From The Staff and Volunteers Of NAMI SMC

Due to the COVID-19 pandemic and the Shelter in Place our NAMI office is currently closed.

Our community has created a Virtual NAMI Community where we continue with our services and provide virtual programming and social opportunities. Our purpose is to keep our community strong and available to continue connecting with one another and prevent isolation.

All participation is voluntary and at no cost to members.

When the NAMI Office opens its physical doors again, our Welcome Committee will connect with you by scheduling a one-on-one orientation to tour our office and go over the details of all the different support groups and programs we offer.

See page 7 for a list of our current online support groups.

“May 2020

"The words of kindness are more healing to a drooping heart than balm or honey." - Sarah Fielding

Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

YOU ARE NOT ALONE

NAMI's "You are Not Alone" campaign features the lived experience of people affected by mental illness to fight stigma, inspire others and educate the broader public. Now more than ever before, it is important for the mental health community to come together and show the world that no one should ever feel alone. The campaign builds connection and increases awareness with the digital tools that make connection possible during a climate of physical distancing. Even in times of uncertainty, the NAMI community is always here, reminding everyone that you are not alone.

Throughout the month, we will feature personal stories from real people experiencing mental health conditions. You can submit your story at https://nami.org/yourstory. By reading about lived experience, we aim to make people feel less alone in their mental health journeys.

RESOURCES

Share with us how you stay connected by writing your personal story or sharing #NotAlone graphics and messages with your community.
May 7th is National Children’s Mental Health Awareness Day

May 7th is National Children’s Mental Health Awareness Day and is observed each year to raise awareness about the importance of children’s mental health and how vital positive mental health is to a child’s development.

Mental disorders among children are described as serious changes in the way children typically learn, behave, or handle their emotions, which cause distress and problems getting through the day. Many children occasionally have problems like fears and worries, or disruptive behaviors. If symptoms are severe and persistent, and interfere with school, home, or play activities, the child may be diagnosed with a mental disorder.

Among the more common mental disorders that can be diagnosed in childhood are attention-deficit/hyperactivity disorder (ADHD), anxiety, and behavior disorders.

Other childhood disorders and concerns that affect how children learn, behave, or handle their emotions can include learning and developmental disabilities, autism, and risk factors like substance use and self-harm.

Symptoms of mental disorders change over time as a child grows, and may include difficulties with how a child plays, learns, speaks, and acts or how the child handles their emotions. Symptoms often start in early childhood, although some disorders may develop during the teenage years. The diagnosis is often made in the school years and sometimes earlier. However, some children with a mental disorder may not be recognized or diagnosed as having one.

Childhood mental disorders can be treated and managed. There are many treatment options based on the best and most current medical evidence, so parents and doctors should work closely with everyone involved in the child’s treatment — teachers, coaches, therapists, and other family members. Taking advantage of all the resources available will help parents, health professionals, and educators guide the child towards success. Early diagnosis and appropriate services for children and their families can make a difference in the lives of children with mental disorders.

Get help finding treatment

If you have concerns about a child, you can use these resources to help you find a healthcare provider familiar with treatment options.

- **Psychologist Locator**: a service of the American Psychological Association (APA) Practice Organization.
- **Child and Adolescent Psychiatrist Finder**: a research tool by the American Academy of Child and Adolescent Psychiatry (AACAP).
- **Find a Cognitive Behavioral Therapist**: a search tool by the Association for Behavioral and Cognitive Therapies.
- If you need help finding treatment facilities, visit [MentalHealth.gov](https://www.mentalhealth.gov).

From Hospitalization to Healthy Community Integration

HOPE is a new program created, as a part of the Whole Person Care Pilot Program, in collaboration with four different organizations specifically geared towards individuals (adults 18+) with mental health challenges or/and other co-occurring disorders, to help them to successfully transition into the community. This peer program facilitates support for you during and post hospitalization via mental health, substance recovery and family support.

As it stands, the complexity of the current mental health system is often a barrier for the people seeking help, and HOPE provides you with the support needed to navigate the system.

