General Meeting

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

Tuesday, Nov. 13
6:00pm Reception
6:30pm Entertainment
7-8:30pm Program

NAMI Thanksgiving

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

Enjoy live music from Melonade, a six-piece Jazz combo from Stanford University, and a few words from Armando Sandoval, NAMI Board Member and Community Outreach Liaison BART Police and Julisa Voinche, Peer.

Bring your family and friends to enjoy camaraderie and pie!

RSVP to 650-638-0800 or nami@namisanmateo.org

Serenity House Grand Opening and Ribbon Cutting

After over five years in the planning, Serenity House had its official opening on Tuesday, October 16, 2018. Serenity House is a short term adult crisis residential program operated by HealthRIGHT 360 for San Mateo Behavioral Health and Recovery Services.

At the opening ceremony Steve Kaplan, Interim Director Behavioral Health and Recovery Services, under whose auspices Serenity House was originally championed after hearing from NAMI families about the need for an alternative to hospitalization. The alternative would be a place of respite and stabilization in a home-like setting for adult individuals in crisis who do not pose an immediate danger to themselves or others. San Mateo County Supervisor Carole Groom talked about the restorative aspects of care that people would receive at Serenity House, and San Mateo County Supervisor David Pine affirmed that Serenity House was “exactly the type of facility we needed,” and thanked everyone for their commitment, compassion and perseverance to make today happen. Others specifically thanked for their involvement in the project included Pernille Gutchaik, Clinical Services Manager, BHRS, and Karen Krahn, Deputy Director of Adult & Older Adult Services, BHRS. Thank you SMC Board of Supervisors.

October 29th was opening day for the first client to arrive and start their healing process. No physician referral is necessary.

For more information about Serenity House and/or to inquire about receiving short-term respite and support, call 650-204-9695 (24x7).

Residential crisis center opens: Serenity House to offer those with mental illness options when crisis hits

By Anna Schuessler Daily Journal staff; Oct 11
Edited for space considerations by NAMI SMC

Having searched for help and resources when her son became affected by mental illness, Kathy Stern knows from experience how challenging it can be to see a family member experience a psychotic event. When Stern was introduced to resources offered through the NAMI SMC affiliate some two years after her 42-year-old son was diagnosed with a severe mental illness, she said she found an inclusive community and resources surrounding both individuals affected by

I have walked out of the darkness

By John Butler

My diagnosis of depression was first reported to me in 1982 when I was 26, shortly after I had been asked to leave my job and "get help". I began to visit with a Christian Counselor and attend group therapy sessions at his office.

During the time I was lost in my mental illness, alcohol was my closest companion and my means of being accepted among the many successful folks at the British Bankers Club in Menlo Park. It was my means of gaining fortitude and gave me a sense of humor.

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

(Continued on page 2)

(Continued on page 7)
mental illness as well as their families. Now a board member of the nonprofit, Stern has shared the feeling of helplessness, confusion and isolation that can accompany such experiences with many other family members who have supported loved ones through and in the aftermath of psychiatric crises. “It’s devastating if it’s a first-time psychotic event,” she said. “You feel completely lost as a family member. You look for answers and they’re not out there.”

Serenity House, which will open its doors at the end of October, offers a stable residential environment, individualized counseling, support for family members and exposure to resources that can help clients reintegrate with their communities when their stays are over. It is expected to provide an opportunity for individuals living with mental illness and experiencing increasing distress a place to recalibrate and reassess their conditions, explained Steve Kaplan, interim director of BHRS. Kaplan said in moments when someone is experiencing a psychiatric crisis, family members or caretakers are often left with few other options besides calling the police and/or hospitalizing them. Though hospitals can provide the care some individuals need, they may not be the best place for them to receive treatment, especially if a hospital environment escalates one’s stress, said Kaplan, who stressed that the program is completely voluntary.

Operated by HealthRIGHT 360, the center at 3701 Hacienda St., San Mateo, has a capacity of 13 and will serve adults over age 18. Clients are expected to stay at the center for an average of 10 days, during which time they will be able to work individually with a case manager, participate in a variety of therapeutic groups and take arts and movement classes, said Nicole Ibarra, managing director at HealthRIGHT 360.

All clients develop a plan for re-entering their communities when they leave Serenity House that may include referral to California Clubhouse for job development services, NAMI for peer and family support, and out-patient medical follow up.

