May is Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI and the rest of the country are raising awareness of mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

In 2018, NAMI will promote the theme of "CureStigma" throughout all awareness events, including Mental Health Month. One in 5 Americans is affected by mental health conditions. Stigma is toxic to their mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. The perception of mental illness won’t change unless we act to change it.

Campaign manifesto: There’s a virus spreading across America. It harms the 1 in 5 Americans affected by mental health conditions. It shames them into silence. It prevents them from seeking help. And in some cases, it takes lives. What virus are we talking about? It’s stigma. Stigma against people with mental health conditions. But there’s good news. Stigma is 100% curable. Compassion, empathy and understanding are the antidote. Your voice can spread the cure. Join NAMI, together we can #CureStigma.

In 2016, President Barack Obama issued a presidential proclamation, stating, “This month, we renew our commitment to ridding our society of the stigma associated with mental illness, encourage those living with mental health conditions to get the help they need, and reaffirm our pledge to ensure those who need help have access to the support, acceptance, and resources they deserve.”

There are numerous ways to get involved and learn more about Mental Health Month, including taking NAMI’s #stigmafree pledge to help change the way we think and talk about mental illness; get creative and find a way to share your own story regarding mental health or organize/participate in local community events and activities. Or you can spend more time learning more about what it means to live with a mental health issue today in America.

Your personal observance of Mental Health Month can help bring greater understanding about mental health and wellbeing to your peers and community. Get involved and help replace stigma with hope. Contact our office at 650-638-0800 or email nami@namisanmateo.org and learn more about it!

Personal Stories of Change & Understanding

I attended the NAMI Family to Family Program in Spring 2013 after my son was diagnosed as bipolar with polysubstance abuse due to a manic and psychotic episode that hospitalized him. A 19 year old college student, he had failed his midterms and withdrawn from school but refused to come home. He became more agitated, alternating wildly from despondent to elated. One morning the university health service called me and asked, “Has your son ever been psychotic?” The episode was triggered by his drinking an entire bottle of cough syrup with codeine. His drug abuse ranged from marijuana and alcohol to cocaine, opiates and finally heroin.

He remained in this strange unstable manic state for the next 4 months, during which time he was arrested 3 times, broke his wrist skateboarding but

(Continued on page 7)
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

Check out this exciting LOCAL conference at https://namica.org/conference/
For Early Bird registration visit: https://41339.thankyou4caring.org/2018-pre-super-early-bird-registration.
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!
NAMI California is in search of a lucky volunteer to sing the National Anthem at the opening of the conference.
To be eligible, 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.

Volunteer to be a Translator
NAMI California is looking for Spanish and Chinese (Mandarin) interpreters for both the Multicultural Symposium on May 31 and the conference on June 1 and June 2!
If you are interested in volunteering as a translator, please fill out our interest form. Volunteers will receive a free half day of the conference for every half day worked.

NAMI CA Support List Bill Updates
Following conversation with authors’ offices, internal deliberation on potential short-term and long-term consequences, and feedback from local members and affiliates, NAMI California has added the following bills to our support list. Find the full list here.
AB 1971 (Santiago): Redefining Gravely Disabled to Include Medical Treatment – SUPPORT
SB 1045 (Weiner): Expanding Conservatorship in Certain Cases – SUPPORT
SB 1101 (Pan): Establishing Mental Health Statewide Objectives – SUPPORT
AB 1795 (Gipson): Transporting Patients in Crisis to a Behavioral Health Facility – SUPPORT
For questions regarding these and other bills, please contact advocacy@namica.org

Docent Led Wildflower Walk & Picnic
Saturday, May 5 • 9am-1:00pm
(arrive by 8:45am please)
Edgewood Park & Nature Preserve
6 Old Stage Coach Road
Redwood City

$35 donation. Presented by NAMI SMC.
Pre-registration required, contact nami@namisanmateo.org or 650-638-0800.

3rd Community Advocacy Forum
Thursday, June 7
Dinner: 5:30–6:00pm
Program: 6:00-7:30pm
Silicon Valley Community Foundation
1300 S. El Camino Real
San Mateo

Collaborating to bring increased supportive housing to San Mateo County. Hear what steps have been taken since our second meeting, and be part of the movement to help further our goal. We look forward to seeing you! Contact the NAMI SMC office for more information, 650-638-0800.

