Volunteer Appreciation Luncheon

On February 25th, NAMI held its annual Volunteer Appreciation Luncheon. The event was held at the beautiful location of Poplar Creek Grill in San Mateo. NAMI welcomed support group leaders, office volunteers, and donors.

A special thank you was given to Michael and Sally Mayer, who initiated the $30,000 matching grant at the end of last year. Board Treasurer Carol Gosho was the emcee and led the group in thanking all 54 of our volunteers who attended.

The food was fabulous, the atmosphere was fun, and the fellowship was festive. A good time was had by all and we look forward to seeing everyone again next year!

NAMI San Mateo Welcomes Jan Cohen,
Our Interim Executive Director

NAMI is happy to announce that we have found an experienced Interim Executive Director to lead NAMI in partnership with the Board during this period of transition until a great next Executive Director is identified and in place.

Jan has a long history of leading nonprofit organizations during periods of transition, as well as an extensive background working in and with organizations that provide services for individuals with disabilities and other challenges. Stop by and say “hello”… or email Jan at jan@namisanmateo.org

NAMI San Mateo Welcomes Jen Fuller,
New Education Coordinator

I grew up in San Mateo County, where my mom was diagnosed with a mental illness when I was just six years old. Shortly after graduating UC Davis, I moved to Southern California to work for a non-profit Christian ministry, YUGO Ministries. While there, I worked in an administrative capacity, all while raising my own support (as most missionaries do). I then entered graduate school and started working for Biola University. It was here during my studies that I was diagnosed with bipolar disorder. No longer able to work full time, I was forced into a new lifestyle and way of living called disability.

I first heard of NAMI through my church Fullerton Free and took the Family-to-Family course and later Peer to Peer. I have been involved with NAMIWalks and the Holiday Donation Drive (giving away hygienic supplies to those in psychiatric care) through NAMI Orange County.

For nearly a decade, my only jobs were volunteer in nature. I then found an organization called Mental Health Grace Alliance (a Christian non-profit). I talked my way into a job providing administrative support remotely on a part-time basis. I worked here for four years with only one mental health incident.
Dorothea Dix – Advocate for the Mentally Ill

Dorothea Dix’s compassion and devotion to the welfare of the mentally ill led to widespread international reforms.

When Dorothea Dix saw the way mentally ill people were treated across the United States, she knew she had to make a change. Because of her persistence, the world is a much safer place for people with mental illness.

Born in Hampden, Maine in 1802, Dorothea was born with a giving spirit. She began her career as a schoolteacher in Boston; and later opened a Charity School for Girls who could not afford an education.

In 1841 she began teaching Sunday school at a women’s prison. There she witnessed the appalling treatment of prisoners with mental illness and was determined to make a change.

She traveled Massachusetts documenting the cruelty towards patients incarcerated and hospitalized, especially those with mental illness, and brought her findings to the state legislature which resulted in increasing the budget for the state mental health hospital.

Still not satisfied, Dorothea continued to advocate and expand her campaigning that eventually led to the opening of 32 humane asylums in 15 states.

Dorothea later traveled to Europe and met with Pope Pius IX and after their meeting the Pope personally ordered the construction of a new hospital for the mentally ill.

An educator, a reformer, and a voice for the voiceless! A true champion for the mentally ill – NAMI remembers Dorothea Dix.
Welcome To Our Survey!

If you live, work or play in North San Mateo County, please respond to this short survey. The survey will help us prioritize mental health and substance use needs for possible funding by the Mental Health Services Act (MHSA) over the next 3 years.

Please visit the following link: www.surveymonkey.com/r/MHSA2020

This survey is part of a larger community planning process that also includes in-person meetings throughout San Mateo County. Visit www.smchealth.org/bhrs/mhsa to learn more. The results will be shared in April… Please join us!

Wednesday, April 29 4:30 - 6:30 pm
Veterans Memorial Building, Redwood room
1455 Madison Ave., Redwood City

“Success is not final, failure is not fatal: it is the courage to continue that counts.” – Winston Churchill

GET INVOLVED!

