General Meeting

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

Wed, Jan 22, 2020
6:30 - 7:00 Reception
7:00 - 8:30pm Program

“The Cordilleras Health System Replacement Projects” Update

Guest Speaker:
Terry Wilcox-Ritgers, M.S., MFT

“The goal is to replace the current site which opened up in the early 1950’s as a TB Hospital with a state-of-the-art center of care for our County’s most vulnerable mentally ill residents. The new campus with be a center for client wellness, rehabilitation and recovery in a serene natural setting.”

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

Adopt-A-Program End of Year Appeal & Matching Gift Challenge

We have exciting news! The Sally & Michael Mayer Family Foundation has offered a matching $30,000 gift for all donations given to our Year End Appeal and Membership drive. This means that your gift and/or membership donation between now and the end of the year will be doubled, up to $30K (example: $100 gift becomes $200; $250 gift becomes $500; $500 gift becomes $1,000)! Your financial gift to NAMI San Mateo County goes a long way towards providing high quality mental health services to our community. We thank the Sally & Michael Mayer Family Foundation for their generosity and hope you will take advantage of this great opportunity!

Ready for some more exciting news? We have a new fundraising campaign called “Adopt-A-Program” that will address the ongoing needs of our growing affiliate in order to increase our impact in the community. As you may know, NAMI SMC offers its services and programs free to those with mental health challenges. However, our costs for providing the trainings, supplies and office space still exist. This fundraising campaign will allow us to meet those needs and continue to grow.

As we consider the New Year, our stretch goal is to raise $100,000 to support programs and services like Family to Family, Peer to Peer, Peer PALS, In Our Own Voice, Ending the Silence, the Warmline, and Connections. To date, we have already raised $7,500 of our goal. As we come upon this season of giving, please consider a year-end gift to NAMI San Mateo. No gift is too large or too small. As we reach the end of our 45th year supporting the needs of the community, please help us meet and exceed our goal in order to continue our work for many more years to come.

Donations may be sent to our office address, or you may make a donation online at our secure website at https://namisanmateo.org. Thank you for supporting us as we help those facing mental health challenges in our local community.

Wishing you a joyous holiday and all the best in the New Year!

Personal Story of Hope & Understanding
By A Wife, a Mother, a NAMI SMC Member & Volunteer

I first came to NAMI after witnessing first-hand two very egregious examples of discrimination and harmful human behavior carried-out against two people I care about: a father-of-two living with Bipolar-I, and a university student-athlete striving to prevent the Anorexia and Depression that was threatening her life’s passion, as well as her life itself. As can happen when one lives with a significant mental health condition, both of these people were going through periods of extraordinary stress at the time of these incidents and their recoveries were unsurprisingly compromised. Minor symptoms of their respective conditions re-surfaced. But it was how the institutions around them -- one an employer, the other a university,
**Looking for the Perfect Gift for the Holidays?**

**NAMI San Mateo Open House**  
**Wed - Fri Dec. 11 - 13, 1:00 - 4:00 pm**  
1650 Borel Place, #130, San Mateo  
**Come join us for cookies and warm cider while shopping our gift collection!**

It’s the holidays and we’ll be selling NARSAD Artworks note cards, perfect for celebrating birthdays, holidays, and all occasions. Each card pack was created by an individual suffering a mental health challenge (their name and state are indicated on the back of the card). NARSAD Artworks showcases museum-quality art products by and on behalf of those suffering mental health issues. Sets of ten cards are available for purchase. Pick up a set for yourself and one for a friend!

Also, NAMI Jewelry, designed by Mike Warner, the owner and family member of Wild Bryde Jewelry, has created a beautiful hand-crafted collection of silver and gold plated earrings, pins, pendants and bracelets that feature the NAMI signature “grass roots” symbol. You may purchase this jewelry in person at our NAMI SMC office or online at: https://namisanmateo.org. Ordering is easy, safe and secure! Purchase a gift today!

**All proceeds support NAMI San Mateo County.**

* Read the fascinating story behind the origins NARSAD Artworks cards starting on page 9 of this issue’s online newsletter that can be found at https://namisanmateo.org/about-us/newsletters-2.

