General Meeting

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

Wednesday, March 28
6:30pm Reception
7:00-8:30pm Program

David Young, PH.D.,
Director of BHRS

Please join us in meeting David Young, the new director of San Mateo County Behavioral Health & Recovery Services. Come learn about his background, perspectives, values and ideas for enhancing the County’s behavioral health system!

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

SMC Mental Health Advocacy Takes Off!

2018 is already shaping up to be an interesting year. So much is happening – new laws, budgets, and regulation changes – at the national, state and even local levels that it can be tough to keep up. Here in San Mateo County, we have continued our active advocacy for improved supports and services for the young people.

The year’s first major advocacy activity was the February 1, 2018 Community Advocacy Forum, hosted by Edgewood, Caminar and NAMI SMC.

Community Advocacy Forum #1

The first Forum, last November, focused on the hot topic of why it’s so hard to get truly supportive housing in our county, and what should be part of an effective holistic wellbeing program for adults with serious mental health disabilities. The panel was led by a mom, followed by Edgewood’s Community Housing Manager, Caminar’s Director of Supported Housing, the owner and program manager of Ohevet’s Board & Care, and the Executive Director of Mental Health Association of San Mateo County.

The speakers shared the challenges of finding and accessing supported housing and listed what is available through their programs -about 400 beds, many of which have significant restrictions around access.

The audience raised lots of important ideas, including: “Private-pay” support services, for folks who don’t qualify for county programs or need more than Adult Services is providing. A mental health version of the NextDoor app for finding/sharing housing. Creating a parent Co-op to fund supported housing for their adult children. The need for mentors to help provide community. The major need for MUCH more diversity in “providers” to match the diversity in our community. Asking Facebook and other large employers to include housing for adults with special needs near their campuses.

Community Advocacy Forum #2:

The February 2018 Forum was designed to ask how our diverse community can collaborate to create new business models for integrated care, and new funding models beyond the basic “ask the county and a few donors to pay for it” approach. We had a packed conference room, with community members from ages 23 to 83 all participating in a lively discussion.

(Continued on page 3)

Personal Stories of Change & Understanding

From Florian Davos

My son Nick is 24 years old, living on his own with his beloved dog, trying to get through life one day at time. Here is our story.

The early trials began in elementary school. Nick was social and had many friends, but he lagged behind academically. He was the daydreamer…the doodler…always drawing in the margins of his schoolwork. Naturally curious, he was bright, but I had concerns about his learning difficulties and how his increased awareness of them was going to negatively impact his sense of self. Over the years, medical and educational professionals were hired, and testing was completed. Nothing was identified until a diagnosis of ADHD was confirmed by the end of middle school and learning disabilities at the start of high school. By then, however, Nick’s frustrations led

(Continued on page 3)
Newsletter Producer Needed

Sixteen years ago, Ruan Frenette, a family member and past board member - volunteered to manage the production of the NAMI SMC newsletter. Recently she announced her September retirement from this ten-issue per year labor of love. We are starting our search now for her replacement. The job involves using MS Publisher and editing articles and graphics to fit on 8 printed pages. Skills also welcomed would be writing short meeting reviews and taking photos. Please contact Helene at hzim-mer@namisanmateo.org or call 650-638-0800.

Without a replacement for Ruan, we cannot continue this much needed newsletter. Please help us help our community. Thank you.

Farewell and Thank You Dr. Jei Africa!

After 11 years, Jei Africa, PhD will be leaving San Mateo County Behavior Health and Recovery Services. He has recently been appointed as Marin County Behavior Health Director, effective the first week of March. Congratulations Jei on this wonderful opportunity!

During Jei’s long tenure at SMC BHRS, he created and has been the Director of the BHRS office of Diversity and Equity. In that position, his achievements in San Mateo County are numerous and include but aren’t limited to: being instrumental in the creation of nine Health Equity Initiatives, work with Asian American Recovery Services, Community Overcoming Relationship Abuse, San Mateo County Commission on the Status of Women, and Alliance for Community Overempowerment.

Dr. Africa also recently received the BAYMEC Legislator Award for the Pride Center and the Immigrant Recognition Award for California’s 14th Congressional District.

Over the years, Jei has been a great friend and member of NAMI-SMC. He was a part of the original group of volunteers who taught the well regarded NAMI Provider Education Course. Jei has also served on the NAMI California Board of Directors.

Thank you Jei, for all and everything you’ve done for our community…you will be greatly missed and fondly remembered.