Kaplan and Ibarra pegged the program’s inclusion of the family members or friends who will live or care for individual after a stay at the Serenity House as critical to their ability to successfully re-enter their communities. By educating caretakers about a client’s condition and progress and connecting them with organizations like NAMI, the program is expected to align clients and their families on their path toward re-entry, said Ibarra. For Stern, the program’s focus on strengthening communication between clients and their families is essential in mitigating the impact of mental illness on one’s life. She said communication can easily break down between family members affected by mental illness, and the distance between them can also play a role in more serious problems, such as homelessness.

[weblink]

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

Call Wendy Jordan at 650-802-6482

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**NAMI Holiday Open House & Stocking Stuffer Opportunity**

**Tues. Dec. 4, 1:00 – 4:00pm Kickoff**

Wed. Dec. 5 - Dec. 8 - 1:00 – 4:00pm

1650 Borel Place, #130, San Mateo

**Join us!** for warm cider, cookies, and good conversation.

Stocking Stuffer opportunities include:

- **NARSAD Art Works Cards** - Cards by NARSAD Artworks showcase art products by and on behalf of persons with mental illness. Perfect for birthdays, holidays and all occasions.

- **NAMI Jewelry** - designed by Mike Warner, a family member, has created a beautiful hand-crafted collection of earrings, pins, pendants & bracelets and money clips that feature the NAMI signature “grass roots” symbol. Also available online at: [www.namisanmateo.org/Gifts](http://www.namisanmateo.org/Gifts)

All proceeds support NAMI San Mateo County.
**Parity Report Grades**

**ParityTrack**

The Kennedy-Satcher Center for Mental Health Equity just released several new reports and guides on the current state of parity across the country, including:

- Evaluating State Mental Health and Addiction Parity Statutes: State Report Cards

The state report cards give each state a letter grade on their state statutes, or laws, on parity coverage of mental health and addiction care. Parity—covering mental health and addiction care at the same level as other health care—has been a priority issue throughout NAMI’s history.

NAMI fought successfully for the federal parity law and on the 10th anniversary of its passage, we call on elected officials in our state to fulfill the promise of equal treatment under the law.

This new report highlights what we’ve been saying all along, that people are still being denied mental health care when they need it the most.

You wouldn’t deny a person with diabetes insulin or kick a heart patient out of their hospital bed because they’ve reached an arbitrary limit.

We hope this will be a wake-up call to the leadership of our state and we look forward to working with them to ensure greater enforcement of the federal parity law.

NAMI fought successfully for the federal parity law and on the 10th anniversary of its passage, we appreciate the efforts of the Kennedy Satcher Center for Mental Health Equity to evaluate our state on parity; however, they missed the mark.

We will continue to work with our partners to build better lives for the people in our state affected by mental illness.

Hannah Wesolowski, Director of Field Advocacy Advocacy & Public Policy, NAMI—National Alliance on Mental Illness

www.paritytrack.org/report/california/california-legislation/

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**NAMI California Supports Proposition 2**

Dear Team NAMI,

I wanted to write this letter to shed light on NAMI California’s deliberation process on Proposition 2 and the No Place Like Home program.

We are in support of this proposition which provides critical services to Californians who are experiencing homelessness and living with a severe mental illness.

However, we took time to move to a support position on Proposition 2. A few affiliates expressed concern to NAMI California staff that the measure, if passed, would decrease the amount of mental health funding received by county behavioral health departments.

We take these concerns very seriously, as our number one priority is ensuring that our membership and their family members get the care they deserve and need.

NAMI California staff conducted an in-depth assessment of the measure, including interviewing state agency personnel and coalition partners. From our independent research and these interviews, we reached the conclusion that Proposition 2 will likely increase the amount of funding that each county receives.

Visit our FAQ page to learn why we support Proposition 2 and how you can get involved.

www.namicaadvocacy.org/prop2

We believe this is a strong program that will shore up significant gaps in our current mental health system. Thank you for your patience during our assessment of this far-reaching legislation.

For questions, please contact advocacy@namica.org. You can also visit our action center to learn more about NAMI California advocacy efforts.