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Even after several years, I’m not sure which of these two experiences ushered in a higher degree of despair for me personally: the father-of-two who was so accustomed to this type of routine stigmatization and discrimination that he wasn’t even surprised to see it rear its ugly head yet again, or the young student experiencing it for the first time in such a viscerally painful way: right at the heart of what had been, up to that point, ‘her happy place’, her sport, the place where she had always derived the most joy and strength—vital elements to sustaining recovery in the battle against her chronic condition. The aftermath of this man-made and unnecessary assault on her wellbeing was horrific and has yet to fully subside, even after nearly four years. Whether it is destined to remain an un-healable wound, or a most painful life lesson on the reality of stigma being alive and well despite the lip service and hollow efforts by too many to rise above it, remains to be determined.

Having known both of these individuals for the entirety of their lives, how hard they both work, how truly kind, thoughtful, talented, and generous they are, and how determined they are to persevere in their recoveries and be positive contributors to their communities, I **decided I had to also take action: to help educate around mental health awareness and understanding.** So, I joined NAMI SMC. I love talking to people about mental health awareness and mental health public policy. I realize that I have unique insights, having lived side-by-side with individuals living well with serious mental illness. I’ve seen the highs and the lows, and I’ve come to deeply understand the true evil that stigmatization promotes, and how the fear resulting from ignorance and lack of awareness directly undermines the hard won recoveries of those living with mental health conditions. We, as a society, can and need to do better. NAMI fights for this, and now I do too.

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.

“What mental health needs is more sunlight, more candor, and more unashamed conversation.” — Glenn Close

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**Donate Stock to NAMI SMC**

NAMI SMC is able to accept donations of appreciated stock through our account with Ameritrade. A stock transfer to NAMI SMC is a meaningful way to make an impact on our mission to improve the quality of life for people with mental illness and their families through support, education and advocacy. Instead of giving cash, people with investments in stocks, bonds and other securities they’ve held for at least one year can donate those that have appreciated in value. ... In fact, donating stock saves even more taxes than donating cash, since there is no capital gains tax and you may be able to automatically increase your gift and your tax deduction. Please check the website at https://namisanmateo.org/get-involved/how-to-donate for further details or contact Helene at 650-638-0800 or hzimmer@namisanmateo.org.
Thanksgiving General Meeting Write-up
By Kathy Stern

If you were not able to make it to our annual Thanksgiving General Meeting on November 20th you missed a great evening and some delicious pie. Tidewater Flats Bluegrass Band entertained us for the first hour with their upbeat sound. We thank them for donating their time and talent to our event.

Helene Zimmerman, our Executive Director, presented a brief update on our progress and growth. “With one full time and three part-time staff, an active volunteer corps of 60 NAMI members, and a board of seven, NAMI SMC made, 4458 service contacts with families, individuals and the public this year.” We are pleased with our accomplishment but know that there is much work to do in the coming year.

Please watch the mail for our year-end report on the work we do and lend your support. We can’t do it without you!

Our three presenters inspired us by sharing their stories and thoughts on how they cope with and grow from the daily challenges they face.

Armando Sandoval, NAMI SMC and State level Board member, works as the BART Community Outreach Liaison. He brings his valuable life experiences and learned coping skills to the challenges he and the officers he supports face daily in their jobs. He starts each day with meditation, the serenity prayer, and remembering what he’s grateful for, bringing that mindset to his officers as they work to protect the 50,000 people traveling on the Bay Area commuter system each day.

Ian Adamson, Executive Administrator of Mateo Lodge, which provides support services to persons with serious mental illness, and the Family Assertive Support Team (FAST) program, an in-home outreach service that offers assessment, consultation, and support services to adults (age 18+), urged us to express our gratitude by doing something real and substantial, and to encourage others with our daily conversations and actions. Ian works closely with county law enforcement officials, assisting with crisis interventions, and in helping the community address homelessness. He knows he couldn’t be as effective in this difficult work without the love and support of his family and the freedom and benefits of living in a democratic society. He has great admiration and gratitude for the work NAMI does to help people and families living with mental health challenges and will continue to do anything he can to support our mission.