NAMI Basics Program Completed
The NAMI Basics program is designed for parents and other family caregivers of children and teenagers with behavioral difficulties. Forty parents completed this class in Spanish in March in Redwood City, facilitated by Claudia Saggese and Yolanda Ramirez. The class was offered as a collaboration between NAMI, Behavioral Health & Recovery Services, Fair Oaks Community School, and CARON, the community outreach program of the San Mateo County Sheriff.

“It was a pleasure to be part of this group where parents obtain more skills to support their loved ones, and to see the connection between law enforcement and the community breaking barriers to build a better community, and to reduce the stigma about mental health issues.” Parents said of the class, “It was nice to know that other parents have similar challenges” and “I have changed the way I listen and speak to my child.”

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 benefitting NAMI San Mateo County. You can donate online (http://www.v-dac.com/?id=94-2650681) or call 877-999-8322 to make your donation. Thank You!
Graphic Designer Needed

The NAMI SMC newsletter will lose its lead producer, Ruan Frenette, in September—we are looking for a replacement! The volunteer activity involves using MS Publisher and editing articles and graphics to fit on 8 printed pages. Skills also welcomed are writing short meeting reviews and taking photos. Please contact Helene at 650-638-0800 or hzimer@namisanmateo.org.

Please help us help our community by asking interested persons to call our office. Thank you.

Training for LEAP Program

June 21-23
Crowne Plaza, 1221 Chess Drive
Foster City/San Mateo

“I’m Not Sick I Don’t Need Help!”

The LEAP (Listen-Empathize-Agree-Partner) event teaches families and professionals how to create relationships that lead to treatment, while avoiding homelessness, jail and other more devastating outcomes. This event with Xavier Amador Ph.D., an internationally recognized expert in psychiatry and forensic psychology, is for family caregivers, mental health and criminal justice professionals.

Author of the international bestseller I am Not Sick, I Don’t Need Help!, Dr. Amador discusses the science showing that many people with serious mental illness are not in denial! Instead, the root of the problem is a symptom of their brain disorder leaving them unable to understand—no matter what proof they are shown—that they have an illness.

Dr. Amador will demonstrate, through interactive role-plays and science-based education that, “You never win on the strength of your argument. You win on the strength of your relationship.” All those attending will leave this event with the 7 LEAP® communication tools to create relationships that lead to partnerships, treatment and recovery.

You can enroll to either learn LEAP® or to both learn LEAP® and become a Certified LEAP® Trainer. The LEAP Foundation, a nonprofit, is sponsoring this event in partnership with NAMI San Mateo and NAMI San Francisco. Scholarships for family caregivers and peer specialists are available. For more information or to register, click on: NAMI & LEAP Foundation Trainings.

Navigating a Mental Health Crisis

Visit www.nami.org and see this recently published excellent document. Read other in-depth stories on mental illness. Our publications keep you up to date on the state of mental health in our country.

We are grateful for donations...

...in memory of
Kathy Lee Dimalanta from Maria Paz Collantes
Mary Springer from Cindy Marconi

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

16th Annual NAMIWalks

Saturday, September 22, 2018
Guadalupe River Park, San Jose
Check in: 8:30am; Start time: 9:30am
www.namiwalks.org/siliconvalley

As NAMIWalks celebrates its 16th anniversary, NAMI SMC is proud to participate in the 3rd annual NAMIWalks Silicon Valley on September 22, 2018.

Did you know that the funds raised at NAMIWalks are what pay for our no-cost, local education and support programs? NAMIWalks is our largest fundraising event and our goal is $100,000.00. These funds will ensure our programs and outreach continues and expands throughout the year.

While funds raised through the NAMIWalks are critically important, the walk also expands our visibility and presence in the community and helps grow and strengthen our community partnerships.

If you have ever taken Family to Family or Peer to Peer classes, heard an In Our Own Voice presentation or encountered a police officer trained in Crisis Intervention when you or your loved one was in despair... then please support our walk! Involve your friends and family!

Visit this link for a Sponsorship Brochure then please support our walk.

Can’t join us on Walk Day? There are still many ways to participate: Sign up to be a virtual walker and ask your friends and family to support you with a donation: When you lace up your sneakers and walk with NAMI, you are ensuring that we are there to help when someone needs us most.