Start breaking in your walking shoes and get ready to join the fun with our annual September NAMIWalk where we join our Santa Clara County partners to advocate for acceptance, parity, and a way forward for people whose journey has been interrupted by a diagnosis of a serious mental illness (SMS).

Our walk teams help raise much-needed funds to help pay for staff, outreach activities, materials, and more, to keep our programs going. Our educational programs and presentations reach our schools, medical facilities, businesses, and faith-based organizations. Our support programs are available for any family member in the San Mateo community on a walk-in basis. The teachers, presenters, and facilitators of these programs are dedicated, trained volunteers without whom they wouldn’t exist.

Watch for details on the Walk in this newsletter and at: www.namisanmateo.org/nami-walks-3

This year the NAMI’s focus nationally is on reaching our young people. Beginning the conversation and intervening early, when signs first occur, are critical to recovery. Those of us in NAMI who have experienced the catastrophic impact of a loved one’s diagnosis of SMS are in the best position to help those facing it now. You can help by writing or telling your story.

Consider becoming an Ending the Silence presenter from the family member perspective by taking an online tutorial and working with our team to educate our teachers, parents, and students in the school community.

We need young people who are doing well in their recovery to tell their stories for In Our Own Voice presentations. To learn more about how your voice can be heard, go to www.namisanmateo.org/get-involved/become-a-volunteer.

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NAMI San Mateo Partners with Book to Action Program at the Burlingame Public Library

The Burlingame Public Library is proud to announce a community Book to Action program going on now through June called “Burlingame Reads” – with support from California Center for the Book, and in partnership with NAMI San Mateo County.

In the spirit of READ, DISCUSS, and ACT, the book chosen is The Collected Schizophrenias by Esme Wang. The goal in choosing this title is to continue peeling away the stigma and misconceptions associated with mental illness. The Burlingame Library, in collaboration NAMI San Mateo County, will be presenting workshops, speakers, and other opportunities to engage on the subject.

Teens and adults are invited to join us for this series! Sign up at the Burlingame Library Main Branch (480 Primrose Rd) or Easton Branch (1800 Easton Dr) Information Desk. Free copies of The Collected Schizophrenias are available at both locations while supplies last.

Featured Events include the following:

- **Tuesday, March 24th, 7-8:30pm:** Kickoff w/ NAMI: Ending the Silence presentation
- **Tuesday, March 31st, 7-8:30pm:** Book discussion on Chapters 1-6
- **Tuesday, April 14th, 7-8:30pm:** Book discussion on Chapters 7-13
- **Tuesday, April 28th, 7-8:30pm:** NAMI: In Our Own Voice presentation
- **Saturday, May 2nd, 1-2:30pm:** NAMI: Family Perspective presentation
- **Thursday, May 14th, 7-8:30pm:** Body Justice: A conversation w/ Virgie Tovar and Alex Locust
- **Thursday, May 21st, 6:30-8:30pm:** Third Thursday Art Night, featuring artists on mental health
- **Thursday, May 28th, 7-8:30pm:** Author Event and Book Signing with Esme Wang

For more information, please email us at bplref@plsinfo.org

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Freedom Song Performance from Beit T’Shuvah

**Sun. March 15, 4:00 – 6:00pm**

Peninsula Temple Shalom
1655 Sebastian Drive, Burlingame

Beit T’S’Shuvah is a residential addiction treatment center, congregation, and an educational institute where life is celebrated and every soul matters. Freedom Song is an acclaimed musical play built on the premise of your “estranged, drug-addicted sister showing up at Passover Seder – what could go wrong?”

For more info: rabbidelson@sholom.org

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Check out Wellness Matters, the SMC BHRS newsletter www.smchealth.org/wm.
**New Additions to the Library**

**Imagine Me Gone**  
By Adam Haslett

Soldiered into marriage by a broken man, Margaret is forced to decide which of her sons she loves most. When Margaret's fiancé, John, is hospitalized for depression in 1960s London, she faces a choice: carry on with their plans despite what she now knows of his condition, or back away from the suffering it may bring her. She decides to marry him. Imagine Me Gone is the unforgettable story of what unfolds from this act of love and faith.