Loren shared the story of her first encounter with a diagnosis of depression and anxiety at age 15. She was a sophomore varsity athlete and popular student when her behavior changed dramatically. She rejected her friends, endured several hospitalizations, and dealt with hallucinations and delusions when she went off her prescribed meds, and finally - after three years - began educating herself about mental health. She has come to accept and even embrace her diagnosis as a sign of strength. Now, at age 30, she’s a musician, a wife, an employee, and student with a goal of becoming a Doctor of Osteopathy and helping others with mental health challenges.

Each of our speakers joined us to share their stories of hope because they see NAMI as a unique way forward for people and families like theirs. They urged us to look for ways to support each other and to change our society’s “culture” to one of kindness and compassion in how we approach mental illness. Each attendee – 70 strong – then went around the room relating what they were grateful for. We thanked everyone for sharing.

This coming New Year, we hope you remember to be grateful for the love and support of your family and friends and the active members and hundreds more dedicated supporters of your NAMI San Mateo community.

NAMI SMC Board of Directors
Annual Message

As we approach the holiday season and the close of our 45th year of mental health education, support, and advocacy in San Mateo County, we thank our dedicated staff, many selfless volunteers, and generous donors at all levels who help and give hope to families and their loved ones living with mental health challenges.

The phenomenal growth in our county over the past five years has increased demand for our free services. Warm-line calls require full-time coverage. Families wait for our signature Family-to-Family course. Family and Peer support groups are needed more than ever. Peer education and empowerment is growing. And, unfortunately, homelessness is increasing along with lack of beds for mental health treatment and shelter for people trying to recover and live independently.

Our small staff needs more help, and we’ve outgrown our 900-square-foot office space. Respectively, the school and work communities in San Mateo County need our help with early intervention for students’ mental health education and treatment and employers helping employees find help in the mental health system maze.

Our civil right to effective mental health treatment remains unfulfilled. So we must continue to advocate for cultural change and legal enforcement until our loved ones have equal access to medical treatment.

Our board is finalizing a very bold five-year strategic plan to serve, as always, the whole community, whether insured or uninsured, with the help of our county leaders and their constituents. But our immediate goals are to find adequate office space and add office staff, qualified board members, and volunteers to implement our plan for meaningful mental health treatment.

We approach this challenge as an opportunity to bring in vibrant new people and partners who can help us help the entire community. If you think you can help as a volunteer, a board member, or as a link to someone who might help guide us with any of our pressing issues, please contact Helene Zimmerman at 650-638-0800 or nami@namisamanteo.org.

Prospective board members with backgrounds in finance, fundraising, law enforcement, public relations, marketing and mental health agency/organization management are especially needed. https://namisamanteo.org/about-us/our-team
New Additions to the Library

**Mad Like Me: Travels in Bipolar Country**
By Merryl Hammond, PhD

Have you ever wondered what it’s like to live with bipolar disorder? Ever agonized about whether your own or a loved one’s mood swings are normal or not? This is the book for you! Mad Like Me: Travels in Bipolar Country takes you on a wild, no-holds-barred gallop through one health professional’s battles with bipolar disorder. In 2008, Hammond was struck with bipolar disorder at age 51. Just imagine: almost overnight, she flipped from being a researcher and public health consultant to a locked-ward patient. She shares everything she learned along the way about how to reclaim your own mental health and maintain stability, and does so in an accessible, readable, often humorous way.

Her fearless honesty in vividly retelling events helps to demystify this much-misunderstood mental illness, and to humanize the people it affects. The book is proof that hope and recovery are possible, and a poignant salute to her family who stood by her through the pain and triumph of their shared saga. This is an essential resource for patients working towards recovery, for families who need insight into what it is truly like to have bipolar disorder, and for therapists, nurses, and psychiatrists. For more information about the author go to [https://merrylhammond.com](https://merrylhammond.com).

