650-823-0997.</td>
</tr>
<tr>
<td><strong>NAMI Stanford</strong> for family &amp; friends. 2nd &amp; 4th Wednesdays, 7-8:30pm. 401 Quarry Road #2213, Stanford Dept. of Psychiatry &amp; Behavioral Sciences (parking is between Vineyard &amp; Quarry). Info: 650-862-2886 or <a href="mailto:pamelapolos@comcast.net">pamelapolos@comcast.net</a></td>
</tr>
<tr>
<td><strong>Jewish Support Group</strong> (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</td>
</tr>
<tr>
<td><strong>NAMI North County Support Group</strong> for family members and friends. 2nd and 4th Thursdays, 5:45-7pm, 375 89th Street, Comm. Room, Daly City. Info: 650-301-8650. Co-facilitators: Karen Pyles LMFT and Valerie Nolan, RN.</td>
</tr>
<tr>
<td><strong>Coastside Dual Diagnosis Group</strong>, development for clients in all stages of recovery. Thursdays at 4-5pm. 225 S. Cabrillo Hwy #200A, Half Moon Bay. 726-6369 for information.</td>
</tr>
<tr>
<td><strong>Body Image &amp; Eating Disorders</strong>, Thursdays, 6:30-8pm, 1225 Crane St, Ste 205, Menlo Park. Open to family and friends. RSVP required: <a href="mailto:emlycaruthersmt@gmail.com">emlycaruthersmt@gmail.com</a>. More info: 408-356-1212 or e-mail: <a href="mailto:info@edrcsv.org">info@edrcsv.org</a>.</td>
</tr>
<tr>
<td><strong>H.E.L.P. for those with a mental illness and/or in a supporting role</strong>, 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</td>
</tr>
<tr>
<td><strong>Obsessive-Compulsive Foundation of SF Bay Area</strong>, 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; <a href="http://www.ocd-bayarea.com">www.ocd-bayarea.com</a>.</td>
</tr>
<tr>
<td><strong>Chinese Language Family Support Group</strong> Cantonese/Mandarin. Call Alice at 650-573-3571 for more information.</td>
</tr>
<tr>
<td><strong>Consumer Support Groups</strong>, Heart and Soul, call 650-232-7426 for days &amp; addresses, or visit <a href="http://www.heartandsoulinc.org">www.heartandsoulinc.org</a>.</td>
</tr>
<tr>
<td><strong>Cluttering &amp; Hoarding</strong> Support Groups, Workshops, and Private Consultations - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, <a href="mailto:efarber@avenidas.org">efarber@avenidas.org</a>.</td>
</tr>
</tbody>
</table>
NAMI Education Programs
To be added to the Wait List, call 650-638-0800 or email us at education@namisanmateo.org

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 with mental illness.
- **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**—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 contact us to set up an in-house program for your organization.*

Save the Date! - 2017

- **June 28–July 1**  **NAMI National Convention** in Washington D.C.
- **August 25-26**  **NAMI California Annual Conference** in Newport Beach. Visit www.namica.org for more details
- **September 23**  **NAMIWalks** - The NAMIWalk will be held at the San Jose Guadalupe Park's Arena Green West. Contact: dhendricks@namisantaclara.org or 408-453-0400 x 3125.
- **Oct 3**  **- National Day of Prayer**, County Center, RWC

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://smebhrsblog.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.

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

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.

Jail Chaplain

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

BHRS Family Contacts

<table>
<thead>
<tr>
<th>Suzanne Aubry</th>
<th>Claudia Saggese</th>
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<td>Family Liaison (habla Español)</td>
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<tr>
<td>650-573-2673</td>
<td>650-573-2189</td>
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</tbody>
</table>
**Job Opportunity:**
*Psychiatric Emergency Response Team Mental Health Program Specialist*

The County of San Mateo's Behavioral Health and Recovery Services (BHRS) Division is seeking a well-qualified individual for the position of Psychiatric Emergency Response Team Mental Health Program Specialist. This position will partner with a specialized Sheriff's Detective as the members of the Psychiatric Emergency Response Team (PER) to pro-actively prevent and reduce violent episodes in the community between individuals with mental illness, law enforcement and the public; work in the unincorporated areas of San Mateo County including North Fair Oaks, West Menlo Park, the Coastside as well as the contract cities of Woodside, Portola Valley, San Carlos, Millbrae, Half Moon Bay, and the SamTrans and Caltrain transit systems; and will be located at a Sheriff's Office facility. If this pilot program is successful it may expand to include the entire county.