Mental illness can be isolating but it doesn't have to be. #JoinTheMovement

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

The Man Who Mistook His Wife for a Hat
by Oliver Sacks

Oliver Sacks’s *The Man Who Mistook His Wife for a Hat* tells the stories of individuals afflicted with fantastic perceptual and intellectual aberrations: patients who have lost their memories and with them the greater part of their pasts; who are no longer able to recognize people and common objects; who are stricken with violent tics and grimaces or who shout involuntary obscenities; whose limbs have become alien; who have been dismissed as retarded yet are gifted with uncanny artistic or mathematical talents.

If inconceivably strange, these brilliant tales remain, in Dr. Sacks’s splendid and sympathetic telling, deeply human. They are studies of life struggling against incredible adversity, and they enable us to enter the world of the neurologically impaired, to imagine with our hearts what it must be to live and feel as they do. A great healer, Sacks never logically impaired, to imagine with our hearts what it must become alien; who have been dismissed as retarded yet are gifted with uncanny artistic or mathematical talents.

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 - contact Marty at St. Vincent de Paul Society: 650-796-0767.

To All Our Volunteers!

~ THANK YOU ~

We couldn’t do it without you!

Newsletter Mailing: Mary Beaudry, Amanda Child-Vides, Mary Dea, Ron Dugrenier, Amaal Greenwood, Mickey Podolsky

Office Support: Eveline Coffman – Accounting, Grace Hand and Audrey Kemp

All of our Support Group Leaders!

Newsletter production: A special thank you to Ruan Frenette, Gregg Hardin, Kim Nobles and Pat Way

Update on NAMI SMC’s Peer PALS Program

It has been nine months since NAMI SMC started the Peer PALS program. We have so much to be thankful for and excited about! We have seen our Peers grow immensely through the process of having PALS to support them. Many have gone on to start jobs and develop healthier coping mechanisms. One Peer in particular, dealing with agoraphobia, is now able to go to the grocery store and with the support of her PAL, able to walk longer distances from her home. Also important is that we have just celebrated our third Peer PALS graduation! Here is a quote from a graduating Peer, “I would highly recommend this program to anyone experiencing a mental health difficulty, whether they have just been diagnosed or have been in recovery for a long time. It really helped me in my recovery.”

While we continue to look for Peer and PAL applicants, we have an immediate need for PAL applicants who wish to contribute their friendship and support to individuals who could greatly benefit from it. Please consider signing up to be a PAL and make a difference in someone’s life. Interested individuals can learn more about this FREE program at http://namisanmateo.org/about-us/jobs and/ or email Rocio at peerpals@namisanmateo.org.

Peers: This program helps decrease loneliness and isolation, increase comfort in social situations and self-esteem, and convey lifestyle habits that promote and maintain recovery.

PALS: First complete NAMI’s Peer to Peer class or similar education/mentoring classes through a community service agency or college. To discuss the program, call 650-638-0800. Join us!

NAMI San Mateo County News   May 2018
### SUPPORT GROUP MEETINGS (for information on NAMI Support groups call 650-638-0800)