For more info call 650-232-7425 or go to: [www.heartandsoulinc.org/hope-program](http://www.heartandsoulinc.org/hope-program)

**HO.P.E Program Update**: During this difficult time we are keeping in touch as best we can via zoom and phone calls. We are making ourselves available at pretty much anytime as needed. We are keeping communication open and using the phones as a warm line if needed.

The idea is to encourage our clients not to isolate during this shelter in place, but to seek out others in their shelter/residence as best possible, whilst still observing the social distancing protocols. It’s definitely been helping to have the option to Zoom, rather than only have phone calls.

- Amishi Patel

“The Let’s Talk Mental Health Group of Peninsula Temple Sholom presents:

“Stories of Hope, Stories of Wisdom”

Sun. May 3, 3:00 – 4:30pm

Ian Adamson, founder and executive director of Mateo Lodge, a facility with residential and community support services for persons with mental illness, will share his lifetime of experience working with young adults 18 - 59 who are living with mental health concerns that affect their ability to find a meaningful path in life. All will be inspired and informed by Ian’s passion.

This presentation, guided by moderator and PTS member, David Korth, will be particularly relevant at this time when young adults, and also the rest of us, face more challenges, stress and uncertainty than before. Questions may be submitted in advance to [LETSTALKMH@sholom.org](mailto:LETSTALKMH@sholom.org).

For more info call 650-232-7425 or go to: [www.heartandsoulinc.org/hope-program](http://www.heartandsoulinc.org/hope-program)

**Zoom Meeting Only**

From your phone dial: 1 669 900 6833
Meeting ID: 884 3708 0506
Combatting the Loneliness of Mental Illness

Since I was 14 years old, I’ve lived with recurring depressive disorder with psychotic symptoms, post-traumatic stress disorder and borderline personality disorder. These conditions make me feel incredibly lonely at times, even knowing there’s a community of billions of people across the world who also experience mental illness.

Mental illness is isolating. Sometimes I just can’t get out of bed; I can’t function. How do you explain to someone that due to the soul-crushing amount of pain in your heart, you’ll have to cancel meeting up for the fifth time in a row? How do you maintain friendships when all you want to do is drift away? How do you stay close with your family when you feel like your illness is a burden on them? It’s hard.

It’s not impossible to maintain relationships and luckily, I have some good friends and family. But there have been times in my life when I’ve had no one because people didn’t understand or didn’t want to take the time to understand. The only way out of the hole of loneliness with mental illness is understanding from others.

With mental illness, some people do not understand how severely it can impact your life, and just recently someone told me it was “just a mindset that can vanish if you have a winning attitude.” It’s because of these misconceptions that I often feel embarrassed to talk to friends or family about my conditions. I’m even too embarrassed to ask for help from mental health professionals because it is so misunderstood. I isolate myself and struggle in silence because I feel like no one has a clue how I feel.

Mental illness has left me feeling like I was disgusting and shameful. It’s made me feel like I’m not good enough. And it’s incredibly hard to get the courage to speak to people and meet new friends when you’re struggling.

I have good times and bad, but the heavy weight I carry has never gone away, and I don’t think it ever will. However, one of my mantras is that there is always a way out. With that said, here are a few things that might help you creep out of the hole of loneliness.

Talk to other people with mental illness through apps or social media support groups.

You can either talk on the phone to people through apps, such as talk life, or support groups on Facebook. Apps like this are great because you can connect with people across the globe and be supported even when you feel like no one close to you understands. Even if you don’t have friends or family, you can know that you’re never truly alone, and there will always be someone willing to listen.

Force yourself to be in the same room as someone else that you’re comfortable with so you’re not physically alone (even if you don’t feel like talking).

When you’re not physically alone, it can sometimes be easier to remember that someone cares, and you can sit in silence until you feel ready to talk or feel a bit better. I’ve done this many times, especially with my brother. When I’m upset, he will sit with me because he knows it lessens my negative thoughts about feeling alone.

Look back on old pictures and remember that life is worth living and that if you hold on you’ll get there again.