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

Visit our NAMI Jewlery store
[https://shop.wildbride.com/NAMI-Custom-Jewelry_c81.htm](https://shop.wildbride.com/NAMI-Custom-Jewelry_c81.htm)

Membership Time!

It’s that time of year! To our many friends who are already members, we thank you, and ask that you renew your membership with NAMI San Mateo and/or make an end of year donation (see page 1 for matching gift information). To our friends and supporters who are not yet members, we encourage you to do so. Did you know that ALL NAMI affiliates operate independently? NAMI SMC receives NO funding from NAMI National or NAMI California. If you haven’t yet joined the 2020 membership, please use the request for membership renewal you receive in the mail, or there’s a form on the back page of this newsletter; Gifts of Stock now accepted or join/donate on our website [https://namisanmateo.org/donate](https://namisanmateo.org/donate).

By joining at this local affiliate level (preferred) you will receive the local San Mateo County monthly newsletter, the NAMI California web newsletter, and the NAMI National full-color magazine, each offering their respective level of coverage and commentary. Thank you for continuing to support NAMI SMC.

“We are most grateful for all your support”. Thank you.

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 and to apply, please go to: [https://namisanmateo.org/about-us/jobs/](https://namisanmateo.org/about-us/jobs/)

To our friends and supporters who or who wish to contribute you for continuing to

To commemorate the end of 2019, we have included a few quotes from some of this year’s matches.

“The connection that I have with my peer is amazing, we have such a bond. The program is over for us but we still keep in touch, and we are there for one another. I am so grateful she is a part of my life.” – Amanda

“I’ve enjoyed the opportunity to get to know her better and spend time with her. I think it’s been nice for both of us to have someone to talk to about mental health.” – Sabrina

“My PALS is a great big brother who always gives out his best effort in our sessions.” – Jan

⇒ **Peers:** Those who need additional support. This program helps decrease loneliness and isolation, increase comfort in social situations and convey lifestyle habits that promote and maintain recovery.

⇒ **PALS:** Those who are doing well in their own recovery. They provide one-on-one additional support. They first complete NAMI’s Peer-to-Peer class or similar education/mentoring classes through a community service agency or college.

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.

Please consider signing up to be a PAL and make a difference in someone’s life. Learn more about this free program at [https://namisanmateo.org/about-us/jobs](https://namisanmateo.org/about-us/jobs) and/or email Rocio at peerpals@namisanmateo.org.

To help us continue this most meaningful program, please contact Helene Zimmerman Executive Director at hzimmer@namisanmateo.org or 650-638-0800.

As we approach the end of another year, we give our farewells to 2019 with heart-filled gratitude for another successful year for our Peer PALS Program! Thank you to our PALS for their time and dedication in supporting their Peers and upholding the spirit of recovery. We are also very thankful for our peers and are inspired by their courage to seek out support and mentorship during challenging times. We hope to make many more matches during this coming year.

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

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 San Mateo County Housing Authority has recently been awarded 90 new Mainstream Vouchers. These are for adults with disabilities aged 18-62 who are “transitioning out of institutional or other separated settings or at serious risk of institutionalization; or currently experiencing homelessness; or at risk of becoming homeless.” (Cindy Chan, Housing Authority)

Details for the referral/application process are being worked on with the hope of finishing by mid-December. Support services are being provided by Golden Gate Regional Center and Mental Health Association. Results from our NAMI survey completed last summer were included in the application’s statement of need as representing those adults with mental health issues who are currently living with and/or supported by aging parents and are at risk of becoming homeless once parents pass away. We are very interested how these housing vouchers will be attached to supportive housing to benefit our children. We will keep you posted!

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.