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Told in alternating points of view by all five members of the family, this searing, gut-wrenching, and yet frequently hilarious novel brings alive with remarkable depth and poignancy the love of a mother for her children, the often inescapable devotion siblings feel toward one another, and the legacy of a father's pain in the life of a family.

With his striking emotional precision and lively, inventive language, Adam Haslett has given us something rare: a novel with the power to change how we see the most important people in our lives.

For more information about the author go to www.adamhaslett.net

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.

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

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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.

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**Family Support Group Facilitator Training**

Have you ever thought about becoming a family support group facilitator? If so, we’ve got a great opportunity coming up for you! NAMI will be hosting a regional training April 25-26.

This is a great way to get trained in helping and supporting families going through mental health challenges with their loved one.

To sign up call (650) 638-0800.

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**Make a Difference**

This 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.

- **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 and/or contact Rocio at 650-638-0800 or peerpals@namisanmateo.org.

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To sign up call (650) 638-0800.
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.

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.

“Don’t cry because it’s over. Smile because it happened.”
- Theodor Seuss Geisel (Dr. Seuss)

Myth: Therapy and self-help are a waste of time. Why bother when you can just take a pill?
Fact: Treatment for mental health problems varies depending on the individual and could include medication, therapy, or both. Many individuals work with a support system during the healing and recovery process.

Rest in Peace… Albert Guasparsi

Al entered into rest on Feb. 24, 2020, at age 90. Beloved husband of Norma Guasparsi since 1950. Al and Norma have been long time active members of NAMI SMC since the early days of the affiliate. Norma is a past president of the NAMI SMC Board. Norma and Al together facilitated the San Mateo Medical Center NAMI Support Group for many years and in that role were instrumental in guiding many people who were just beginning their personal family journey of learning about the mental illness of a loved one. Most importantly that no one was alone...that there were others who had gone before them.

Family and friends are welcome to attend a memorial mass on Thursday, March 12th, at 11 a.m., at Saint Dunstan Catholic Church, Millbrae. Inurnment will be private. In lieu of flowers, family prefers donations to Mateo Lodge Inc., Redwood City; or NAMI San Mateo County.

Visit our NAMI Jewelry store
https://shop.wildbryde.com/NAMI-Custom-Jewelry_c81.htm

We are grateful for donations...

...in Honor of
Helene & Bob Zimmerman
from Ted Goldstein & Jessica Bernhardt

......in Memory of
Jeanne Gosho from Pat & Steve Way
Kathy from Lily Arapeles
Karina Kagan from Ludmila Kagan
Ron Roth from Pat & Steve Way

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: Ana Akaosugi, Mary Beaudry, Joan Dower, Adam Litman, Patricia Michel, Joyce Yokoe
Office Support: Avneesh Katariya, Adam Litman, Michael Rodriguez, Nina Singh
Health Fairs: Kathy Stern, Prithviaraj Pal
...and to all of our Fantastic Support Group Leaders!

Early-bird registration is open for the annual NAMI California! https://namica.org/conference/

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

In Memoriam of Ron Roth.

Our heartfelt condolences to Sharon and family. Loved by all as Sharon’s better half. Ron and Sharon facilitated for many years at the NAMI Jewish Family and Children’s Services Support Group in Palo Alto.

Ron would often joke that if he wanted to be with Sharon he would have to accompany her to her many meetings and appointments. Ron was a talented Artist; a fighter and all-round great guy. We will miss his humor and kindness!

Thank you Ron for your contributions to mental health and to the NAMI community. Your compassion was contagious! Ron will be sorely missed!

We are grateful for donations that honor loved ones. Our sincere gratitude!

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Fact: Treatment for mental health problems varies depending on the individual and could include medication, therapy, or both. Many individuals work with a support system during the healing and recovery process.