When you remember that you’ve had good times in the past, it’s easier to recognize that there can be good times again. When I look at old photographs of people who are not in my life anymore, I remember that someone cared about me before, and it gives me hope that someone new will care about me again. I cherish the memories of all my photos, because its moments like those that have shaped me into the strong person I am today. When I look at photos it helps me to know that I haven’t always felt lonely, and I won’t always feel lonely in the future.

Ask friends or family to write you letters that you can read on days you don’t feel able to leave the house.

Reminders like this are so important to read when you’re struggling because without them it’s easy to get trapped in the feeling of loneliness with no end in sight. When I have felt stuck in a hole, having reminders from family and friends that I’m loved has given me a ladder to climb out of the darkness. I have letters from people that include things they like about me, good memories of times we shared, and words of encouragement. Honestly, I don’t know what I’d do without them.

Tell people you feel lonely, you’d be surprised to know how many people care.

I posted a status update last year when I was in the hospital saying I felt lonely, and I got so many messages from people saying that they are there if I want to talk. And I received many cards wishing me well. I’m lucky to have such good people in my life now, but when I didn’t, it helped me to reach out to online communities for support. I have posted in a support group before on Facebook saying I felt lonely, and I got hundreds of comments saying that I’m not alone and that people care. If you tell one person, or a thousand people online, the reaction is often better than you think.

Remember that you are never as alone as you feel.

There are billions of people in this world who live with or have experienced mental illness, and most of them have experienced loneliness because of it. This moment and this feeling—it will pass. The sun will set, and the sun will rise. You will meet people, you will lose people, then you will meet more people. A goodbye doesn’t mean you’ll be alone forever. I promise that there are people in this world who care about you. S: https://www.nami.org/Blogs/

Nikki Mattocks is an award winning mental health and human rights campaigner in the UK. She has spoken at parliament, shared her story at events, spoken in the media and runs a peer support group she started aged 17. Find her on twitter @ducksdietcoke or Instagram @nicolanikkijane

Seasonal Affective Disorder: is a form of depression also known as SAD, seasonal depression or winter depression. People with SAD experience mood changes and symptoms similar to depression. The symptoms usually occur during the fall and winter months when there is less sunlight and usually improve with the arrival of spring. The most difficult months for people with SAD in the U.S. tend to be January and February. While it is much less common, some people experience SAD in the summer.
NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI trained facilitators who have been there! We offer a safe and confidential place to share and glean group wisdom.

NAMI Connections has launched a new way for our Support Group to stay in place during Shelter in Place. We are hoping this will be a positive “new” way to share experiences and resources as well as offer encouragement and support during this time. Please know that we will follow our NAMI guidelines and principles!

- NAMI Connections On Line -
  Every Monday & Thursday 7p-8:30pm

To receive our weekly notifications with instructions to connect with Zoom, please contact the office at (650) 638-0800 or email us at nami@namisanmateo.org. If you are not on our mailing list please let us know.

For those without a computer, you can still join us with your smart-phone or non-smart-phone. Inform the office of your situation, and someone will help you with it.

PLEASE log in at 6:45pm so the leaders can help trouble shoot any technical problems.

“I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.”

– William Penn

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

NAMI CA Peer Specialist Program

Did you know NAMI State offers a certified Family Peer Support Specialist (FPSS) program to family members or individuals with an illness? It is an 80 hour webinar (17 sessions- meeting twice a week) with some homework and quizzes. It's a state-wide program, entirely online and free! When completed you get a certificate from NAMI.

After the course, you are set up with 1 of 4 local NAMI Affiliates for follow up. After the course, they help you find a volunteer or paid position as an advocate, counselor, or specialist.

Their next class starts June 9 and runs until early August. You can sign up by e-mailing tory@namica.org or by calling (916) 567-0163. You can also get more info and register online at:

namica.org/programs/upcoming-trainings/

New Additions to the Library

The Glass Castle
By Jeannette Walls

The Glass Castle is a remarkable memoir of resilience and redemption, and a revelatory look into a family at once deeply dysfunctional and uniquely vibrant. When sober, Jeannette’s brilliant and charismatic father captured his children’s imagination, teaching them physics, geology, and how to embrace life fearlessly. But when he drank, he was dishonest and destructive. Her mother was a free spirit who abhorred the idea of domesticity and didn’t want the responsibility of raising a family.