<table>
<thead>
<tr>
<th>Day</th>
<th>Group Name</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
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<td></td>
<td><strong>NAMI Cordilleras MHR Center Family Group</strong></td>
<td>1st Mondays (2nd if 1st is a holiday), 6:30-8pm, 200 Edmond’s Roac Redwood City, 650-367-1890. Penney Mitchell &amp; Julie Curry, NAMI SMC co-facilitators.</td>
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<td><strong>NAMI Parents of Youth &amp; Young Adults</strong></td>
<td>(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 &quot;Hospital &amp; Clinic West Entrance,&quot; 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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<td><strong>NAMI Coastside Support Meeting</strong></td>
<td>for family members, 2nd Mondays, 6:30-8pm. El Centro De Libertad; 225 Cabrillo Hwy South Ste #1 14B (the bldg next to Coastside ME), Half Moon Bay. Info: 650-638-0800.</td>
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<td></td>
<td><strong>NAMI Connection</strong></td>
<td>for persons working on their wellness &amp; recovery. Every Monday, 7-8:30pm. 1650 Borel Place 4130, San Mateo. Call NAMI SMC 650-638-0800 for information.</td>
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<td><strong>Cafe para Padres</strong></td>
<td>ultimo Martes de cada mes. Clinica Shasta 727 Shasta St. Redwood City. Para preguntas contacte a Yolanda Ramirez al 650-599-1047</td>
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<td><strong>NAMI Spanish-Speaking Support Group</strong></td>
<td>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></td>
<td>family and friends are welcome. 4th Tuesdays, 7:00pm. 200 Channing Ave., Palo Alto. Contact Pamela Polos, <a href="mailto:pamela@comcast.net">pamela@comcast.net</a>.</td>
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<td><strong>NAMI San Mateo Medical Center</strong></td>
<td>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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<td><strong>NAMI South County Support Meeting</strong></td>
<td>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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<td><strong>DBSA Mood Disorder Support Group</strong></td>
<td>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></td>
<td>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></td>
<td>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 Rd. Info: Trudy 650-208-9116 or Donna at 650-823-0997.</td>
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<td><strong>NAMI Stanford</strong></td>
<td>2nd Wednesdays for families and friends/ 4th Wednesdays for spouses and partners. Both meetings: 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 at <a href="mailto:pamela@comcast.net">pamela@comcast.net</a> / Georgia or <a href="mailto:georgiavk@gmail.com">georgiavk@gmail.com</a>.</td>
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<td><strong>Jewish Support Group</strong></td>
<td>(open to all denominations), for those with mental illness and families and friends. 2nd Wednesdays, 6:15-8:30 pm. For info, call Carol Irwin 408-858-1872. Beit Kehilah, 26790 Aastradero Rd., Los Altos.</td>
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<td><strong>NAMI North County Support Group</strong></td>
<td>for 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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<td><strong>Coastside Dual Diagnosis Group</strong></td>
<td>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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<td><strong>Body Image &amp; Eating Disorders</strong></td>
<td>Thursdays, 6:30-8pm, 1225 Crane St, Ste 205, Menlo Park. Open to family and friends. RSVP required: <a href="mailto:emlycaruthersmft@gmail.com">emlycaruthersmft@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.</strong></td>
<td>for those with a mental illness and/or supporters, 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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<td><strong>Korean Support Group</strong></td>
<td>For Family Members: Cupertino, 4th Friday: 12:30-2:30pm. Call for location: Kyo, 408-712-1149.</td>
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<td><strong>Obsessive-Compulsive Foundation</strong></td>
<td>of SF Bay Area, 3rd Saturdays, 1:30-3:30pm, Seton Medical Center, 1900 Sullivan Ave., 2nd Fl. Conf. room near cafeteria, Daly City. Info: 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></td>
<td>Cantonese/Mandarin. Call Alice at 650-573-3571 for information.</td>
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<td><strong>Japanese Education &amp; Support Group</strong></td>
<td>call (415) 474-7310 for information.</td>
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<td><strong>Consumer Support Groups, Heart and Soul</strong></td>
<td>call 650-232-7426 for days &amp; addresses, or visit <a href="http://www.heartandsoulinc.org">www.heartandsoulinc.org</a>.</td>
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<td><strong>Cluttering &amp; Hoarding Support Groups, Workshops, and Private Consultations</strong></td>
<td>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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The document contains information about NAMI San Mateo County News May 2018. It includes details about NAMI Education Programs, where pre-registration is required for courses that fit your need. The programs include:

- **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.

To be added to the Wait List, call 650-638-0800 or email education@namisanmateo.org.

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.

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

**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!

**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.
refused to get a cast, was homeless on the beach with no phone, went on and off mood stabilizers but insisted on using “medical” marijuana.

Finally he got arrested for speeding and fleeing the police, resulting in county jail. His psychiatrist said, “Don’t bail him out. He is out of control.” But his lawyer visited him in jail and said, “he is not mentally ill.” And when we visited him, the person that we knew had returned. He said the mania broke because he had time to sleep with no drugs.

He was able to attend community college, hoping to return to the university. However, the university created a red tape nightmare due to his psychotic break and Kaiser did not offer the therapy he needed. Since he had recovered from psychosis, they thought he had a drug problem only. The next spring (2012) he returned to his drug use, without, however, the level of psychosis or mania.

In September 2012 he was arrested for an overdose of heroin. Paramedics revived him with Narcan. Fearing more jail—he agreed to go to treatment in October 2013. After three relapses he moved to Southern California to escape dealers and triggers. He stayed 10 months (costing $30,000) but it was worth it as he has been sober over 3 years. He attends AA and sees a therapist every week. He now is finishing his B.A. in Psychology while working full time at a treatment center helping others. Recently he was accepted to an MSW program.