We are grateful for donations...
...in honor of
Gabriel Dover - from Andrea & Stephen Dover
Art Shaw’s 60th Birthday - from Randi & Jim Hutchinson
...with gratitude to
Jane Lim & Shirley Eng - Ceramic Fundraiser-Summer Days
...in memory of
Sandi Castro - from Paul Davis & Yvonne DiMatteo
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, Ron Dugrenier, Jennifer Fuller, Russ Levikow, Silvana Garetz
Office Support: Jane Cummings, Jennifer Fuller, Patricia Michel, Jennifer Souza
Health Fairs: Jennifer Fuller, Leslie Wambach-Pacalin
Nov “Pie” General Meeting: Mary Beaudry, Alan Cochran, Rocio Cornejo, Karl Knapp, Patricia Michel, Uma Ranganathan-Ryan & Daughter, Nina Singh, Milagros Viernes, Steve Widom
...and to all of our Fantastic Support Group Leaders!

Please send any comments or suggestions you may have regarding this newsletter to: namismcnewsletter@gmail.com

- 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
- Storage Space - “We have moved the cards to a Public Storage unit. If possible we are looking for a location where the cards can be stored, gratis.”

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.
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  Yolanda Ramirez  
Dir. Consumer Affairs  Family Liaison  
650-573-2673  650-573-2189

Shop & Support NAMI SMC  
Sign up NOW! Tell a friend!
Always start at 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 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 or visit the blog: 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  
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 namisanmateo.org.
## SUPPORT GROUP MEETINGS

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<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WED</strong></th>
<th><strong>THURSDAY</strong></th>
<th><strong>FR/SAT</strong></th>
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<tr>
<td><strong>NAMI Cordilleras MHR Center Family Group</strong></td>
<td><strong>NAMI San Mateo Medical Center</strong></td>
<td><strong>Jewish Support Group</strong></td>
<td><strong>Coastside Dual Diagnosis Group</strong></td>
<td><strong>Korean Support Group</strong></td>
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<td>1st Monday (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>
<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>
<td>(open to all denominations), for those with mental illness and families and friends. 2nd Wed, 6:15-8:30pm, Beit Kehillah, 26790 Arastradero Rd, Los Altos. For info, call Carol Irwin 408-858-1372.</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>
<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>NAMI Parents of Youth &amp; Young Adults</strong> (ages 6-26)</td>
<td><strong>DBSA Mood Disorder Support Group</strong></td>
<td><strong>Body Image &amp; Eating Disorders</strong></td>
<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>
<td><strong>Obsessive-Compulsive Foundation</strong> of SF Bay Area. 3rd Saturday, 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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MEMBERSHIP / DONATION FORM

Donate, renew or join NAMI SMC also at namisanmateo.org

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

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!

Time Value
The Hollister Family's Journey to Sunshine From Darkness

By Fatima Bhojani

Until the day she passed away, Patsy Hollister and her husband, Hal, left home every morning at 7:30 a.m., and drove the ten miles to their beloved NARSAD Artworks office in Brea, California. The inspiration for Artworks was their middle child, Annick, who has been creating art since she was three, and who was diagnosed with schizophrenia at age 15. Soon after Annick’s diagnosis, the Hollister’s got involved with their local chapter of the National Alliance on Mental Illness (NAMI). They then joined the founding members of the Brain & Behavior Research Foundation, formerly known as NARSAD (“a cause we believed in from the word ‘go,’” says Hal). They were instrumental in helping create its mission, and for more than two decades have remained involved with the Foundation. But, the Hollister’s wanted to do more.

Even during their daughter’s darkest moments, art was the one thing that gave her hope and meaning. Patsy had wondered if it would be possible to use art as a kind of therapy for Annick, and for anyone living with mental illness, on the hope that art could provide meaning and purpose for them.

In 1989 the Hollister’s founded a nonprofit which empowered mentally ill artists. NARSAD Artworks, named after NARSAD, reproduced and sold their creations, distributing millions of note cards, posters, T-shirts and calendars nationwide. From the more than $1.5 million raised, Artworks paid the artists commercial rates, and donated the proceeds from product sales to the Brain and Behavior Research Foundation for research.

“Mom was always so positive, and forward-looking, and Artworks was about positivity and helping the artists feel good about themselves,” says Meggin, Patsy’s youngest daughter, a Ph.D. and the winner of a Foundation Young Investigator grant in 1996 for her innovative work on schizophrenia.

