Dedicated to improving the quality of life for people with mental illness and their families through support, education and advocacy.

End of Year Appeal Receives $30,000 match

Thanks to the incredible generosity of the Sally & Michael Mayer Family Foundation, NAMI SMC has received a match challenge donation of $30,000 towards our End of Year Appeal and Membership drive.

How does this work? This means that your gift and/or membership donation made between now and the end of the year, will automatically be doubled!

What does this mean for NAMI SMC? Together, we can reach, or even exceed our $75,000 goal to support the programs and services provided by NAMI SMC. Reaching this goal will allow us to expand our outreach to schools, families and Peers and lessen the stigma of mental illness.

NAMI SMC is extremely important to Sally, Mike and their family. Sally says of herself, “I am a wife, a Mom and a Grandma. I am also a fighter and a survivor.” To read more of Sally’s journey, access the NAMI SMC September 2019 newsletter issue online: https://namisanmateo.org/about-us/newsletters-2

Our formal End of Year appeal will be arriving in the mail before Thanksgiving. All gifts are gratefully received. No gift is too large or too small.

Donations can be sent to the office address, or you can use our secure website at namisanmateo.org to make an online donation and/or become a member.

Please help us help our many members and friends in the community who need our support. Thank you!

My Birthday Wishes - Support NAMI SMC

By Loren Shea

There was a period in my life, in the depths of my struggles with mental health challenges, that I thought I would not live to see my twenty-fifth birthday. I’ve been actively suicidal and have attempted to end my life a few times. Luckily I was not successful and today I write this just a few days after celebrating my thirtieth birthday.

Every year during this time I get seduced by the rumination many of us experience during our birthdays. I say many of us meaning whether or not we have a mental illness, this is the nature of being human and being in a culture where we celebrate the significance of another trip around the sun. It can be really a beautiful experience. I feel a great sense of gratitude on a day-to-day basis for what I have been through and it only intensifies come September.

I was in this contemplative and self-analytical mind set for a while anticipating the significance of my special date, September 16th to be exact (yay Virgos!) and I spun off into a creative brainstorming session about ways to celebrate unity and bring validity to our shared, challenging experiences. What better way to do this than to give back to my community? Instantly NAMI SMC came to mind.
I have NAMI SMC to thank in part for getting me this far in my life. I ended up throwing a party and asked my friends and family to bring donations to NAMI San Mateo in lieu of gifts. The reason being is that I’ve really received the greatest gift of all which is a healthy and happy life surrounded by a welcoming community that includes great friends and a loving family. Although I am not a wealthy individual, the donations received made me feel rich with love and support.

Supporting NAMI in any capacity, be it with financial contributions or by volunteering your time contributes to the wellness of so many of us in recovery. I would encourage those capable of throwing any kind of fundraiser, be it a party to celebrate a special occasion or a movie night with few friends to do so. Every penny counts and the feeling of joy you will receive surpasses that of receiving any other gift. It was an honor to contribute a small amount of money to NAMI San Mateo that by far exceeds its monetary value by way of spreading a wealth of knowledge about mental health awareness throughout our cherished community.

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.

For information, please contact Helene at 650-638-0800 or hzimmer@namisanmateo.org.

Help break the stigma of silence surrounding mental illness.

SoulCycle Charity Ride for NAMI SMC

On Saturday, Oct. 26, SoulCycle, San Mateo, held a fundraiser – benefitting NAMI SMC. Shane Yarbrough, the SoulCycle instructor selected NAMI SMC as the non-profit beneficiary for his charity ride. Shane strongly believes in the important work NAMI SMC does in Mental Health, and especially on Suicide Prevention – locally and nationally - as he personally knows people impacted by mental health difficulties. Shane has a great following and wanted to bring as much awareness as possible to Mental Health.

The NAMI SMC Charity Ride offered 54 participants – a full class – a free community ride and the opportunity to check out SoulCycle (Soul-Cycle.com).

Cammy Forchione, a long-time volunteer attended on our behalf and spoke about NAMI SMC, the work we do, and how the organization has helped her and her daughter. Participants gave Cammy and NAMI SMC a round of applause. NAMI SMC will be the beneficiary of a yet to be determined donation.

Thank you SoulCycle for thinking of us and helping to raise awareness of the need for Mental Health and wellness.

To book a ride access https://soul-cycle.com

CBS Morning Show Devoted to Mental Health Awareness
By Kathy Stern

Bravo to CBS for devoting over an hour of its October 23rd morning show to mental health awareness. In a small studio with a live audience, hosts Gail King, Anthony Mason, and Tony Dokoupil led the conversation. With help from NAMI National, the American Psychiatric Association, and One Mind, a brain research group, a huge audience was reached with so much of the NAMI philosophy and mission. Several celebrities and their families shared their struggles and talked about how they’ve learned to address their own mental health challenges.