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

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**BHRS Family Contacts**
Behavioral Health & Recovery Services
Claudia Saggese  
Dir. Consumer Affairs  
650-573-2673

Yolanda Ramirez  
Family Liaison  
650-573-2189

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**NAMI Connection**
Every Monday of the month • 7:00-8:30pm  
NAMI office, 1650 Borel Place, #130, San Mateo

**Connection** provides persons with mental health conditions a gathering of respect, understanding, encouragement and hope. The group is led by trained individuals who are experienced at living well with mental illness.

**No registration is required.** Just drop by; we look forward to meeting you. Contact 650-638-0800 or education@namisanmateo.org with any questions.

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**San Mateo County Mental Health Emergency Numbers**

**Police:** 911
Tell the dispatcher you are calling regarding a person who has a mental illness. Request a CIT (Crisis Intervention Team) trained officer and/or someone who has experience in dealing with the mentally ill. For non-emergency situations, call your local police department.

**HELPFUL:** Tips to prepare yourself for a 911 call are available on the BHRS website. Download “Mental Health Emergency” at smchealth.org/HH911 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.
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<tr>
<th><strong>SUPPORT GROUP MEETINGS</strong></th>
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<tr>
<td><strong>MONDAY</strong></td>
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<td><strong>NAMI Cordilleras MHR Center Family Group</strong></td>
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<td><strong>NAMI Parents of Youth &amp; Young Adults (ages 6-26)</strong></td>
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<td><strong>NAMI Coastside Support Meeting</strong> for family members. - <em>Suspended until demand returns.</em></td>
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<tr>
<td><strong>NAMI Connection</strong> for persons working on their wellness &amp; recovery. Every Monday, 7-8:30pm. 1650 Borel Place, #130, San Mateo. Call NAMI SMC 650-638-0800 for information.</td>
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<tr>
<td><strong>Café para Padres,</strong> ultimo Martes de cada mes. Clínica Shasta, 727 Shasta St, Redwood City. Para preguntas contacte a Yolanda Ramirez al 650-599-1047.</td>
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<td><strong>NAMI San Mateo Medical Center</strong> for family members. 1st and 3rd Tuesdays, 6:30-8pm. 222 W. 39th Ave &amp; Edison St, San Mateo. Board Room (main entrance elevator to 2nd floor, left to the end of the hall). Carol Metzler &amp; Charles Woods (1st &amp; 3rd Tues) - NAMI facilitators. Call NAMI SMC at 650-638-0800 for information.</td>
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<td><strong>NAMI South County Support Meeting</strong> for family members. 2nd Tuesday, 6-7:30pm. Mental Health Clinic, 802 Brewster Ave, Redwood City, 650-363-4111. Pat Way, NAMI SMC facilitator; Liz Downard RN, MSN. Park behind building and knock loudly on door.</td>
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<td><strong>NAMI Spanish-Speaking Support Group</strong> 2nd Tues, 6-7:30pm, 802 Brewster Ave, Redwood City, 650-573-2189.</td>
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<td><strong>DBSA Mood Disorder Support Group</strong> for persons with uni- and bi-polar disorders, mania, depression, or anxiety; family members welcome. Tuesdays, 7-9pm, College Heights Church, 1150 West Hillsdale Blvd, San Mateo. Contact at 650-299-8880 (leave a message) or <a href="mailto:info@dbsaSanMateo.org">info@dbsaSanMateo.org</a>.</td>
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<td><strong>Individuals Living With Their Own Mental Illness</strong>, Tuesdays, 1-2:30pm. Redwood City - Sequoia Counseling Services, sliding scale fees apply. Contact Deborah at 650-363-0249, x111.</td>
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<td><strong>Parent Chat</strong>, for parent/caregivers of kids aged 14-24 with mental health challenges. 2nd &amp; 4th Tuesdays, 7-8:30pm. Orchard Room, Los Altos Library,13 San Antonio Rd, Info: Trudy 650-208-9116 or Donna at 650-823-0997.</td>
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<td><strong>Jewish Support Group</strong> (open to all denominations), for those with mental illness and families and friends. 2nd Wed, 6:15-8:30pm, Beit Kehillah, 26790 Arastadero Rd, Los Altos. For info, call Carol Irwin 408-858-1372.</td>
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<tr>
<td><strong>NAMI Jewish Family &amp; Children's Services Support Meeting</strong> 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>NAMI North County Support Group</strong> for family members. 2nd and 4th Thursdays, 5:45-7pm, 375 89th St, Daly City, Comm Room. Info: 650-301-8650. Co-facilitators: Karen Pyles LMFT and Valerie Nolan, RN.</td>
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<tr>
<td><strong>NAMI Stanford Support Group</strong> 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>
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<td><strong>Coastside Dual Diagnosis Group</strong>, development for clients in all stages of recovery. Thursdays at 4-5pm. 225 South Cabrillo Hwy, #200A, Half Moon Bay. 650-726-6369 for information.</td>
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<tr>
<td><strong>Body Image &amp; Eating Disorders</strong>, Thursdays, 6:30-8pm, 1225 Crane St, Ste 205, Menlo Park. Open to family and friends. RSVP required: <a href="mailto:emlyearthersmith@gmail.com">emlyearthersmith@gmail.com</a>. More info: 408-356-1212 or e-mail: <a href="mailto:info@edrcsv.org">info@edrcsv.org</a>.</td>
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<td><strong>H.E.L.P.</strong> for those with a mental illness and/or supporters. Thursdays, 6:00pm optional dinner; 6:30-7:30 program, 7:30-8:30 prayer. Menlo Church, Garden Court. 950 Santa Cruz Ave, Menlo Park. Info: Jane Clark 650-464-9033.</td>
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<tr>
<td><strong>Korean Support Group</strong> for family members. Cupertino, 4th Friday: 12:30-2:30pm. Call for location: Kyo, 408-712-1149.</td>
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<td><strong>Obsessive-Compulsive Foundation</strong> of SF Bay Area. 3rd 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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<td><strong>Chinese Language Family Support Group</strong> Cantonese/Mandarin. Call Alice at 650-573-3571 for information.</td>
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<tr>
<td><strong>Consumer Support Groups, Heart and Soul</strong>, call 650-232-7426 for days &amp; addresses, or visit <a href="http://www.heartandsoulinc.org">www.heartandsoulinc.org</a>.</td>
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<tr>
<td><strong>Cluttering &amp; Hoarding Support Groups, Workshops, and Private Consultations</strong> - Groups/programs change, contact Emily Farber, MSW, 650-289-5417, <a href="mailto:efarber@avenidas.org">efarber@avenidas.org</a>.</td>
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### Membership / Donation Form