For more information, access: http://jobs.smcgov.org/psychiatric-emergency-response-team-mental-health-program-specialist-open-and-promotional/job/6151293

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**Study for Teens with Schizophrenia**

This study is looking at whether an investigational medication called NaBen® (Sodium Benzoate) is safe and effective in improving symptoms of schizophrenia in teenagers. The goal of this study is to increase treatment options available for teenagers with schizophrenia.

To learn more about the study, access www.syneurxtrials.com or email dariac@amarexcro.com or call 240-750-0461.

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**Shopping Supports NAMI SMC**

**Please sign up! Tell a friend!**

Together, shopping through any of these mediums makes a real difference. For more information, contact the office at 650-638-0800 or nami@namisanmateo.org.

S.H.A.R.E.S goes escrip! Save Mart, Lucky and Foodmaxx have now partnered with escrip. Go to www.escrip.com, click on “sign up,” follow the instructions to register your grocery cards and your existing credit/debit cards for NAMI San Mateo County. You’ll earn up to 3% on qualifying purchases when you check out with your registered phone number. Go to escrip.com/shares to register.

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**ExErcising Away Depression**


In “Head Strong,” Ferris Jabr writes about the mounting evidence suggesting that, for some people, moderate to vigorous exercise may be the safest, cheapest and most effective treatment for depression. Some readers shared comments on Facebook about their own experiences.

Clare Emmett writes, “I have lifelong treatment-resistant depression and exercise is the only thing that works for me,” but she cautions that “it’s not a one-size-fits-all solution…. It doesn’t work for everyone.” Jeroen Zuiderwijk also points out “the problem is that depression kills the motivation to exercise…. So in that respect, it’s like telling people with obesity the solution is to eat less as it will reduce the craving.” Psychiatrist Elizabeth Bartlett writes, “Exercise is really helpful…. However, as someone who has suffered from depression I am aware that it is virtually impossible to motivate myself to exercise.” Melissa Dawn notes, “It’s … not a quick fix, but … working out for at least 45 minutes, four times a week helps tremendously.”

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**Peninsula Veterans Affairs Center**

Are you a vet or know one who needs help, is experiencing PTSD and/or other symptoms? Call 650-617-4300 or visit 345 Middlefield Road, Bldg. 1; Floor 1, Menlo Park.

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**NAMI National Convention**

**June 28–July 1, Washington, D.C.**

NAMI returns to the nation’s capital for the 2017 convention at the Washington Hilton. The Super Saver registration fee of $215 is available to members until March 31. Contact Hanem Ali at 703-524-7600 or go to www.nami.org. For complete registration info, go to www.nami.org/convention.

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**Social Security Benefits or Vocational Rehab Questions?**

Call Wendy Jordan at 650-802-6482
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: $_______

* 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______ 3 Digit code____
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. Our Tax ID number is 94-2650681. Thank you for your support!
Please add Tax ID # 94-2650681
# Be the One