Karamo Brown, star of the Netflix TV show Queer Eye, talked about his experience with severe depression, anxiety and substance abuse, and his efforts to bring information to his audiences through his program. He noted that young LGBTQ people are far more likely to attempt suicide than other youth and being gay made his teen years so difficult that at one point, he attempted suicide. Brown took questions from the audience and said he sets daily emotional goals to help maintain his healthy outlook.

Journalist, author, and former Today Show host Jane Pauley was diagnosed at age 50 with bipolar disorder and soon went public with her struggle. Her physician told her she had a “genetic vulnerability” for the illness even though no one in her family had any kind of mental illness. He wanted to give her a “cover story” for her employer but she chose to fight stigma with sophistication. She and her husband, cartoonist Gary Trudeau, advocate for being open and honest about struggles with mental illness.

Dr. Ken Duckworth of NAMI National shared the stage with a young woman named Miana Bryant who talked about her experience with depression while a college student. Unable to find the support she knew she needed, she started “Mental Elephant” (a take on “the elephant in the room”), a support group for college students that has now spread to many campuses across the nation.

Cynthia Germanotta, whose daughter, Stephanie, is known as Lady Gaga, talked about how important it is to listen and validate as a parent, and avoid judging and controlling your young person’s experience. Family members must learn what is “normal” versus what is a mental health issue and potential crisis as their children navigate their teen years.

Dr. Duckworth then ended the segment in discussion with Dr. Sue Varma, a psychiatrist, and Dr. Jon Lapook, CBS’s medical correspondent, to stress the importance of the primary care physician in early intervention. The role and responsibilities of insurance companies was also stressed. They promise to continue the conversation – a real positive for the NAMI program and mission.

If you didn’t get a chance to see the program you can watch it at: https://www.youtube.com/watch?v=Kd9mRqXGjZM

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

“Do not let your grand ambitions stand in the way of small but meaningful accomplishments.” - Bryant H. McGill.
Volunteer Opportunities

We have a range of opportunities where having a volunteer to help us would make a significant difference.

Opportunities include answering the Warm Line, preparing materials for a class, staffing a resource table at a Health Fair, being the NAMI presence at vital local county meetings, or preparing our monthly financials using QuickBooks.

To volunteer, or for more information on volunteering, please call the office 650-638-0800, or email us nami@namisanmateo.com, and let us know what you’d like to do.

NAMI Day at Stanford

Our thanks to Amy Alexander, MD, and her fellow practitioners at Stanford’s Department of Psychiatry and Behavioral Sciences for hosting NAMI Board members from San Mateo and Santa Clara Counties on Oct 29th for “NAMI Day at Stanford”. We shared our personal stories and offered information on our no-cost programs. We heard from several of their staff who discussed ongoing research as well as some of the specialized treatment programs Stanford Psychiatry offers. In addressing the growing need for effective & timely services for their patients and their families, they look to NAMI to partner with them to bring our programs to them as they prepare to transition back into the community.

Stanford offers several specialized diagnosis-focused out-patient clinics and they conduct research in all areas of brain function and behavioral health. The Center for Youth Mental Health and Wellbeing is one of their efforts to impact mental health early. With a $15 million grant and a 5,000 square foot facility in Palo Alto, they offer low-or-no-cost programs for adolescents and young adults.

https://med.stanford.edu/psychiatry/special-initiatives/youthwellbeing.html

We look forward to an ongoing collaborative relationship with the Stanford Psychiatry Department in providing the most effective services possible to the people we all serve. We urge our NAMI members to watch for new opportunities to volunteer your time and your voice toward educating and supporting our San Mateo County neighbors.

“Tidewater Flats”

Appearing at

NAMI General Meeting Nov 20th

“Tidewater Flats is a Bay Area bluegrass band with Dave Oshman on mandolin, Jeff Magill on guitar, Jim Letchworth on banjo, and Lynn Magill on bass.

Their music combines close harmony vocals, blazing instrumental solos, and pulsing rhythms that is guaranteed to keep your feet tapping and put a smile on your face.”

Make a Difference

The Peer PALS program, developed by NAMI Santa Clara County (SCC) and started by NAMI San Mateo in August 2017, matches PALS, or mentors, with Peers who can use the support of someone who has “been there.” Because PALS have the experience of mental illness in common with their peer, they are in a unique position to relate to and understand their peer’s experience. A Peer PAL and their peer enjoy activities together, and discuss and work on issues important to their Peer. Thus, Peer PALS support their peer in their journey to recovery, engagement in the community, and a more meaningful life, and receive a small stipend for their work.

“Peer PALS helps to alleviate my loneliness because without my PAL, I would be isolated without any social support.”