The Walls children learned to take care of themselves. They fed, clothed, and protected one another, and eventually found their way to New York. Their parents followed them, choosing to be homeless even as their children prospered.

The Glass Castle is truly astonishing—a memoir permeated by the intense love of a peculiar but loyal family. The childhood neglect that Walls and her three siblings underwent due to the mental illness of their parents is outlined. Through all of the dysfunction and poverty, Walls simply cannot shake the unconditional love that she feels for her parents- a sentiment which many of us can relate to.

For more information about the author go to... www.facebook.com/JeannetteWalls

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.

This year NAMI’s national focus 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 mental illness are in the best position to help those facing it now. You can help by writing or telling your story.

To learn more about how your voice can be heard, go to www.namisanmateo.org/get-involved/become-a-volunteer.

SAMHSA

Substance Abuse and Mental Health Services Administration

Behavioral Health Treatment Services Locator, a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.

https://findtreatment.samhsa.gov
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 8 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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**Myth:** Children don’t experience mental health problems.

**Fact:** Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable, and can be a product of the interaction of biological, psychological, and social factors.

Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24.

Unfortunately, less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need. Early mental health support can help a child before problems interfere with other developmental needs.

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

...in Honor of
Mickey Podolsky from Marvin Charney

...in Memory of
Sandra Castro from Paul Davis & Yvonne DiMatteo
Al Guaspari from Helene Zimmerman
Ron Roth from Helene Zimmerman

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

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**To All Our Volunteers!**
~ THANK YOU ~

We couldn’t do it without you!
Office Support: Loren Shea

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

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**Storage Space Needed**

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

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

If you are able to provide space to us gratis, that would be wonderful! Please contact Jan at 650-638-0800 or nami@namisanmateo.org for more information.

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**Zoom Help Center**

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video.

**Joining a Meeting**
1. Go to [https://zoom.us/join](https://zoom.us/join)
2. Enter your designated Meeting ID (The Meeting ID can be a 9, 10, or 11-Digit number). The Meeting ID should be provided by the host. *If dialing by phone dial 1 669 900 6833 and when prompted enter the Meeting ID.*
3. If prompted for a password enter the one that was assigned to the specific meeting you’re attending.
4. You’re in!

**ZOOM Help Center:** [https://support.zoom.us/hc](https://support.zoom.us/hc)

- Downloads
  - Download Zoom for Desktop
  - Download Zoom for Android (Google Play)
  - Download Zoom for iPhone (App Store)
- Help & Tutorials
  - Frequently Asked Questions
  - Tutorial: Joining a Meeting
  - Zoom Help Center

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*“We cannot change anything until we accept it. Condemnation does not liberate, it oppresses.”* - Carl Jung
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

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

GET INVOLVED!
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.

More details about the Walk are on our website at:
www.namisanmateo.org/nami-walks-3

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

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.
Online Family Support Groups (supporting a loved one with a mental illness):

- Cordilleras MHR Center Family Group meets 1st Monday (2nd if 1st is a holiday) of the month from 6:30-8pm. To register, e-mail cordilleras6765@gmail.com.

- Parents of Youth and Young Adults (ages 6-26) meets 2nd Monday of the month from 7-8:30pm. To register, e-mail parentsofyouth@gmail.com.

- South County Family Support Group meets 2nd Tuesday of the month from 6-7:30pm. To register, e-mail southcountyNFSG@gmail.com.

- Spanish Speaking Support Group (Redwood City) meets 2nd Tuesday of the month from 6-7:30pm. To register, e-mail csagesse@smcgov.org or call (650) 573-2673.

Online Peer Support Groups (those with a mental illness)

- Connection meets Monday nights from 7-8:30pm and Thursday nights from 7-8:30pm. To register, e-mail nami@namisanmateo.org or call the office at (650) 638-0800.

NAMI ONLINE SUPPORT GROUPS
COME ZOOM WITH US!