Sincerely,

Caitlin Shea - Advocacy Manager, NAMI California

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**“Wish List”**

Would you like to support a great cause? NAMI SMC needs your help! Below are a few items that we need to support some of our activities:

- Laptop (gently used)
- Tent A-Frame Sign & Graphics
- Retractable Banner Stand & Graphics
- Acrylic Brochure Wall Display
- Larger Office Space
- Storage Space Needed

Thank you for your consideration. For item specifics, please contact Helene Zimmerman, Exec. Director at hzimmer@namisanmateo.org, or call 650-638-0800.

NAMI SMC is a non-profit 501 (c) 3 organization. All donations are tax deductible as allowed by law.
New Additions to the Library
Searching For Normal: The story of a girl gone too soon. By Karen Meadows

Karen Meadows had a normal, happy family until depression consumed her daughter, Sadie—a struggle that ended with Sadie’s suicide at age eighteen. In *Searching for Normal*, Meadows shares her family’s journey as she tries to help her daughter Sadie cope with her mental illness, expertly intertwining her own storyline with excerpts from her daughter’s diaries. The years Meadows chronicles are characterized by Sadie’s heartbreaking bouts of running away, cutting, and living with Portland street families while Karen and her husband desperately search for solutions—trying medication, hospitals, therapy, wilderness and residential treatment programs, and more. Ultimately, however, they find themselves confronted with the devastating shortcomings of the US’s mental health system.

Including hindsight advice from Meadows, along with an extensive list of resources that she wishes someone had provided her when she was trying to help Sadie, this book will help parents of struggling teens feel less isolated and better equipped to navigate their teenager’s mental illness. Meadows also describes recent developments that are paving the way for better diagnoses and treatment options.

*Please visit the library at the NAMI SMC office - we have books and videos available to check out! 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."

**Facilitators Needed**

We're looking for persons to facilitate our programs. **We especially need family support group leaders, now!** 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.

**Storage Space Needed**

NAMI SMC is in need of storage space to house our extra NARSAD Artworks products – gift cards and posters.

For the past eighteen months, a wonderful friend of NAMI SMC has allowed us to use space at his place of business. At this time, he can no longer do so – hence our quest for a replacement storage area.

If you are able to provide space to us gratis, that would be wonderful! Please contact Helene at 650-638-0800 or nami@namisanmateo.org for more information.
<table>
<thead>
<tr>
<th><strong>SUPPORT GROUP MEETINGS</strong></th>
<th><strong>(for information on NAMI Support groups call 650-638-0800)</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>NAMI Cordilleras MHR Center Family Group,</strong> 1st Mondays (2nd if 1st is a holiday), 6:30-8pm, 200 Edmonds Rd, 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 West 39th Ave &amp; Edison St, Board Room, San Mateo. Park in the 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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<tr>
<td><strong>Café para Padres,</strong> 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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<tr>
<td><strong>NAMI Spanish-Speaking Support Group</strong> 2nd Tues, 6-7:30pm, 802 Brewer Ave, Redwood City, 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. 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 St, San Mateo. Board Room (main entrance elevator to 2nd floor, left to the end of the hall). Carol Metzler &amp; Judy Singer (1st &amp; 3rd Tues) - NAMI facilitators. Call NAMI SMC at 650-638-0800 for information.</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 Brewer Ave, Redwood City, 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 West 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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<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>
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<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 Rd, Info: Trudy 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 meetings: 7-8:30pm, 401 Quarry Rd, #2213, Stanford Dept. of Psychiatry &amp; Behavioral Sciences (parking is between Vineyard &amp; Quarry). Info: 650-397-2886 or Pamela at <a href="mailto:pamelapolos@comcast.net">pamelapolos@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> (open to all denominations), for those with mental illness and families and friends. 2nd Wednesdays, 6:15-8:30pm, Beit Kehillah, 26790 Arastradero Rd, Los Altos. For info, call Carol Irwin 408-858-1372.</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 St, Daly City, Comm Room. 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> development for clients in all stages of recovery. Thursdays at 4-5pm. 225 South Cabrillo Hwy, #200A, Half Moon Bay. 726-6369 for information.</td>
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<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: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> 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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<tr>
<td><strong>Korean Support Group</strong> 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> of SF Bay Area, 3rd Saturdays, 1:30-3:30pm, Seton Medical Center, 1900 Sullivan Ave, Daly City, 2nd Fl. Conf. room near cafeteria. Info: 415-273-7273; <a href="http://www.ocdbayarea.org">www.ocdbayarea.org</a>.</td>
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<tr>
<td><strong>Chinese Language Family Support Group</strong> Cantonese/Mandarin. Call Alice at 650-573-3571 for information.</td>
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<tr>
<td><strong>Japanese Education &amp; Support Group,</strong> call (415) 474-7310 for information.</td>
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<tr>
<td><strong>Consumer Support Groups, Heart and Soul,</strong> 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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<tr>
<td><strong>Cluttering &amp; Hoarding Support Groups, Workshops, and Private Consultations</strong> - 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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</tbody>
</table>
**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.**