While we continue to add Peer and PAL applicants, we have an immediate need for PALs who wish to contribute their friendship and support to individuals who can gain confidence and self-esteem as others have.

Seeking Peer PALS Advisor

If you are an MFT, LCSW, or PsyD and would like to contribute 2-3 hours a month to our Peer PALS program please contact us. This is a paid position.

If you would like information on this opportunity OR would like to request the support of a PAL, please contact Rocio at 650-638-0800 or peerpals@namisanmateo.org

See our Peer PALS Brochure at:


Major mental illnesses such as schizophrenia or bipolar disorder rarely appear “out of the blue.” Most often family, friends, teachers or individuals themselves begin to recognize small changes or a feeling that “something is not quite right” about their thinking, feelings or behavior before a illness appears in its full-blown form. Learning about developing symptoms, or early warning signs, and taking action can help.

Visit our NAMI Jewelry store

www.shop.wildbryde.com/NAMI-Custom-Jewelry_c81.htm
**New Resiliency App for Adolescents**

YouROK, a local Menlo Park company, has created an interactive app called K’Bro designed to promote resiliency among adolescents. Designed with input from a psychologist with experience in assessment the app has several features that engage users. According to the website https://kbro.io/#story, as you play the “Am I OK?” game and use other features in the app, K’Bro anonymously captures data about your emotional state. K’Bro lets you know when you’re doing OK but also lets you know when something is not quite right. K’Bro is part game, part anonymous sharing, and part knowledgebase. It is a safe place to share your thoughts and emotions and get advice on how to deal with life’s challenges while getting validation on how well you’re doing through the “Am I OK?” index. The more you share in the app, the smarter the app gets about how you’re doing. Every time you play you’ll get an Am I OK? score that tells you how you’re doing. If you’re doing great, that’s great! If you’re not doing OK, K’Bro offers suggestions for how to help you feel better.

Patrina Mack, the CEO and founder of YouROK, says “We see K’Bro working as a prevention tool to teach emotional resiliency but also in partnership with those in therapy to practice good self-care in-between sessions, with ability of therapists to get highlights of how the patient is doing that may not be readily shared in therapy. We never share exactly what the user says in the app but provide access to scores, alerts and the categories of their life they are doing least well in.

Data analytics have documented that after playing K’Bro at least 10 times there is a statistically significant improvement in users’ Am I OK? index score showing that they are learning how to process their emotions more effectively.

The American Psychiatry Association selected YouROK as its 2019 Impact Award winner because of its innovative approach to reaching adolescents and helping them identify and share their emotions at an early stage. Currently the app is free for adolescents to use, and a parent subscription can be purchased for $4.95 monthly.

To see how K’Bro works, including screen shots, and the science it is based upon, please visit https://yourokapps.com.

Winner of 2019 Innovation Lab Impact Award

---

**New Additions to the Library**

**Brain XP: Living with Mental Illness.**

By Christine Marie Frey

"Brain XP: Living with Mental Illness, A Young Teenager's Perspective" is the personal, unashamed, and brave story of Christine Frey. BRAIN XP IS THE FIRST BOOK WRITTEN BY A YOUNG TEEN TO OTHER YOUNG PEOPLE LEARNING HOW TO COPE WITH MENTAL CHALLENGES. In her own teenage writing style, Christine describes her struggle with early onset psychosis. The terrible symptoms of psychosis, including hallucinations and delusions, began when Christine was twelve years old. In her personal account of life lived with anxiety, depression, and bipolar disorder, Christine ensures that the reader will fully grasp the true meaning of mental illness and its impact on the emerging sense of self of a teenager or young adult. In writing this book at age 16, Christine demonstrates a strong passion for advocating on behalf of others who have experienced similar brain disorders. She turns her own experience of struggling to understand herself into an example for others to learn from. Through her Brain XP Project, Christine embraces the challenge to educate and lead others to understanding and confronting the brain disorder called "mental illness". Rather than hide, isolate, and feel embarrassed, she tackles stigma head on. "Brain XP" will resonate with young people and is a must read for parents, family members, and friends who are worried about the mental well-being of the teen or young adult in their lives.

*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.*

---

**Myth:** People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.

**Fact:** People with mental health problems are just as productive as other employees. Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

When employees with mental health problems receive effective treatment, it can result in lower total medical costs, increased productivity, lower absenteeism, decreased disability costs.

---

**We offer Family-to-Family and NAMI Basics programs throughout the year for family members of those diagnosed with a mental illness.**

**All programs and classes are offered free of charge.**

See page 5 for information.

**NAMI Releases First Free Online Class for Parents of Children with Mental Illness Video**

NAMI Basics OnDemand is an online version of the in-person NAMI Basics: a free, six-session education program for parents, caregivers and other family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. **Register at:** https://basics.nami.org
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. (also see Support Groups on page 7) 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.