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<td>Individual Member ($)</td>
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<td>Renewal/new membership</td>
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* I would like to donate:
  - $50
  - $75
  - $100
  - $250
  - Other $__________

In □ Honor of □ Memory of

* 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!
“Oh No, I’ve Just Been Diagnosed With A Mental Illness…”

These were my first thoughts when I was discharged from UCLA and Harris Methodist hospital in 2002 and again in 2007.

I can remember like it was yesterday. Right after our art therapy class, when the nurses met with us one by one, I was shown my diagnosis. The reason it happened to me twice is because once I got stable footing after the initial episode in 2002 I came to the conclusion the medical system was completely unreliable and inaccurate in their “opinion” of my mental state and therefore I disregarded any “illness” they claimed I had.

Then in 2007 after another severe manic episode I was diagnosed severe bipolar disorder type 1 the “Oh no, I have a mental illness” dialogue reared its head again in my head.

Very often I like to poke and prod on this topic of self-imposed stigma when advocating because most of us either living with a diagnosed mental illness or those with a close family member have experienced it—or are still struggling in this area. Education and awareness take away the mystery and reduce the fear. We talk about society and “stigma” but I’m a firm believer that the first place to begin applying the anti-stigma campaign is with ourselves. There are plenty of avenues to help us reduce the crippling stigma we may be imposing on ourselves. So that we can enjoy the lives we were truly meant to live.

Today we have several magazine publications, books, Internet sites and individuals speaking out about recovery and maintenance in every area of mental health.

There are also some amazing authors, self-help books and daily positive affirmations to help us reprogram whatever negativity is going on in our heads.