Thankfully he has not had another episode of mania or psychosis although he may have some anxiety, depression, and some ADHD. He is still not totally self-sufficient, but he is happy, healthy and our relationship keeps getting better. Thanks to NAMI Family to Family for the information and support they provided during those dark days.

It’s important for people living around mental illness to know that they are not alone. Sharing a story about your personal experience with mental health challenges—as an individual with a diagnosis, or as a family member or friend—can help with recovery. To learn more about what writing your story might entail and how we can work with you regarding privacy issues, please contact Helene at 650-638-0800 or hzimmer@namisanmateo.org.

UnMasking Teen Mental Health a Success!

Over 100 people attended the Unmasking Teen Mental Health Event held on April 22nd at Trinity Episcopal Church in Menlo Park. Thank you to all those who made this event possible: the moderator and panelists representing TeenZTalk.org, SafeSpace, Star Vista, NAMI SMC, and the Menlo Park City School District. Special thanks to Youth Minister, Patrick Kangara, for organizing and executing the event and to Trinity Episcopal for sponsoring it.

Please visit namisanmateo.org/FIND SUPPORT FOR TEENS & YOUNG ADULTS for a listing of the many vendors that participated and the resources that they provide for families and youth.

Social Security Benefits or Vocational Rehab Questions? Call Wendy Jordan at 650-802-6482

Update on ABLE Accounts...via CalABLE

The Social Security Administration oversees the Achieving a Better Life Experience Act (ABLE) program at the national level and many states have their own unique way for offering participation. ABLE is important for families trying to save assets on behalf of a special needs beneficiary to provide further support, but if not coordinated properly, can actually disqualify the beneficiary from Federal and state aid programs, including SSI and Medicaid.

CalABLE Program Update - Calif State Treasurer's Office (treasurer.ca.gov) On March 5, 2018, CalABLE’s awardee of the contract to provide program management services made a business decision to not execute our contract.

For information at the national level on ABLE, please go to the ABLE National Resource Center: www.ablenrc.org The ABLE National Resource Center (ANRC) is a collaborative whose supporters share the goal of accelerating the design and availability of ABLE accounts for the benefit of individuals with disabilities and their families.

Peer HR Training & Placement Program

Are you interested in a new career? If yes, keep reading: The Office of Statewide Planning & Development has made available a grant that San Mateo Counties’ Behavioral Health & Recovery Services is part of. The grant is to provide support, training and career development for persons with lived experience who are interested in working in Behavioral Health or who started working in the field in the past 4 months. Peers who volunteer are also eligible.

United Advocates for Children & Families is ready to begin. The first step is to gather information from peers and family members who are interested. Services, training and support will be determined by what the need is from the participants as well as employers.

Contact Suzanne Aubry at OCFA@smcgov.org if you would like to complete the development plan. Filling out the form is the best way to begin this process.

Vote for NAMI CA Board of Directors

It’s time to cast your vote for the NAMI California Board of Directors!  
NAMI California’s Board is an all-inclusive group which seeks highly qualified California leaders to embrace the organizations mission and strategic direction. Service on the NAMI California Board requires experience, knowledge, commitment and time to help all those impacted by mental illness in our state. Click here to learn more about the candidates. (namica.org/voting/)

We ask that you take time to review each candidate’s statement of willingness to determine your vote. This year, five candidates will be elected to serve for a three-year term. Please note: NAMI California members may vote online until Monday, May 21st at 5:00pm. Enter the NAMI SMC membership ID number (5005026651) to vote.

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Please Become a Member of NAMI San Mateo County
1650 Borel Place, Suite 130, San Mateo, CA 94402

☐ Individual Member ($40)*
☐ Household Member ($60)*
☐ Open Door Member ($5)*

☐ Renewal or ☐ New Membership Amount Enclosed: $_

Additional Possible Contributions:
☐ Sustaining ($100 to $499)
☐ Patron ($500 to $999)

☐ Change Address (print new address below, please include label with old address)

☐ My Company has a Matching Gift Program: ___________________________ (company name)

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?

☐ Family ☐ Consumer ☐ Friend
☐ MH Professional ☐ Business or Agency

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

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!