Teachers & 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.

Visit [www.namica.org](http://www.namica.org) to get the latest update on legislative activity pertaining to Mental Illness.

Seeking Part-Time Education Coordinator
NAMI SMC is seeking an Education Coordinator (part-time 25 hours/week) to support our Signature Programs: Family to Family, Peer to Peer, Connection, Basics, Provider Education, Ending the Silence and Family Support Groups.

Job duties include, but are not limited to, organizing training classes for teachers, enrollees and/or facilitators; preparing materials for each class; promotion/marketing of classes and tracking of all programs completed.

The anticipated start date is mid-February, 2020. For a complete job description, please go to: [https://namisanmateo.org/about-us/jobs/](https://namisanmateo.org/about-us/jobs/)
To apply, please email cover letter and resume to nami@namisanmateo.org

---

**NAMI Education Programs**
Learn, Find Support, and Increase Understanding

Visit [www.namica.org](http://www.namica.org) to get the latest update on legislative activity pertaining to Mental Illness.

---

**We are grateful for donations...**

...in honor of

- Diana & Jeff Kerbel’s 4th Anniversary
  - from Randi & Jim Hutchinson

- Family-to-Family Teacher Jen Souza
  - from Paul Falchi

- Ginny Traub - from Barbara T Stuart

...with gratitude to

SoulCycle of 2 East 3rd Ave, San Mateo

...in memory of

Adrienne Bullock - from Kathryn Bullock

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

---

**To All Our Volunteers!**

~ THANK YOU ~

**We couldn’t do it without you!**

Newsletter Mailing: Mary Beaudry, Jane Cummings, Ron Dugrenier, Silvana Garetz, Russ Levikow, Sally Mayer, Patricia Michel, Prithviaraj Pal, Joyce Yokoe

Office Support: Jane Cummings, Jennifer Fuller, Jennifer Souza

Health Fairs: Lily Arapeles, Ron Dugrenier, Cammie Forchione, Jennifer Fuller, Patricia Michel, Prithviaraj Pal, Ammi Rostin, Michael Travers, Leslie Wambach-Pacalin

...and to all of our Fantastic Support Group Leaders!

“Everything that irritates us about others can lead us to an understanding of ourselves.” — Carl Jung

---

From the Editor...

The other day I happened to run into a person I had worked with at another company in the past. One topic that came up was about the amount of pressure that is put upon an employee to always remain connected to their work either by responding to emails after hours or always reading articles to stay on top of their job. Ever been on-call after hours? This is a form of stress that can build up over time within a person and cause negative effects on a person’s mental health. As an adult many of us have come up with various ways of handling this stress. If a job becomes too unbearable we can just walk away and get another one.

A child or young adult does not have that option. They’re stuck, they can’t walk away. And so the problems get expressed in their schoolwork, emotional outbursts, and internally within themselves.

Please send any comments or suggestions you may have regarding this newsletter to: namismcnewsletter@gmail.com
**MHSARC Meetings**  
*Open to the public*  
(Mental Health & Substance Abuse Recovery Commission)

**FULL COMMISSION MEETINGS**  
1st Wednesday, monthly: 3:30pm-5pm  
Health Services Building, Room 100  
225 W. 37th Ave. San Mateo  
*Time/locations vary, call 650-573-2544 or smchealth.org/MHSARC*

**AGE-FOCUSED COMMITTEES**  
*Call for location: 650 573-2544*

- **Older Adult Committee:**  
  1st Wednesday, monthly: 11am-12noon

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

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

---

**BHRS Family Contacts**  
*Behavioral Health & Recovery Services*

Claudia Saggese  
Dir. Consumer Affairs  
650-573-2673

Yolanda Ramirez  
Family Liaison  
650-573-2189

---

**Shopping Supports NAMI SMC**  
*Sign up NOW!  Tell a friend!*

Always start at [smile.amazon.com](https://smile.amazon.com) and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases.  
When you log in, please choose “NAMI San Mateo County” as your charitable organization; from there, proceeds from your shopping purchases will be linked directly to us!

---

**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. Go to [careasy.org/NAMI-San-Mateo-County](https://careasy.org/NAMI-San-Mateo-County) or call 877-999-8322 to make your donation. Thank You!

---

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

Call Wendy Jordan at 650-802-6482

---

**Jail Chaplain**

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

---

**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 [smchealth.org/MH911](https://smchealth.org/MH911) or visit the blog: [smcbhrsblog.org](https://smcbhrsblog.org).