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**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 (www.v-dac.com/org/?id=94-2650681) or call 877-999-8322 to make your donation. Thank You!

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**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: www.mcbhrsblog.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

**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.

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**Shopping Supports NAMI SMC**

**Sign up NOW! Tell a friend!**
Always start at https://smile.amazon.com and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases.

When you log please choose “NAMI San Mateo County” as your charitable organization, from there your shopping purchases will be linked directly to us!

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

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**MHSARC Meetings** Open to the public
(Mental Health & Substance Abuse Recovery Commission)

**FULL COMMISSION MEETINGS**
1st Wednesday, monthly: 3pm-5pm
Time/locations vary, check 650 573-2544 or www.smchealth.org/mhsarc

Health Services Building, Room 100
225 W. 37th Ave. San Mateo

**AGE FOCUSED COMMITTEES**

**Older Adult Committee:**
1st Wednesday monthly: 11am-12noon
Call for location: 650 573-2544

**Adult Committee Meeting:**
3rd Wednesday, monthly: 10:30am-11:30am

**Children and Youth Committee Meeting:**
3rd Wednesday, monthly: 4pm-5pm

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.

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- **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.**
I followed that romance of drinking and creative writing, becoming submerged in my personal journals. I imagined I authored the great ideas of a Hemingway or Fitzgerald. “Comics play a meaningful role in my recovery, hence this photo.”

I learned through years of kindness shown me by a Peer Support Worker at the South County Mental Health Clinic how to set my spirit free from a constant need to use curse words and express thoughts of anger at the world for all that I lacked in material goods and healthy personal relationships.

My spirituality has helped me find peace of mind along with the help many aides at the Clinic, Faith and the science of medical treatment go hand-in-hand for me.

I have gone through many significant losses of family members from the earliest years of my boyhood. These losses are the wedge depression has placed between my heart and mind. I have been able to tell my story of recovery in public. I have been told my story is helpful from those who have listened.

Thank god for San Mateo County Behavioral Health and Recovery Services! They have faithfully supported me for 30 years. I am grateful to both the Clinicians and the Peer Support staff. I attend WRAP and Dual Recovery groups at my Clinic, and recently began attending NAMI’s Peer-To-Peer classes where I am learning a lot. I am trying to implement in my everyday routine what I learned in class. I highly recommend this course. Thank you NAMI!

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.

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

To All Our Volunteers!

~ THANK YOU ~

We couldn’t do it without you!

Family to Family Teachers:
Jennifer Souza, Dana Walsh

General Meeting: Nancy Gittleman
Esther Ludena, Kathy Stern

Newsletter Mailing: Silvana Garetz,
Patricia Michel, Ammi Rostin, Joyce Yokoe

Newsletter production: Ron Dugrenier, Kim Nobles,
Kathy Stern, Pat Way

Office Support: Eran Magen, Ph.D;

Eveline Coffman, Grace Hand,
Lauren Shea

Resource Fairs: Mary Beaudry, Rocio Cornejo,
Nancy Gittleman, Lisa Kenney, Esther Ludena, Patricia
Michel, Leslie Paclain, Sandra Pethan, Mickey Podolsky

Special Projects: Mary Beaudry, Jane Cummings, Andrew
Lam, Ashley Langston, Meghan Popoff, Joyce Yokoe

All of our Support Group Leaders!

Suicide Prevention Training
Clinical Mental Health Professionals to Complete Additional Training.

On or after January 1, 2021, Assembly Bill 1436 requires an applicant for licensure as a marriage and family therapist, an educational psychologist, a clinical social worker, or a professional clinical counselor to complete a minimum of 6 hours of coursework or applied experience under supervision in suicide risk assessment and intervention. The bill would require, as a one-time requirement, a licensed marriage and family therapist, educational psychologist, clinical social worker, or professional clinical counselor to have completed this suicide risk assessment and intervention training requirement prior to the time of his or her first renewal after January 1, 2021.