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

RETURN SERVICE REQUESTED

Time Value

NAMI San Mateo County
1650 Borel Place, Suite 130
San Mateo, CA 94402
650-638-0800 / FAX: 650-638-1475
nami@namisanmateo.org

www.namisanmateo.org

Office open: 9am-3pm, M-F (or by appt.)

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A Mother’s Message Of Reconciliation And Restoration

By Dawn Brown

When mental illness strikes there is always collateral damage that extends beyond the person with the illness to include family and friends. Relationships are often strained to the limit as a person with mental illness struggles to cope with their symptoms and possibly refuses help and lack of resources and support can leave loved ones angry and burnt out. This creates a difficult situation that can result in more hurting than helping, and relationships can be damaged or lost.

Sadly, the most strained relationship is often between a mother and child. Whether your mother has a mental illness or you are the mother of someone with a mental illness, you understand the heartache that exists when the relationship is damaged or lost. Fortunately, even the most difficult situations can be improved, and working towards reconciliation and restoration with your loved one well worth it. So, this Mother’s Day I encourage you to seek reconciliation with your mother or with your son or daughter. Hurtful words or regrettable actions can be forgiven; do not allow them to rob you of this relationship. Forgiveness is a gift to give and to receive. In many cases, it is the best Mother’s Day gift.

Restoring a relationship that has been damaged by mental illness begins with the acceptance that the relationship will be different. Making adjustments that can restore and sustain the relationship, include:

- Realizing that you are not the cause nor do you have the cure for mental illness. Also, realize that you cannot provide all the care needed. Locate resources in your community. Day programs/club houses, NAMI Connection Recovery Support Groups, social services and case management provide social opportunities, support, and professional care that can greatly enrich lives, as well as, lighten the load.
- Education brings understanding, and understanding brings compassion. Contact your NAMI Affiliate for information about NAMI Family-to-Family and NAMI Peer-to-Peer education programs in your community.
- Remember to set and respect boundaries. Keep communication clear and concise. Revise your expectations. You should not expect everything or nothing from another individual, be realistic in your expectations.
- Renegotiate your emotional relationship. Mutual respect will provide equilibrium.
- Taking care of oneself is essential to having a strong and loving relationship. If you are ill, be willing to receive treatment and manage your illness by cooperating with your medical team and taking prescribed medication. If you are a caregiver, do not ignore your own needs. Providing ongoing, long term support requires you to be at your best.

Statistics illustrate the enormous size and economic impact mental illness has on the United States, but they do not reflect the impact it has on our families. We do not have to allow mental illness to damage or destroy our relationships.

Do not give up. Forgiveness works to reconcile and love to restore. I wish everyone a Happy Mother’s Day.

Dawn Brown is the Director of Community Engagement at the NAMI headquarters in Arlington, VA and mother of six. Her son Matthew is living with schizophrenia.

Note: Reprinted from a blog that appeared on May 11, 2012 on the national NAMI.org website.
MENTAL HEALTH RESOURCES ARE MORE URGENT NOW THAN EVER BEFORE

Will Mental Health be the next crisis of pandemic proportions?

A recent poll by the Kaiser Family Foundation found that 45% of U.S. adults said the pandemic has affected their mental health, with 19% saying it has had a “major impact”.

In two months’ time our world has been turned upside down by the Coronavirus, igniting fears about our health, finances, jobs, families, and the future. To stop the spread of the virus, we must distance ourselves from those we love, our normal activities, and our work; things that give us meaning, and, for some, a lifeline. We know this will end, but we don’t know how, or when, and our mental health is at stake. If not addressed, we will see a second pandemic with more serious manifestations of chronic mental illness symptoms, and a surge in people newly diagnosed with anxiety and depression, and attempts at suicide.

“I saw people talk about their mental health more openly, and this encouraged me to go seek out help for myself.”
— NAMI program participant

“We have people crying over their anxiety & stress. Some attendees are so distraught they were beginning to lash out and had to be guided back to calmness. There is a noticeable uptick in stress as the lockdown continues.”
— Michael - NAMI Connections Facilitator

Early and effective intervention, before a crisis occurs, is critical to recovery and wellbeing. Understanding, empathy, and guidance from people who have lived through similar experiences, are effective in helping to ensure that chronic, serious illness does not result.