**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 [namisanmateo.org](https://namisanmateo.org).
# SUPPORT GROUP MEETINGS

<table>
<thead>
<tr>
<th>DAY</th>
<th>GROUP</th>
<th>LOCATION</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td><strong>NAMI Cordilleras MHR Center Family Group</strong></td>
<td>Daly City, Comm Room. Info: 650-301-8650.</td>
<td>Penney Mitchell &amp; Julie Curry, NAMI SMC co-facilitators.</td>
</tr>
<tr>
<td><strong>MONDAY</strong></td>
<td><strong>NAMI Parents of Youth &amp; Young Adults</strong></td>
<td>Daly City, 200 Edmonds Rd, Redwood City, 650-367-1890.</td>
<td>Ginny Traub &amp; Florian Davos, facilitators.</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td><strong>NAMI San Mateo Medical Center</strong></td>
<td>Redwood City, 2nd Fl. Conf. room near cafeteria. Info: 650-299-8880</td>
<td>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>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td><strong>NAMI South County Support Meeting</strong></td>
<td>Daly City, 200 Edmonds Rd, Redwood City, 650-367-1890.</td>
<td>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>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td><strong>NAMI Spanish-Speaking Support Group</strong></td>
<td>Redwood City, 200 Edmonds Rd, Redwood City, 650-367-1890.</td>
<td>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>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td><strong>DBSA Mood Disorder Support Group</strong></td>
<td>Redwood City, 200 Edmonds Rd, Redwood City, 650-367-1890.</td>
<td>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>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td><strong>Jewish Support Group</strong></td>
<td>Palo Alto, 200 Channing Ave, Palo Alto. Contact Barbara St.Clair, <a href="mailto:bstclair@namisantaclara.org">bstclair@namisantaclara.org</a> or 415-879-0399.</td>
<td>for family and friends. For those 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>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td><strong>NAMI Jewish Family &amp; Children's Services Support Meeting</strong></td>
<td>Palo Alto, 200 Channing Ave, Palo Alto. Contact Barbara St.Clair, <a href="mailto:bstclair@namisantaclara.org">bstclair@namisantaclara.org</a> or 415-879-0399.</td>
<td>family and friends are welcome. 2nd Thursday, 7-8:30pm. 200 Channing Ave, Palo Alto. Contact Barbara St.Clair, <a href="mailto:bstclair@namisantaclara.org">bstclair@namisantaclara.org</a> or 415-879-0399.</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td><strong>NAMI North County Support Group</strong></td>
<td>Redwood City, 200 Edmonds Rd, Redwood City, 650-367-1890.</td>
<td>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>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td><strong>NAMI Stanford Support Group</strong></td>
<td>Redwood City, 200 Edmonds Rd, Redwood City, 650-367-1890.</td>
<td>for family members. 4th Thursday 7-8:30pm. Stanford Dept. of Psychiatry &amp; Behavioral Sciences, 401 Quarry Rd, Room 1211 (parking is between Vineyard &amp; Quarry). Contact Georgia Vouraki <a href="mailto:georgiavk@gmail.com">georgiavk@gmail.com</a>.</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td><strong>Coastside Dual Diagnosis Group</strong></td>
<td>Redwood City, 200 Edmonds Rd, Redwood City, 650-367-1890.</td>
<td>development for clients in all stages of recovery. Thursdays at 4-5pm. 225 South Cabrillo Hwy, #200A, Half Moon Bay. 650-726-6369 for information.</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td><strong>Body Image &amp; Eating Disorders</strong></td>
<td>Menlo Park, 225 South Cabrillo Hwy, #200A, Half Moon Bay. 650-726-6369 for information.</td>
<td>Thursdays, 6:30-8pm, 1225 Crane St, Ste 205, Menlo Park. Open to family and friends. RSVP required: <a href="mailto:emlinewarthersmil@gmail.com">emlinewarthersmil@gmail.com</a>. More info: 408-356-1212 or e-mail: <a href="mailto:info@edrcsv.org">info@edrcsv.org</a>.</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td><strong>H.E.L.P.</strong></td>
<td>Redwood City, 200 Edmonds Rd, Redwood City, 650-367-1890.</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>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td><strong>Korean Support Group</strong></td>
<td>Palo Alto, 200 Channing Ave, Palo Alto. Contact Barbara St.Clair, <a href="mailto:bstclair@namisantaclara.org">bstclair@namisantaclara.org</a> or 415-879-0399.</td>
<td>for family members. Cupertino, 4th Friday: 12:30-2:30pm. Call for location: Kyono, 408-712-1149.</td>
</tr>
<tr>
<td><strong>SATURDAY</strong></td>
<td><strong>Obsessive-Compulsive Foundation</strong></td>
<td>Redwood City, 200 Edmonds Rd, Redwood City, 650-367-1890.</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>
</tr>
<tr>
<td><strong>OTHER</strong></td>
<td><strong>Japanese Education &amp; Support Group</strong></td>
<td>San Mateo, 200 Edmonds Rd, Redwood City, 650-367-1890.</td>
<td>call (415) 474-7310 for information.</td>
</tr>
<tr>
<td><strong>OTHER</strong></td>
<td><strong>Consumer Support Groups, Heart and Soul</strong></td>
<td>San Mateo, 200 Edmonds Rd, Redwood City, 650-367-1890.</td>
<td>call 650-232-7426 for days &amp; addresses, or visit <a href="http://www.heartandsoulinc.org">www.heartandsoulinc.org</a>.</td>
</tr>
<tr>
<td><strong>OTHER</strong></td>
<td><strong>Cluttering &amp; Hoarding Support Groups, Workshops, and Private Consultations</strong></td>
<td>San Mateo, 200 Edmonds Rd, Redwood City, 650-367-1890.</td>
<td>- Groups/programs change, contact Emily Farber, MSW, 650-289-5147, <a href="mailto:efarber@avenidas.org">efarber@avenidas.org</a>.</td>
</tr>
</tbody>
</table>
**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