The bill would also require an applicant for reactivation or for reinstatement to an active license status on or after January 1, 2021, to have completed this suicide risk assessment and intervention training requirement. The bill would require that proof of compliance with requirements be certified under penalty of perjury and be retained for submission to the board upon request. By expanding the crime of perjury, the bill would impose a state-mandated local program.

California Legislative Counsel’s Digest
http://leginfo.legislature.ca.gov/  Bill Number 1436
NAMI Pie Thanksgiving
Nov. 13 | see page 1

NAMI Holiday Open House
Dec. 4 - 8 | see page 2

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

RETURN SERVICE REQUESTED

Time Value

Caregiving for People with Mental Illness
Register Now for this Upcoming Webinar
Thursday, Nov. 8 | 1:00 – 2:30 PM PST
www.nami.org/Blogs/NAMI-s-Ask-The-Expert

Membership / Donation Form
Donate, renew or join NAMI SMC also at namisanmateo.org

- Individual Member ($40)*
- Household Member ($60)*
- Open Door Member ($5)*
- Renewal or New Membership

I would like to donate:

☐ $50 ☐ $75 ☐ $100 ☐ $250

Other $ ______________________

In ☐ Honor of ☐ Memory of ____________________________

☐ Renewal or ☐ New Membership

Amount Enclosed: $ ___________

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

☐ 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? __________________________________________

Please check all that apply: I/we am/are ☐ Family ☐ Individual ☐ Friend

☐ MH Professional ☐ Business or Agency

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 being a part of the NAMI SMC family!

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

650-638-0800 / FAX: 650-638-1475
nami@namisanmateo.org
www.namisanmateo.org
Office open: 9am-3pm, M-F (or by appt.)

Board of Directors:
Jerry Thompson, RN - President
Carol Gosho - Treasurer
Alan Cochrane
Danny Desloover
David Korth
Alan McKenna
Kelly Powers
Armando Sandoval
Kathy Stern
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Boosting Motivation and Cognitive Deficits in Mental Illness

People with a variety of psychiatric conditions, including major depression and schizophrenia, can take a variety of medicines that control some, although often not all, of their symptoms. Two important kinds of symptoms that are frequently not affected by available medicines are deficits in motivation and cognition.

Patients with major depressive disorder, for example, often suffer from the inability to experience pleasure and hence do not seek it, a symptom called anhedonia. Another symptom seen in some patients is a decline in processing speed – the ability of the brain to process information. Similarly, people with schizophrenia often find themselves listless, their interest in engaging with others and in activities sharply diminished. Cognitive functions are often impaired in schizophrenia, and are not addressed by medicines that temper a patient’s psychotic symptoms.

Basic research by a team co-led by Erin S. Calipari, Ph.D., a 2016 BBRF Young Investigator, and Drew D. Kiraly, M.D., Ph.D., a 2017 Young Investigator, has now revealed a mechanism in brain cells that might be harnessed to reduce cognitive deficits and enhance both motivation and behavioral flexibility in patients with schizophrenia, depression, and other psychiatric disorders. The findings were published August 27, 2018 in in the Journal of Neuroscience.

Dr. Calipari, of the Vanderbilt University School of Medicine, and Dr. Kiraly of the Icahn School of Medicine at Mount Sinai, led a team that included BBRF 2017 Young Investigator Cody A. Siciliano from the Massachusetts Institute of Technology. They studied a small but important signaling protein called G-CSF (granulocyte-colony stimulating factor). This multipurpose molecule is known to protect neurons and encourage neural progenitors in the brain to give rise to new neurons. Members of the team previously identified G-CSF as a factor in cellular and behavioral plasticity, which underlie learning and the ability of neuronal circuits to change in response to changing circumstances or new stimuli.

In their newly reported research, the researchers figured out the mechanism that enables G-CSF to have these vital effects. Central in the mechanism is its ability to alter immune system signaling and spur the release of the neurotransmitter dopamine in a part of the brain called the nucleus accumbens. The discovery indicates that G-CSF acts directly on dopamine circuits to enhance their function, and in turn to enhance reward learning and motivation. These results, said the scientists, “suggests that targeting immune factors (like G-CSF) may provide a new avenue for therapeutic intervention in multiple psychiatric disorders that are characterized by motivational and cognitive deficits.”