I’m really big on my “quiet time.” For me this is an everyday morning ritual which sets the pace for the rest of my day and hones those tough areas where my emotional challenges are still very sensitive. Hey, I’m nowhere out of the woods, I’m just now in harmony with them which is why I really love those “60 days,” “90 days” or “365 days” of affirmations, enlightenment, devotions or whatever you want to call them.

The bottom line is they’re a wonderful guide for maintaining focus and mental health. Each morning there’s something new to keep me focused on feeling good and boy do I look forward to it.

Also, included during this time is a moment of reflection; prayer; meditation. We may all call it different things but the essence is to allow your subconscious to have its way with those positive thoughts you’ve just planted there.

Once we free ourselves from the bondage of thinking we are our diagnosis and are defined by it—versus something we treat and maintain daily in recovery—then what’s around us will soon shift and reflect our newly defined thoughts and aspirations.

Some books I love:

- Sixty Days to Enlightenment by Wayne Dyer
- Ninety Days of Devotions by Joel Osteen

Brain and Behavior Based Strategies in the Treatment of OCD

Tues, Mar 10, 2020, 11 am - 12 pm

Presented by: Christopher Pittenger, M.D., Ph.D.

Obsessive-compulsive disorder affects 1 person in 40, but is often undiagnosed or improperly treated. Even with optimal treatment, a third of OCD sufferers do not improve significantly; remission of moderate to severe disease is uncommon. Dr. Pittenger will discuss two new investigational approaches: one using low-voltage non-invasive brain stimulation and the other harnessing the exciting new strategy of fMRI-driven neurofeedback.

To register for this event go to:

How Many “Invisible People” Need Help?

To effectively advocate for increased services and more permanent supportive homes in our communities, we need to know how many local families are housing and supporting an adult child who cannot live independently without their help. We might think of these adult children as part of an “invisible” population (as they may not be recognized by health services or housing authorities) who may be at risk of homelessness when their family caretakers die.

The MHHAG (Mental Health Housing Advocacy Group) has designed a three question survey to get the needed numbers. So far, we have 61 responses. If you have not yet taken the survey, please do so today by using this link.
https://www.surveymonkey.com/r/3HL7XNF

CalAble: a savings and investment plan offered by the state of California to individuals with disabilities.
https://calable.ca.gov
**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)

**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

**Find Affordable Housing With These Online Tools.**

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

**- 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 greeting 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 call 650-638-0800 or email nami@namisanmateo.org.

*NAMI SMC is a non-profit 501 (c) 3 organization. All donations are tax deductible as allowed by law.*

**Mental Health Housing Advocacy Group**

The Mental Health Housing Advocacy Group (MHHAG) 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.

**Mainstream Vouchers**

The County is accepting applications now. These are long term housing subsidy vouchers, which can be renewed. Value is not a set value but tiered to an individual, dependent on their income and the value of the rent. The rent is capped at $1,941. Ideally the person pays 30% of their income, but the voucher could require person to pay up to 50%.

Agencies submit referrals for their clients. The agencies are responsible for locating the housing and must agree to provide the support that an individual needs.

- **Referral agencies are:** BHRS - Mariana Rocha is in charge (Behavioral Health and Recovery Services); MHA (Mental Health Association); GGRC (Golden Gate Regional Center); Health Plan for San Mateo
- **Eligibility:** Adults, ages 18 - 60 who are: Documented disability; Preferences given to currently at risk for homelessness and doesn't have resources to support oneself; At risk of institutionalization

*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.*

**FDA Accepts Alkermes Application for ALKS 3831**

The US Food and Drug Administration (FDA) has accepted Alkermes’ New Drug Application (NDA) for ALKS 3831, a novel combination of olanzapine and samidorphan, the company announced. The application seeks approval of the investigational drug for the treatment of both schizophrenia and bipolar disorder.

The NDA has been assigned a Prescription Drug User Fee Act (PDUFA) target action date of Nov. 15, 2020, according to a statement from Alkermes.