What began with local exhibits in California moved to displays at annual NAMI conventions and then to exhibits in various art hubs such as New York City. To give recognition to the talented artists, in 1997 Hal and Patsy took the “Sunshine from Darkness” series on the road. The show included over 140 works by mentally ill artists, and was displayed in galleries and museums across the country. They also published a book under the same name which featured the best pieces, ensuring that the work of these unrecognized artists would far outlast their lives. Through their years of dedication, the Hollister’s did much to destigmatize those with mental illness, demonstrating the valuable, and beautiful, contributions that they can make, if supported in the right way.

Hal and Patsy worked at Artworks as full-time volunteers, every single day, until Patsy passed away this February from natural causes. The entire Hollister family: Patsy, her husband Hal, and her three children, Annick, Meggin, and John have in their own unique ways all contributed to a greater understanding of mental illness.

Athletic, with long blond hair, and Mediterranean skin, Annick was a straight-A student, and the “fastest girl to ever step on the high school track freshman year,” her elder brother John recalls. What initially exhibited itself as rebellious teenage behavior (smoking pot, hanging out with the wrong crowd) culminated into her first psychotic break at a Halloween party.

Back then, in 1977, little was known about schizophrenia, and no adequate treatment existed. Some doctors still believed that the cause was rooted in upbringing and family dynamics.

John remembers those early meetings with psychiatrists: “They were searching for who to blame, who to pin the responsibility on—looking to see what mom and dad did to cause this behavior.” Once, the Hollister’s visited a family counselor, who asked them to make a crayon drawing. After watching John’s attempt, the counselor called him the “controlling factor in this household.” To which Hal replied, “No, you’re a quack, we’re out of here.”

Even back then, Hal and Patsy had a very progressive view of schizophrenia as a brain disorder, and not something that was the fault of the family of origin, as was the prevailing idea. In this way, “they were ahead of their time by 20 years,” says Meggin, “they were so amazing, and so open. Even today, people hide, or are embarrassed by mental illness.”

Since then science has caught up with the Hollister’s progressive views, and Meggin’s research, motivated by her sister’s illness, has contributed to a better understanding of the genesis of this brain disorder.

As a graduate student in the Department of Psychology at University of Southern California, Meggin used data and statistical analysis to explore her suspicion that incompatibility in blood types between her mom and her sister could have something to do with Annick’s schizophrenia. While Meggin, John, and Patsy all had a blood type of Rh negative, Annick was Rh positive, which, it was theorized, may have triggered an immune response while Patsy was pregnant. Meggin’s Ph.D. dissertation was published in 1996 in the Archives of General Psychiatry, and hailed by the journal as a “landmark study.” Her breakthrough has sparked subsequent research looking at the significant role that genes and obstetrical and immune system complications can play in causing this illness.

Meggin was 12 when Annick became sick, and growing up she saw first-hand the suffering her sister went through. She and John visited mental hospitals where Annick was held in padded solitary cells, “scared to death.”

“Now that I have five kids, I can’t even imagine the fear that must be inside somebody, who to begin with isn’t thinking clearly, and then is locked up in solitary confinement,” recalls John, who headed off to Stanford in the fall of 1979, and was thus more insulated from Annick’s care than Meggin.

The whole family struggled through those tough 15 years, when Annick frequently ran away for weeks or even months, and was in and out of hospitals. Once she landed in jail after being robbed; another time she got hit by a car. “I think the worst part was that she would disappear for weeks at a time,” says Hal. None of the drugs available at the time to treat schizophrenia worked for Annick.
For some time she was put on Haldol which was “torturous” to her. It bound her in mental and emotional handcuffs so that she couldn’t feel anything, while creating vivid, violent images in her head. Then she was put on Prolixin, from which she may have developed neuroleptic malignant syndrome and suffered an associated coma. Change came in 1989, when Annick became part of a clinical trial for a new antipsychotic drug called clozapine. After having her life upended for fifteen years, she was finally able to get it back on track. Since then, this second-generation antipsychotic drug and its successors have helped millions of people worldwide.