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

2018 NAMI California Annual Conference

Friday, June 1—Saturday, June 2
Hyatt Regency Monterey Hotel & Spa
Del Monte Golf Course
1 Old Golf Course Road, Monterey


For special hotel pricing please call (831) 372-1234 or go to https://aws.passkey.com/go/2018NAMI

Please reach out to us with any questions or to submit/complete exhibitor reservations. For Non-Profit rates, forms and completed reservations please email Marcel@namica.org.

Sing the National Anthem at the Conference!

NAMI California is in search of a lucky volunteer to sing the National Anthem at the opening of the conference.

To be eligible to sing the National Anthem at the opening of the ceremony, candidates must:
• be 18 years of age or older
• have previous experience singing the National Anthem in front of a live audience
• provide a video recording of your performance of the National Anthem

Contact Thao Duong at Thao@namica.org for information.

15th Annual Circle of Support Luncheon

Friday, April 27 • 11am - 1pm
Sharon Heights Golf & Country Club • Menlo Park

Don’t miss this year’s Caminar Family & Children Services Circle of Support Luncheon! FCS celebrates its 70th year of service this year. It reaches more than 12,000 people annually through its behavioral health, family violence prevention, youth development, and family support programs.

For more information please contact 650-513-1509 or development@caminar.org.

Car Donations Accepted!

Thank you for considering NAMI-SMC as your donation destination!

A free, convenient service for converting that extra car, truck, or RV into a tax deductible donation benefiting NAMI San Mateo County. You can donate online (http://)
The evening’s conversation began with our panel members giving brief overviews of their experiences and ideas. Speakers included Alan Cochran, a peer-member of NAMI San Mateo’s board of directors and a founding member of the Peer collaborative who talked about his personal experiences in identifying supportive housing; Dr. Frank Lee, parent, biotech entrepreneur, and business innovator who spoke about innovative business models. Bill Lowell, family member and coordinator of San Mateo county’s “Home for all” initiative spoke about the County-led collaborative of local governments, businesses, schools, advocates and not-for-profit organizations working to increase local housing production for people of all ages, background and income levels who call San Mateo County home. Chip Huggins, Caminar’s CEO discussed the possibility of Tiny Homes and fee-for-Service Models. And, last but not least, Dan Peck, a director at Third Sector Capital Partners is working on creating innovative and collaborative ways to find and combine government and philanthropic funds.

Next Steps
The audience consensus is to reach out to our local panel members to continue brainstorming on how we can bring the county to develop a clear cost-benefit analysis that makes it clear that continued inaction will only make things worse for homeowners, businesses and the broader community.

Dan pointed out that LA’s Flexible Housing Subsidy Pool began as a small pilot project backed by a local philanthropist. Once it showed real results, it grew to its current size with a permanent line item in the county budget.

Several audience members plan to work on making the next brainstorming sessions a reality - so keep watching for emails and flyers. The 3rd Advocacy Forum date is TBD. Please watch for an update in this newsletter and online. Contact nami@namisanmateo.org for information.

Be part of generating a wave of support for expanding supportive housing in San Mateo County!
—Cynthia Robbins-Roth, Family Support Manager, Edgewood’s TAY Program
—Leanna Harper, Family Partner, Caminar
—Helene Zimmerman, Executive Director, NAMI-SMC

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.

We are grateful for donations...
... in honor of
Her children from Yvonne Kilbourne

... in memory of
John Gheleta from Elizabeth Gheleta
Adam from Lee & Margery Livingston
Terry Walker from Patricia Trippet

... with gratitude to
... Whole Foods for the egift card donation!

NAMI San Mateo County appreciates those who send donations that honor loved ones. Our sincere gratitude!
I AM NOT SICK, I Don't Need Help!
By Xavier Amador, Ph.D