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!
What Shaped My Career
By E. Fuller Torrey M.D.

It is difficult to be certain what shapes our lives and careers. If we were born again with just one thing changed, such as our parents or birthplace, then we could determine the essential factors. Alas, we are each living a unique social experiment with an N of one.

My best guess is that my life and career were largely shaped by four seminal experiences. The first was my younger sister’s psychotic breakdown in 1957, at age 18. Rhoda had serious schizophrenia with anosognosia as well as treatment resistance. At one time she was suicidal and homicidal. She was hospitalized continuously in a New York State hospital for 25 years and spent the rest of her life in group homes and nursing homes. I was a third-year premed student in college when she got sick, and I envisioned myself practicing family medicine. Because my father had died when we were young, I accompanied my mother and sister as they sought a definitive diagnosis and treatment at psychiatric centers recommended by friends—Columbia, Massachusetts General, Silver Hill, the Brattleboro Retreat, Baldpate, etc.

I came away from the psychiatric consultations with two strong impressions. First, it seemed clear that nobody had any idea what caused schizophrenia. One nationally prominent psychiatrist told my mother that Rhoda’s illness had been caused by the death of her father. That made no sense to me whatsoever because my older sister and I had shared all of Rhoda’s childhood experiences and we seemed to be pretty normal—other than the time she broke a dinner plate over my head because I had called her a bad name. My mother, who had had only a high school education, was baffled by my sister’s ordeal and the lack of available information. These events certainly influenced my decision many years later, when I was working with patients at St. Elizabeths Hospital, to write Surviving Schizophrenia (1983) for their families.

The other strong impression these early consultations evoked about my sister’s illness was that the brain was a very mysterious place that appeared to be almost completely unexplored. I had always been attracted to mysterious places geographically, especially Africa, and the brain seemed to be the human body’s equivalent of Africa. I was able to understand my father’s illness and death from heart failure—the heart was a failing pump. But what could possibly cause the brain to hear voices that did not exist? Or to have delusional thoughts that British soldiers were attacking our house, as my sister had experienced? C. S. Sherrington was correct in describing the brain as “an enchanted loom.” My attraction to the brain as a mysterious and intriguing organ has lasted a lifetime and led me to establish the Stanley Brain Collection years later.

The second seminal experience that shaped my life and career was spending two years in Ethiopia as a Peace Corps physician prior to my training in psychiatry. I spent time in the country’s only psychiatric hospital with one of the three psychiatrists available for 25 million Ethiopians. Serious mental illness in general, and schizophrenia in particular, appeared to be uncommon in Ethiopia at that time. This circumstance piqued my interest in the epidemiology of schizophrenia and its distribution in the world. In later years I spent 3 months in the Highlands of Papua New Guinea, where schizophrenia was virtually unknown, and 6 months in western Ireland, where schizophrenia appeared to be prevalent. I also began exploring the idea that schizophrenia had been a relatively rare disease prior to the 19th century, when its prevalence increased sharply. I was impressed by several epidemiological aspects of the illness: the suggestion that cases were clustered by neighborhood, the increased risk of developing the illness among those born in a city, and the seasonal pattern of births among those with schizophrenia. My research led to the publication of Schizophrenia and Civilization (1980) and later of The Invisible Plague (2001). By the early 1970s the epidemiology had also led me to consider whether infectious agents were the cause of schizophrenia.

In Ethiopia I also began to spend time with indigenous therapists—so-called witchdoctors. One of the best known in Ethiopia at that time was Abba Wolde Tensae, a priest in the Ethiopian Orthodox Church. He was known throughout the country for his ability to cure individuals afflicted by zar spirits that were thought to cause anxiety, depression, psychosomatic symptoms, and other illnesses. He lived two hours from me, and on several occasions I attended his group healing sessions. He was proud of his healing skills, believing that they came from God, and he willingly discussed his techniques with me. He seemed to be very effective in helping many people with various neuroses and personality disorders. This experience led me to pursue the study of other indigenous therapists. In 1969, for example, while on our honeymoon, my wife and I visited indigenous therapists (manangs) among the Iban people in Borneo—and even drank too much wine with one manang in his treehouse one evening. The outcome of such experiences was my book The Mind Game: Witchdoctors and Psychiatrists (1972).