**ALKS 3831 Well-Tolerated in Extension Study for Schizophrenia**

ALKS 3831 is an oral atypical antipsychotic to be taken once daily. It is designed to provide the efficacy of olanzapine while mitigating the weight gain typically associated with olanzapine.

Alkermes is seeking approval for 10 mg of samidorphan coformulated with 5 mg, 10 mg, 15 mg, or 20 mg of olanzapine in a bilayer tablet.

LET’S TALK MENTAL HEALTH
A San Mateo County-Wide Invitation

THIS IS THE 2020 COMMUNITY CONVERSATION SERIES
Hosted by Peninsula Temple Sholom (PTS) in Burlingame

Let’s Talk Mental Health is a community-building experience where stories, information, education, and support can be shared with and among people living with mental health concerns in their families and/or among colleagues and friends.

SAVE THESE DATES IN 2020:

A SPECIAL MARCH WEEKEND OF LEARNING
Featuring Guest Speaker:
Rabbi Mark Borovitz
of Beit T’Shuva, Los Angeles

March 13 – 6:30pm
Friday Night Services
The Benefits of Adding Jewish Content to Rehabilitation and Recovery

March 14 – 9am
Torah Study & Group Discussion
Using the lens of Recovery to Teach Torah

March 15 – 4-6pm
Open Public Presentation of
FREEDOM SONG
A musical about family estrangement, drug addiction and a Passover Seder
FREE – RSVP
MarcR@sComcast.Net

May 3 – 3pm to 5pm
Featuring
Ian Adamson
Mateo Lodge – Founder / CEO
STORIES OF HOPE & WORDS OF WISDOM
About Young Adults Living with Mental Illness

August 30 – 3pm to 5pm
Featuring
Dave Pine
San Mateo County Supervisor
Dr. Anna Nedelisky
Psychologist in San Mateo County
Rev. William Kruse
Co-Chair, San Mateo Co. Behavioral Health Services Spirituality Initiative
THE STATE OF MENTAL HEALTH SERVICES IN SAN MATEO COUNTY

October 25 – 3pm to 5pm
Featuring
IN YOUR OWN VOICE
From: NAMI San Mateo Co.
Presenters living with mental illness humanize this misunderstood & highly stigmatized topic by showing that it's possible - and common – to live well with a mental health condition.

❖ Our March 15th, May 3rd, August 30th and October 25th sessions are free and open to the public.
❖ Each session presents an opportunity to enhance community connections with others, and to share information about available community resources. Light refreshments served.
❖ Locations: All sessions will be located at Peninsula Temple Sholom (address below).
❖ To RSVP: Let us know if you would like to join us for any of the above sessions by sending an email to: MARCIB@COMCAST.NET.

For more information, contact: Peninsula Temple Sholom
1655 Sebastian Drive • Burlingame • CA • 94010 • (650) 697-2266 / www.sholom.org
California Peer-Run Warm Line

NOW OPEN
24/7

As peers with lived experience of mental health challenges, we provide emotional support and referrals to mental health resources. Call or chat with us online!

1-855-845-7415
www.mentalhealthsf.org

The Warm Line aims to be a highly accessible mental health resource that people can use to seek support before they've reached the crisis point, in the hope that support now will prevent crisis later.
You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.

1 in 5 U.S. adults experience mental illness
1 in 25 U.S. adults experience serious mental illness
17% of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)

- 19% Anxiety Disorders
- 4% Dual Diagnosis
- 1% Borderline Personality Disorder
- 7% Depression
- 3% Bipolar Disorder
- 1% Obsessive Compulsive Disorder
- 4% Post-traumatic Stress Disorder

12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)

- 19% of all adults
- 15% of Asian adults
- 16% of black adults
- 17% of Hispanic or Latinx adults
- 20% of white adults
- 27% of adults who report mixed/multiracial
- 37% of lesbian, gay and bisexual adults

WAYS TO REACH OUT AND GET HELP

- Talk with a health care professional
- Call the NAMI HelpLine at 800-950-NAMI (6264)
- Connect with friends and family
- Join a support group

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI
National Alliance on Mental Illness