'This book fills a tremendous void...' wrote E. Fuller Torrey, M.D., about the first edition of I AM NOT SICK, I Don't Need Help! Ten years later, it still does. Dr. Amador's research on poor insight was inspired by his attempts to help his brother Henry, who developed schizophrenia, accept treatment. Like tens of millions of others diagnosed with schizophrenia and bipolar disorder, Henry did not believe he was ill. In this latest edition, 6 new chapters have been added, new research on anosognosia (lack of insight) is presented and new advice, relying on lessons learned from thousands of LEAP seminar participants, is given to help readers quickly and effectively use Dr. Amador's method for helping someone accept treatment. I AM NOT SICK, I Don't Need Help! is not just a reference for mental health practitioners or law enforcement professionals. It is a must-read guide for family members whose loved ones are battling mental illness. Read and learn as have hundreds of thousands of others...to LEAP—Listen, Empathize, Agree, and Partner—and help your patients and loved ones accept the treatment they need. Also available in Spanish!
<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 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>
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<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,” follow the NAMI signs to the 2nd floor Board Room W-225. 638-0800. Ginny Traub &amp; Florian Davos, facilitators.</td>
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<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 #114B (the bldg next to Coastside MH), Half Moon Bay. Info: 650-638-0800.</td>
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<tr>
<td><strong>NAMI Connection</strong> for persons working on their wellness &amp; recovery. Every Monday, 7-8:30pm. 1650 Borel Place #130, San Mateo. Call NAMI SMC 650-638-0800 for information.</td>
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<td><strong>NAMI Spanish-Speaking Support Group</strong> 2nd Tues, 6-7:30pm, 802 Brewster, RWC. 650-573-2189.</td>
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<td><strong>NAMI Jewish Family &amp; Children’s Services</strong>, family and friends are welcome. 4th Tuesdays, 7:00pm. 200 Channing Ave., Palo Alto. Contact Pamela Polos, <a href="mailto:pamelapolos@comcast.net">pamelapolos@comcast.net</a>.</td>
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<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). Carol Metzler &amp; Judy Singer, NAMI facilitators.</td>
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<tr>
<td><strong>NAMI South County Support Meeting</strong> for family members, 2nd Tuesdays, 6-7:30pm. Mental Health Clinic, 802 Brewster, RC, 650-363-4111. Pat Way, NAMI SMC facilitator; Liz Downard RN, MSN. Park behind building and knock loudly on door.</td>
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<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>
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<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>
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<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. 13 San Antonio Rd. Info: 650-208-9116 or Donna at 650-823-0997.</td>
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<tr>
<td><strong>NAMI Stanford</strong> 2nd Wednesdays for families and friends / 4th Wednesdays for spouses and partners. Both: 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 Pamela Polos, <a href="mailto:pamelapolos@comcast.net">pamelapolos@comcast.net</a> / Georgia Vouraki, <a href="mailto:georgiavk@gmail.com">georgiavk@gmail.com</a>.</td>
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<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 Arastadero Rd., Los Altos.</td>
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<tr>
<td><strong>NAMI North County Support Group</strong> for family members. 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>
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<tr>
<td><strong>Coastside Dual Diagnosis Group</strong>, development for clients in all stages of recovery. Thursdays at 4-5pm. 225 So. Cabrillo Hwy #200A, Half Moon Bay. 726-6369 for information.</td>
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<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:emilycaruthersmft@gmail.com">emilycaruthersmft@gmail.com</a>. More info: 408-356-1212 or e-mail: <a href="mailto:info@edrcsv.org">info@edrcsv.org</a>.</td>
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<td><strong>H.E.L.P. for those with a mental illness and/or supporters</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. Info: Jane Clark 650-464-9033</td>
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<tr>
<td><strong>Obsessive-Compulsive Support Group 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>
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<td><strong>Chinese Language Family Support Group</strong> Cantonese/Mandarin. Call Alice at 650-573-3571 for more information.</td>
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<td><strong>Consumer Support Group</strong>, Heart and Soul, call 650-232-7426 for days &amp; addresses, or visit <a href="http://www.heartandsouline.org">www.heartandsouline.org</a>.</td>
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<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>
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NAMI Education Programs
To be added to the Wait List, call 650-638-0800 or email us at education@namisanmateo.org

PRE-REGISTRATION IS REQUIRED
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.

♦ 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! - 2018
• June 1-2 NAMI California Conference in Monterey. https://41339.thankyou4caring.org/2018-pre-super-early-bird-registration
• Sept. 22 NAMI Walks – San Jose. More info soon!

Shopping Supports NAMI SMC
Sign up NOW! 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.

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!

BHRS Family Contacts
Suzanne Aubry
Dir. Family Service
650-573-2673

Claudia Saggese
Family Liaison (habla Español)
650-573-2189

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.

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 AssertiveSupport Team - When your loved one is in emotional distress.