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Review of the California Crisis Intervention Training Association (CACITA) Conference 2018, Sacramento
By Emily Chandler, NAMI CIT Facilitator

Sharon Roth (recently retired NAMI Executive Board member and Criminal Justice Chair) and I had a most motivating and inspiring three days at the California Crisis Intervention Training Association conference.

The sessions were all relevant and well presented. They explained the function of law enforcement in today’s changing culture and awareness of those with mental health differences, brain injuries, brain trauma, PTSD, thought disorders, personality disorders, and mood disorders. Most striking, was the hard evidence that officers are safer when they respond to mental health crisis incidences with a deescalating protocol.

A wide variety of scenarios and demonstrations as well as visual presentations increased the attendees awareness of the needs of the mentally ill when they are confronted by law enforcement during a crisis.

I came away with empathy for the awesome challenges that peace officers encounter multiple times daily. They put themselves in harm’s way and are asked to do difficult tasks in the face of mortal danger.

Throughout my many conversations and group interactions at the conference, I was struck by the peace officer’s sense of respect for those with mental illness, and their intent to do the best right action.

Family members deal with crises, and I hope I can transfer what I learned at the conference to the next NAMI Family to Family class I teach.

During the conference NAMI was often called upon as a reference, resource and for insight. I was proud to be part of NAMI and hope that more of you will consider attending future CIT and NAMI conferences to enhance and broaden your understanding of your family’s and

“Be the change that you wish to see in the world.” — Mahatma Gandhi —
RESEARCH WEEKLY: Cannabis and Serious Mental Illness Part One, Medical Marijuana

(Oct. 2, 2018) The association between the use of cannabis, commonly known as marijuana, and serious mental illness is controversial. The controversy transcends multiple related concerns, including marijuana's applicability as a therapeutic drug and the causal link between marijuana use and developing psychosis. This week's research blog is the first in a two-part series regarding cannabis and serious mental illness, focusing on the questions around medical marijuana for individuals with serious mental illness.

Medical marijuana is prescribed to individuals with serious mental illness for a variety of reasons, including alternatives for pain management and to reduce symptoms of psychosis. However, heavy marijuana use among individuals with schizophrenia has been shown to significantly worsen psychiatric symptoms such as increasing the severity of psychosis episodes and altering the illness course. In addition, a recent study from RTI International found that states with more liberal medical marijuana laws had a higher prevalence of serious mental illness than those without medical marijuana laws. In 33 states and the District of Columbia, legal barriers to or penalties for using marijuana have either been reduced or effectively eliminated. This reality has sped up the timeline on the need for findings of conclusive research about the effects of cannabis use in schizophrenia.

Mary Brunette, MD, and colleagues from the Department of Psychiatry, Geisel School of Medicine at Dartmouth Hitchcock, published an open forum piece in this month's Psychiatric Services on the impact of medical marijuana use for individuals with serious mental illness. The authors argue that with the substantial increase of medical marijuana use in this country, caution should be taken by clinicians to reduce the harm and adverse effects of medical marijuana on individuals with serious mental illness.

Part of the controversy of the effects of cannabis on schizophrenia is due to the differing effects of the two major active compounds in the drug. Tetrahydrocannabinol (THC) has addictive properties, promotes euphoria and can give rise to anxiety or paranoia. Cannabidiol (CBD) has been found to reduce psychotic symptoms and is thought to have no addictive properties. Although the links between THC and the increased risk of psychosis is clear, the debate around CBD being helpful to people with serious mental illness is still in question.

Medical marijuana programs also utilize for-profit companies to grow, create and sell these products with little regulation over their contents and safety, according to the authors. Therefore, the actual amounts and ratios of THC to CBD, vital for the therapeutic properties of the drug, may not be accurate to the label.

The authors conclude that due to the significant adverse effects of cannabis use on individuals with serious mental illness, which include worsening psychiatric symptoms and a greater likelihood of addiction to the drug, clinicians should use caution in prescribing medical marijuana among this vulnerable population.

Stay tuned next week for part two of this series regarding the causal link between cannabis and schizophrenia.

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