The third seminal experience that shaped my life and career was going to work at the National Institute of Mental Health (NIMH) in 1970 after completing my psychiatric residency. At the time, funding for John F. Kennedy's community mental health centers (CMHCs) was at its peak. Over 600 million federal dollars had already been spent to fund 457 CMHCs. NIMH was full of young, idealistic mental health professionals who were excited to work to discharge patients from state psychiatric hospitals and create CMHCs to help individuals with mental illness receive treatment in the community, thereby averting most hospitalizations. In my opinion, in the history of social programs in the United States, rarely have so many well-meaning people known less about the task before them.

Although the CMHCs were not part of my official NIMH duties, I became interested in them. I reviewed site visit reports and visited one CMHC myself. Although there were a handful of CMHCs that were doing a good job, it was clear to me that most of them were using federal money to pay for services that were comparable to services delivered in private practice. My analysis of the situation was that the CMHCs had no interest in providing aftercare services for the thousands of individuals with serious mental illness who were being discharged from the state psychiatric hospitals.

Most discouraging to me was my observation that NIMH officials seemed uninterested in improving the CMHC program. Congress had appropriated the CMHC funds, which had to be spent in their entirety to preclude Congress from giving less money the following year. If
NIMH threatened to cut off funds to a CMHC in a particular district, it would then have to deal with a member of Congress representing that district. In my view, the most important factor in the lack of improvement to the CMHC program was that the program was part of the legacy of President Kennedy and therefore had to be portrayed as a great success, details be damned. This was a valuable lesson in how Washington works—or doesn’t work. I became convinced that I was witnessing the beginning of a disaster and began keeping notes. These notes led to four books over the next 4 decades on the failure of deinstitutionalization, the most recent being American Psychosis: How the Federal Government Destroyed the Mental Illness Treatment System (2014).

The final seminal experience that shaped my life and career was going to work at St. Elizabeths Hospital in 1977. Working as a ward psychiatrist with patients, most of whom had schizophrenia and bipolar disorder, sharpened my clinical skills and my understanding of these diseases. It also allowed me to collect blood and cerebrospinal fluid (CSF) from my patients and to assess them neurologically. It was then that I first sought out infectious disease specialists who were willing to examine the blood and CSF I was collecting for evidence of infectious agents. These consultations were the beginning of research that I have pursued ever since. Working at St. Elizabeths provided an additional advantage: the NIMH research unit on hospital grounds, under the direction of Dr. Richard Wyatt, allowed me to collaborate on research projects with several members of that group. The most noteworthy project was a large study of identical twins in which one or both had schizophrenia. In summary, it has been more than 60 years since schizophrenia began to dominate my sister’s life and, in different ways, my life as well. My experiences have left me with two strong impressions. The first is great admiration for people who must live with this most unpleasant illness. The second is inspiration from my colleagues who have dedicated their careers to providing clinical care, to researching this disorder, or both. And there is still a lot of work to be done.

Source: https://doi.org/10.1176/appi.ps.70901

E. Fuller Torrey, M.D., is a research psychiatrist specializing in schizophrenia and bipolar disorder (also known as manic-depressive illness). He is founder of the Treatment Advocacy Center (https://treatmentadvocacycenter.org) and associate director for Research of the Stanley Medical Research Institute, which supports research on schizophrenia and bipolar disorder. He is also a professor of psychiatry at the Uniformed Services University of the Health Sciences.

**Family-to-Family Teachers Needed**

Due to a growing demand to participate in NAMI’s signature Family to Family program, offered 6 times per year in English and in Spanish 2 times per year. We need more teachers! If you are a Family to Family graduate who would like to give back and teach classes - we need you!

Training is provided. Please contact the NAMI office at 650-638-0800 for details or email us at nami@namisanmateo.org

---

**Mental Health Housing Advocacy Group**

The Mental Health Housing Advocacy Group is a group of parents and community professionals who are concerned that our adult children living with the effects of long-term mental illness may have no place to live and no one to help them when we pass away.

The group continues to advocate and research housing models that must be sustainable beyond the lifetime of the parents. We meet on Monday nights to strategize and share our findings for extremely affordable, permanent supportive housing in San Mateo County.