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

On Tuesday, February 13, we hosted our annual Appreciation Luncheon as a THANK YOU AND WAY TO HONOR our members and friends who contribute to our success—through their volunteerism in a myriad of ways, by becoming Walk captains and forming Walk teams, and through their generosity as major donors—during the previous year. Predominantly a volunteer and membership-driven organization, you make it happen. We couldn’t do it without you!

Held at our favorite location, the Poplar Creek Grill at Coyote Point, attendees mingled with friends old and new. Volunteers included support, peer, and education program leaders, peers, and family members. Others included Linda Wolin from Supervisor Dave Pine’s office, staff from BHRS, the California Clubhouse, Mateo Lodge, Cordilleras, and the San Mateo Medical Center.

The late Terry Walker was honored with a commemorative plaque for her early development of what NAMI SMC is today, which was accepted by her children Carol Palacio and Bill Walker.

Helene Zimmerman (Executive Director) emceed the luncheon and with Debi Mechanic (Volunteer Coordinator), Lee Nash (Education Coordinator), and Rocio Cornejo (Peer PALS Coordinator), arranged orchid centerpieces (from www.amosorchids.com) and decorated the tables.

Between courses, guests introduced themselves, commenting on their involvement with NAMI. Helene gave an update on activities from 2017 and talked about plans for 2018—including participation in the HOPE Program (Helping Our Peers Emerge) and the success of Peer PALS (celebrating 6 months). Helene thanked the NAMI SMC board, and the education, support, and peer group leaders for all that they do, and asked them to stand and be recognized.

The luncheon closed by Helene proposing a toast to the continuous and improved health and well-being of our loved ones with mental illness for whom we would move heaven and earth to have as easy and enjoyable life as possible, and thanked everyone for all that they do.

In Memory of Laurie Williams

“We want people to know that my life has been filled with love, and the joy our connections has brought us is worth everything.”

—Laurie Williams

We are saddened to hear of the passing of Laurie Williams. Laurie was the Walk Director of NAMIWalks SF Bay Area from August 2006–October 2015. As our Walk Director, Laurie led the pack and took NAMIWalk SF Bay Area to amazing heights! Making history as the 3rd largest “Mental Health Awareness Walk” (out of 81) and raising over $2.5 million for NAMI during her tenure, Laurie was full of energy, kind to everyone, and always helpful with a smile. Laurie was a true professional that tackled the everyday challenges as a Walk Director with great panache.

During Laurie’s history as a NAMI Walk Leader, Laurie prepared many affiliates to take the plunge and continue the NAMIWalk event county to county. Her creativity was boundless, and we are grateful for her contributions, her great ideas and her flare to teach us all how to fundraise successfully and effectively #stigmafree in keeping with our NAMI mission!

Our condolences to Laurie’s husband Chris, her family and to Laurie’s many friends and followers.

Thank you, Laurie, for your contributions to NAMI and to the Mental Health Community. Laurie was a true champion!

2018 NAMI National Convention

June 27–30 New Orleans

See www.nami.org/convention for registration and presentation opportunities.

Great reasons to attend: Learn from experts who share exciting research, tools and treatment options. Hear powerful stories and make connections with people you can relate to. Deepen your recovery toolbox with advanced support and coping methods. Earn continuing education credits as a licensed counselor, social worker or registered nurse. Develop NAMI leadership skills that can take the NAMI movement to the next level. Celebrate NAMI New Orleans’ 40th Anniversary by cruising down the Mississippi aboard the Creole Queen Riverboat.

This year’s keynote speaker is Chamique Holdsclaw, an esteemed WNBA player who autobiographed Breaking Through: Beating the Odds Shot after Shot, which details her history of depression and attempted suicide amidst her basketball career, as well as her inspiring recovery journey.

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

Study for Depression Screening

Be part of a study to help fight depression. A stipend is available for participation in this study. Ellipsis Health applies speech analytics, machine learning and artificial intelligence to existing patient/care team interactions to create a real-time, behavioral health vital sign for each patient. We provide a simple, cost-effective way for continual screening of patients struggling with depression and get them the support they need. Contact: hello@ellipsishealth.com or 920-279-1257.
Visit NAMI San Mateo County at www.namisanmateo.org to stay in touch, sign up to volunteer and keep informed about developments and information within your local NAMI, the county, and the mental health arena in general.

Getting to Know Samantha Settembrino
...I quickly realized that there are areas of your mind that need to be healthy in order for the rest of your brain to be fully active … http://samanthasettembrino.blogspot.com/2016/01/getting-to-know-samantha-settembrino.html