NAMI San Mateo County partners, supports, educates and provides resources to the community. Our WarmLine, staffed by people with “lived experience”, is open to listen and guide people to resources to help them to prevent a crisis. Our support groups and educational programs for individuals and families are live on ZOOM, and we are adding more as the need grows.

May is Mental Health Awareness Month. Please consider a contribution at this time to NAMI San Mateo County. Your generosity and caring about the individuals we help will allow us to provide more services to more people, so that everyone gets help when they need it.

DONATE https://namisanmateo.org/donate/

Thank you so much!

Jan Cohen
Interim Executive Director, NAMI San Mateo County
NAMI San Mateo County

WARMLINE

(650) 638-0800
Mon to Fri
9AM-3PM

LEARN ABOUT UP TO DATE RESOURCES
IN OUR COMMUNITY THROUGH NAMI
SAN MATEO’S WARMLINE!

In our best efforts to support the people we care about during this challenging time. NAMI SMC has kept our WarmLine open during business hours. When you call, you will receive suggestions and help in navigating services in your area. Resources like housing agencies, crisis intervention hotlines, food banks and NAMI’s online support groups are all accessible with the guidance of our NAMI WarmLine operators.
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 they 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 per month. 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 3092048@aol.com or call 650-595-5635 to learn more or to be added to the email list.

Family-to-Family Teachers Needed

Due to a growing demand to participate in NAMI's signature Family-to-Family program, we need more teachers. If you are a Family-to-Family graduate who would like to give back and teach classes in English or Spanish - we need you! Training is provided.

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

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.

Find Affordable Housing With These Online Tools.

• http://smchousingsearch.org
• https://hotpads.com
• https://www.gosection8.com
• https://www[midpenhousing.org
• https://www.mercyhousing.org
• https://www.craigslist.org
• https://hiohousing.org
• https://bridgehousing.org

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.
The following are links to Stanford University lectures pertaining to brain & mental health topics that are held on campus and open to the public.

- [https://neuroscience.stanford.edu/events/upcoming-events](https://neuroscience.stanford.edu/events/upcoming-events)
- [https://events.stanford.edu/byCategory/24/](https://events.stanford.edu/byCategory/24/)
- [https://med.stanford.edu/psychiatry/education/events.html](https://med.stanford.edu/psychiatry/education/events.html)

All times shown are in Pacific Time.

<table>
<thead>
<tr>
<th>Date / Time</th>
<th>Topic / Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues, May 5, 10 - 11 am</td>
<td>COVID-19 &amp; People with IDD: Part 3  -  <a href="https://aadmdconference.com/webinars">AADMD</a></td>
</tr>
<tr>
<td>Wed, May 6, 10 - 11 am</td>
<td>Understanding Autism Spectrum Disorders: Trends and Treatments  -  <a href="https://register.gotowebinar.com/register/2627589103236630530">Amita Health</a></td>
</tr>
<tr>
<td>Fri, May 8, 9 - 10 am</td>
<td>Navigating Competency and Advanced Directives in Older Adult Behavioral Medicine: Part II  -  <a href="https://register.gotowebinar.com/register/98642726323647375">Amita Health</a></td>
</tr>
<tr>
<td>Mon, May 11, 9 am - 12 pm</td>
<td>Virtual Hill Day Kickoff : Learn to engage legislators through calls, emails, and social media posts to elevate mental health funding as a critical component of any upcoming COVID-19 emergency relief legislation, and any other legislation considered  -  <a href="www.mhanational.org/events/virtual-hill-day-kickoff">MHA</a></td>
</tr>
<tr>
<td>Tues, May 12, 11 am - 12 pm</td>
<td>Using Neuroscience to Evaluate and Guide Treatment for Pediatric Mood Disorders.  -  <a href="www.bbrfoundation.org/event/using-neuroscience-evaluate-and-guide-treatment-pediatric-mood-disorders">BBRH</a></td>
</tr>
<tr>
<td>Month of May</td>
<td>All Free “Mental Health and Wellness” Eventbright listings for the month of May.  -  <a href="www.eventbrite.com/d/online/free--events--this-month/mental-health-and-wellness">www.eventbrite.com/d/online/free--events--this-month/mental-health-and-wellness</a></td>
</tr>
</tbody>
</table>
May Mental Health Month & NAMI General Meeting!