We have learned that the Palo Alto Housing development at 2821 El Camino Real in Redwood City, which has recently started construction, will provide 6 Mental Health Services Act (MHSA) units for adults with mental health challenges. Behavioral Health and Recovery Services (BHRS) will provide the full service partnership with on-site staff. Applications for these units go through BHRS and can be submitted through a Core Service Agency. Agencies and locations are listed on the following website: hsa.smcgov.org/emergency-safety-net-assistance-core-service-agencies

We welcome others to join our working group. Please contact Carolyn Shepard by email at J092048@aol.com or call 650-595-5635 to learn more or to be added to the email list.

---

**Friends and family can be important influences to help someone get the treatment and services they need by:**

- Letting them know you are available to help
- Helping them access mental health services
- Learning and sharing the facts about mental health, especially if you hear something that isn't true
- Treating them with respect.
- Refusing to define them by their diagnosis or using labels such as "crazy".

---

**Peer PALS Advisor wanted.** See job description on NAMI SMC website at namisanmateo.org/about-us/jobs
Individuals with Schizophrenia WANTED for VA-Stanford Research

- We are looking for individuals between the ages of 18 and 55 to participate in a study seeking to discover the brain changes associated with schizophrenia.
- Participation will entail interviews, computer testing, and magnetic resonance imaging (fMRI/MRS).
- A confidential phone screen will be conducted to determine initial eligibility. Research participants will be compensated up to $135.
- For more information, please visit http://med.stanford.edu/yoonlab/

Interested? Call the Yoon Lab at (650) 849-1930 or email brain-research@stanford.edu

Principal Investigator: Jong Yoon, M.D.
For general information about participant rights, contact 1-866-680-2906.
Our 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:

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

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.

Are you...
✓ 60+ years of age or
✓ Disabled and receiving disability based benefits and
✓ Paying $35+ dollars a month for medical expenses?

If so … you may qualify to receive a CalFresh medical expense deduction

To find out more call 1-877-847-3663

Want free GROCERIES?
We’ve got you covered!

Every Thursday 11:00am-1:00pm
Feb 21 through Dec 28, 2019

Skyline College is hosting a Free Community Market from 11:00 am - 1:00 pm in front of Building 4 in the center of campus.

The purpose of the Free Community Market is to make it as easy as possible for Skyline College students and other community members to access healthy food. People simply check in and choose which food items to take, including a variety of fresh fruit and vegetables. Please alert any students or community members who may want or need free grocery items that this resource is now available. No appointments are necessary and the check-in process will be quick and simple.

Skyline College, 3300 College Drive, San Bruno
Free parking in lot N.

www.thrivealliance.org/events/free-community-market-at-skyline-college

Find Affordable Housing With These Online Tools.

- http://smchousingsearch.org
- https://hotpads.com
- https://www.gosection8.com
- https://www.midpen-housing.org
- https://www.mercyhousing.org
- https://www.craigslist.org
- https://hiphousing.org
- https://bridgehousing.org

Cuts to Drug Coverage Put Medicare Patients at Risk.

Patients with pre-existing conditions now face cuts to their Medicare drug coverage.

Millions of Americans are living with serious diseases like cancer, epilepsy, mental health conditions and HIV. But now Medicare rules being proposed by the Trump administration would restrict access to the latest, most effective therapies – allowing insurance companies to come between doctors and patients. They can even take away your current medication.

And while the proposed cuts will only reduce spending 0.01% over ten years, the human cost for patients and their families will be far higher.

It’s hard enough living with an existing condition. Denying patients the individualized treatments their doctor prescribes threatens the health of millions on Medicare.

Your voice can make a difference.
Call Rep. Mike Thompson. Ask him to help stop the administration’s cuts to Medicare Part D drug coverage. 202-224-3121
Integrating Virtual Reality into Psychotherapy for Anxious Youth

Tues, Nov 12, 11 am - 12 pm

Presented by: Michelle Pelcovitz, Ph.D.

The most common age of onset for anxiety disorders is in adolescence and young adulthood and can put youth at risk for failure to meet academic, social, and occupational milestones, or for developing depression and substance use if not properly treated. Cognitive behavioral therapy with exposure therapy has been identified as the frontline treatment, however a substantial number of patients do not get better or experience relapse. Dr. Pelcovitz will discuss her current research, focusing on enhancing existing therapies by integrating cutting edge technology.

To register for this event go to: register.gotowebinar.com/register/5057950699627497229

When You and Your Child Have ADHD – Setting Realistic Goals to Reduce Challenges

Fri, Nov 15, 7 - 8 am

Presented by: Christine Kotik, ACC

In this fourth session of our educational series, sponsored by Takeda Pharmaceutical Company, you will learn about setting realistic goals to reduce challenges. Christine, the mother of children with ADHD, will share her tips in order to apply what has been learned in previous sessions to set realistic goals to reduce challenges with parenting your child with ADHD. Her presentation will help all parents learn more about ADHD.

To register for this event go to: register.gotowebinar.com/register/4997775529300698113