Today Annick, 55, lives an independent life, spending her days making art. For her parents’ anniversary, she created a Noah’s Ark out of raffia grass with hundreds of pairs of animals. The 6 foot-by-5-foot sculpture took her five years to complete.

“She is the most thoughtful person on planet Earth,” says John. A hallmark of schizophrenia is an inability to plan. With her art, that requires extensive planning and precise timing, and, he says, “Annick defies that.” Throughout all of this, “my mom and dad were doing all of the things that loving parents can do to support their daughter,” John says. And their support extended beyond their daughter, to the larger cause of mental illness awareness and research.

When Patsy and Hal were not organizing events for BBRF on the West Coast, they were frequently seen at NAMI conventions, American Psychiatric Association gatherings, and American Psychological Association conferences. They received the Warren Williams Award from the American Psychiatric Association, and the Peterson Leadership Award from NARSAD for their outstanding contributions to the field of mental illness.

“My mom and dad had been eating, breathing and living, first NARSAD, and now BBRF, until they became too worn out to do much more. Some years ago they turned over the reins in terms of board membership and participation to me,” says John, who serves as the Secretary of the Board. Hal, 85, has passed the operations of NARSAD Artworks to the San Mateo, CA chapter of NAMI.

While Patsy is no longer with us, her impact will be felt by countless people for many years, and decades, to come.

Reprinted from https://www.bbrfoundation.org/blog/hollister-families-journey-sunshine-darkness

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"Some of the most comforting words in the universe are ‘me too.’ That moment when you find out that your struggle is also someone else’s struggle, that you’re not alone, and that others have been down the same road.”

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**Myth:** Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.

**Fact:** Mental health problems have nothing to do with being lazy or weak and many people need help to get better. Many factors contribute to mental health problems, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health problems

People with mental health problems can get better and many recover completely.

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**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

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**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.

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Check out Wellness Matters, the SMC BHRS newsletter [www.smchealth.org/wm](http://www.smchealth.org/wm).

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**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](https://basics.nami.org)
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

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

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

Cuts to Drug Coverage Put Medicare Patients at Risk.

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

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

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

Millions of Americans are living with serious diseases like cancer, epilepsy, mental health conditions and HIV.

But new 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 individually designed treatments their doctor prescribes threatens the health of millions on Medicare.

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".
Visit www.namica.org to get the latest update on legislative activity pertaining to Mental Illness.

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.

Selective mutism: A somewhat rare disorder associated with anxiety is selective mutism. Selective mutism occurs when people fail to speak in specific social situations despite having normal language skills. Selective mutism usually occurs before the age of 5 and is often associated with extreme shyness, fear of social embarrassment, compulsive traits, withdrawal, clinging behavior, and temper tantrums. People diagnosed with selective mutism are often also diagnosed with other anxiety disorders.
November is CAREGIVERS MONTH
Take care of others by taking care of yourself!

60 Million
Americans are unpaid caregivers to family, friends, and neighbors. This number is expected to increase with the aging baby boomer generation.

1/5 of caregivers help someone with a mental illness

Take a screening if you feel:

Get Screened
www.mhanscreening.org
Anonymous · Free · Confidential

1 out of 4 caregivers report they have depression

Caregivers of people with a mental illness are:

15% more likely to feel emotional stress
11% more likely to say they didn’t receive training
11% more likely to report fair or poor health
9% more likely to feel financial strain
than caregivers of people with a physical illness

5 Common Issues Among Caregivers

34% of caregivers report a decrease in health while caregiving
84% of caregivers do not get asked by a doctor about their needs
53% of caregivers experience high emotional stress
60% of caregivers require work accommodations
85% of caregivers do not get a break

5 Tips

1. Get Educated
2. Encourage Treatment
3. Give them Freedom
4. Be a Friend
5. Take Care of Yourself

Take Care of You

3 most helpful things according to caregivers

73% Prayer
61% Talking
44% Reading

5 additional tips for taking care of yourself

Take time out for you
Get enough sleep
Exercise
Balance your life
Get help

Sources:
Mental Health America, “Mental Health America Screening Tool,” 2018.
Individual reports, Mental Health America, 2018.