A PATH FORWARD

Join Dr. Harrison as she speaks about the impact of COVID-19, how we understand our new feelings and behaviors and what we can do to help ourselves and our loved ones through this challenging time. Dr. Harrison is a Board Certified Licensed Psychologist and a Board Certified Registered Art Therapist. You will get tips and advice that you can use right away. Q&A after.

MAY 27, 2020
7PM-8:30PM

Join Zoom Meeting
https://us02web.zoom.us/j/88437080506

Meeting ID: 884 3708 0506
One tap mobile +16699006833,,88437080506# US (San Jose)
It’s Okay to Talk About SUICIDE

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

2nd
Suicide is the 2nd leading cause of death for people ages 10-34

The overall suicide rate has increased 31% since 2001

Suicide is the 10th leading cause of death in the U.S.

46%
of people who die by suicide have a diagnosed mental health condition

90%
of people who die by suicide have experienced symptoms of a mental health condition

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.

Make an appointment with a healthcare professional to talk about what you’re thinking or how you’re feeling.

HIGH RISK POPULATIONS

75% of all people who die by suicide are male

4x Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 12 times more likely to attempt suicide than the general population

12x

If you are concerned about suicide and don’t know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Suicidal thoughts are a symptom, just like any other—they can be treated, and they can improve over time.

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

NAMI
National Alliance on Mental Illness
NCEFT is deeply committed to being of service to the community during the COVID-19 pandemic. Many people are feeling anxious, overwhelmed, powerless, and disconnected. To support the community, we are offering 3 unique evidence-based mindfulness webinars free of charge. They will be held online (live and interactive) via Zoom.

Stress Reduction for Parents with Children with Special Needs
Saturdays, 11am-12pm for 9 consecutive weeks.
Starts Saturday, May 9.
Registration Deadline: May 8.

Stress Reduction for Healthcare Workers & First Responders
Sundays, Tuesdays, and Thursdays, 4-5:30pm for 3 consecutive weeks.
Starts either Sunday, May 3 or 10, depending on number of registrants.

Stress Reduction for Those Experiencing Anxiety & Overwhelm (ages 18 and up)
Sundays, 11am-12pm, for 9 consecutive weeks.
Starts Sunday, May 10.
Registration Deadline: May 9.

These webinars will offer tools, practices, and techniques that enable participants to feel a greater sense of stability, strength, calm, and resilience. Participants will learn to connect to their own inner resources to promote clarity and effective coping skills.

Participants will practice and apply these skills and techniques for effectively navigating stress through "mindfulness" – the steady, intentional gathering of a non-judgmental awareness into the present moment in daily life. The community element is an essential part of our healing work together.

There is a way to thrive and grow, not just survive during times of stress.

These webinars are taught by NCEFT’s Occupational Therapist, Rochelle McLaughlin, MS, UMASS Medical School Certified Mindfulness-Based Stress Reduction teacher.

"In the whole of my teaching life, there has never been a more urgent need for programs such as these." – Rochelle McLaughlin

To learn more about the webinar objectives and class format and to sign up for them please go to:

www.nceft.org/our-services/mindfulness
**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@namisannmateo.org.

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

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**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".

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

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**NAMICON 2020**

Atlanta • July 15-18

Together Toward Tomorrow

Register today on [https://nami.org/Convention](https://nami.org/Convention)

NAMI is actively monitoring developments surrounding Coronavirus (COVID-19) as the safety and health of our attendees, exhibitors, speakers and staff are a top priority. At this time, NAMICON 2020 is still scheduled for July 15-18 in Atlanta.

We are following the advice of the Centers for Disease Control ([https://cdc.gov](https://cdc.gov)) and the federal government and will respond accordingly regarding any event cancellation recommendations for the summer timeframe.

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**Are you ...**

- 60+ years of age
- Disabled and receiving disability based benefits
- 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

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