## Reach Out to Support Your Peers

### Mental Health Awareness Month | May 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 25</td>
<td>9:00 AM</td>
<td>Board of Supervisors Proclamation</td>
<td>Hall of Justice, 400 County Center, Redwood City</td>
</tr>
<tr>
<td>May 2</td>
<td>10:00 AM - 1:30 PM</td>
<td>Mental Health Resource &amp; Art Fair</td>
<td>College of San Mateo Cafeteria, Building 10 1700 West Hillsdale Boulevard, San Mateo</td>
</tr>
<tr>
<td>May 6</td>
<td>11:00 AM - 3:00 PM</td>
<td>Daly City Family Summit</td>
<td>Jefferson Union High School District Office 699 Serramonte Boulevard, Daly City</td>
</tr>
<tr>
<td>May 9</td>
<td>12:15 - 1:15 PM</td>
<td>Potential Impact of Client Suicide on Providers</td>
<td>San Mateo County Health System, Room 100 225 37th Avenue, San Mateo</td>
</tr>
<tr>
<td>May 11</td>
<td>7:00 - 8:30 PM</td>
<td>Navigating the Tides of Childhood &amp; Adolescence</td>
<td>Junípero Serra High School 451 West 20th Avenue, San Mateo</td>
</tr>
<tr>
<td>May 17</td>
<td>5:30 - 7:00 PM</td>
<td>Sharing Our Lived Experience</td>
<td>Project 90 Friendship Hall 416 East 2nd Avenue, San Mateo</td>
</tr>
<tr>
<td>May 18</td>
<td>5:30 - 8:00 PM</td>
<td>Healthy Minds, Choices, Families &amp; Community: 10 Years of Combatting Trauma</td>
<td>East Palo Alto Academy 1050 Myrtle Street, East Palo Alto</td>
</tr>
<tr>
<td>May 18</td>
<td>4:00 - 9:00 PM</td>
<td>3rd Annual Mental Health Symposium</td>
<td>Filoli Gardens 86 Cañada Road, Woodside</td>
</tr>
<tr>
<td>May 20</td>
<td>10:00 AM - 12:00 PM</td>
<td>Speaker Series for Student Health &amp; Mental Wellness</td>
<td>San Mateo Police Department 200 Franklin Parkwayway, San Mateo</td>
</tr>
<tr>
<td>May 20</td>
<td>12:00 - 3:30 PM</td>
<td>Create Your Mental Health Tool Box: Crafts Workshop</td>
<td>210 Industrial Road, Suite 205, San Carlos</td>
</tr>
<tr>
<td>May 21</td>
<td>9:00 AM - 12:00 PM</td>
<td>5K Run/Walk for Student Health and Mental Wellness</td>
<td>Seal Point Park, 1901 J. Hart Clinton Drive, San Mateo</td>
</tr>
<tr>
<td>May 21</td>
<td>9:30 AM - 1:00 PM</td>
<td>NAMI SMC’s 3 Mile Docent Led Wildflower Walk &amp; Picnic</td>
<td>Edgewood Park &amp; Nature Preserve 6 Old Stage Coach Road, Redwood City</td>
</tr>
<tr>
<td>May 21</td>
<td>12:30 - 1:15 PM</td>
<td>Wellness In Mind Workshop: Bipolar Disorder &amp; Psychosis</td>
<td>Holy Child and Saint Martin Episcopal Church 777 Southgate Avenue, Daly City</td>
</tr>
<tr>
<td>May 23</td>
<td>1:00 - 4:00 PM</td>
<td>Heart and Soul, Inc. Open House</td>
<td>210 Industrial Road, Suite 205, San Carlos</td>
</tr>
<tr>
<td>May 24</td>
<td>8:00 AM - 4:30 PM</td>
<td>Youth Mental Health First Aid Training</td>
<td>San Mateo Medical Center 2nd Floor, Classroom 1 222 West 39th Avenue, San Mateo</td>
</tr>
<tr>
<td>May 24</td>
<td>12:15 - 1:15 PM</td>
<td>Distinguishing Alzheimer’s Disease from other types of Dementia</td>
<td>San Mateo Medical Center 2nd Floor, Classroom 1 222 West 39th Avenue, San Mateo</td>
</tr>
<tr>
<td>May 25</td>
<td>6:30 - 8:30 PM</td>
<td>NAMI SMC General Meeting – Mental Health &amp; Stigma: Changing the Conversation, the Metaphor and the Outcomes</td>
<td>Presenter: Dr. Siya Mehtani, Psychiatrist Mills Health Center - Hendrickson Auditorium 100 South San Mateo Drive, San Mateo</td>
</tr>
<tr>
<td>May 25</td>
<td>4:00 - 7:00 PM</td>
<td>PREP/BEAM San Mateo Open House</td>
<td>1108 South El Camino Real, San Mateo</td>
</tr>
<tr>
<td>May 25</td>
<td>5:30 - 7:45 PM</td>
<td>SMC Directing Change Film Screening</td>
<td>San Mateo County Health System, Room 100 225 37th Avenue, San Mateo</td>
</tr>
<tr>
<td>May 31</td>
<td>10:00 AM - 4:00 PM</td>
<td>The Urgency of Now: Engaging African American Clients &amp; Families in Treatment</td>
<td>Sobrato Center for Nonprofits 330 Twin Dolphin Drive, Redwood City</td>
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</tbody>
</table>

Updates and Details at smchealth.org/mentalhealthmonth