

Update on How to Access Supported Employment or Education

By Beverlee Kell

Marin is blessed to have excellent support services including:

College of Marin Disabled Students Programs & Services (DSPS):

Chris Schultz, Coordinator of DSPS at the College of Marin encouraged consumers to become students at the college, even if it is just a PE class to start with. He pointed out that attending one class just to be in a healthy environment with something meaningful to do on a regular basis is a totally appropriate use of the college.

Students now feel more comfortable using DSPS since it was relocated to the Resource Library and is more integrated with other support services. DSPS offers an assessment that takes about one hour and will identify the accommodations needed to "level the playing field." Chris reassured the audience that disabilities remain confidential and teachers are only told what accommodations to provide. DSPS also offers counseling and age-appropriate support groups. He said, "Adults always get a chance to start over."

A student's family or mental health provider are encouraged to come in with the student and help advocate. They are also welcome to set up a pre-meeting with DSPS to stage a successful start. Chris can be reached at 415-485-9601 and the DSPS office is 415-485-9604 or visit www.marin.edu/disabled.

Integrated Community Services (ICS), Vocational Agency

Irene Birch, the Employment Coordinator for ICS described the employment supports that ICS offers to people with all types of disabilities. Irene also consults for our county Odyssey and Star programs.

ICS services are funded through the CA Department of Rehabilitation (DR). The process to apply and receive funding from DR takes 4-6 weeks. Irene described a new Horticulture training to be available in the spring funded by federal stimulus money. ICS can be reached at 415-455-8481 or visit www.connectics.org.

Bucklew Employment Services (BES) and Blue Skies Personnel Services :

Dan Daniels, Marketing and Community Relations Manager for BES said that although they serve people with mental illness, their clients "check their mental illness at the door". Like Irene, Dan is always researching job openings and educating employers on the benefits of employing their clients.

Dan invited everyone to visit the Blue Skies café at lunch time, located in the beautiful lobby of the Connection Center at the Marin County Health and Wellness Campus at 3240 Kerner Blvd. (near Bellam) in San Rafael. The café is a training site and your patronage is welcomed.

BES services are available to DR clients and others. BES can be reached at 415-457-6964 x 2, x 8 or visit www.bucklew.org.

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Calendar:

January 4 (Monday) NAMI Board Meeting, 6:45 pm, 555 Northgate Dr., San Rafael

January 12 & 26 (2nd & 4th Tuesdays)
Family Support Group (free-drop in)
7-8:30 pm with Kay Browne, MD

Please Note Changes in NAMI General Meetings:

January 14 (Thursday) 7-8:30 pm
Marin County Health & Wellness Campus, Connection Center, Room 109. See page 8.

February 9 (Tuesday) 7-8:30 pm
Marin County Health & Wellness Center Connection Center, Room 110

March-June (every 4th Monday) 7-8:30
Marin County Health & Wellness Center Connection Center, Room 110



Dan Daniels, Lea Del Pomo, Irene Birch
Chris Schultz

Special Features

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President's Letter

By Kay Blackwill

As I write this, the year is coming to a close and it is a good time to look back and consider what we have done well, and where we still need to do more. First, **I want to thank our volunteers** who have faithfully given over **4,700 hours of service**, provided support and service to **over 1400 people** in one-on-one situations, and made the following programs possible: **Monthly Speakers' Meetings** with expert speakers addressing many issues of concern for our members and the general public; published, distributed, and mailed out 1000 copies of nine editions of our **Newsletter**; designed a dynamic **new website** at www.namimarin.org; created a **professional database**; taught spring and fall sessions of the twelve week **Family-to-Family** course on mental illness; provided a bi-monthly **Family Support Group**; hosted monthly **FamFest** dinners at downtown restaurants for people who find it hard to get out and socialize; staffed our **office and Help line**, weekdays, from 1:00-3:00; and supported **Gift of Time** a companion program for people who are often isolated.

A special thank you here to those who are leaving us after many years of dedicated service. Our Board members give much of themselves above and beyond the prescribed responsibilities of their job description. We are sorry to be losing **Mimi Griffin** who has served as our hard-working Treasurer for three years; and **Robin Mullin**, Board member for eight years, and skilled and insightful Secretary for the last four. Finally, we say goodbye to lifetime-volunteer, **Carol Galloway**, who has managed the Gift of Time program continuously for the last twenty years! She will be sorely missed. It is her dearest wish that someone will step forward to take over the program. Please call the office if you are interested, or go to our website to learn more about the program.

Secondly, we are in good financial health. As we start the new year, we have funds to cover our basic operating expenses for 2010, and a healthy reserve. This is due to a spectacular and successful WALK effort led by Rik Super, spiritedly supported by members; continued generous support from the William Gorrill Swigert Foundation; increasing membership; and other donations. As you may know, last summer, we were able to give small grants to some of our partner agencies who serve our members. These organizations included the Community Institute for Psychotherapy; Community Action Marin, for the CARE team (outreach to the homeless); Enterprise Resource Center (a gift of a mural); Buckelew's Transition Age Youth support services; and the Housing Authority programs for tenants. We hope to continue to develop and strengthen these and other partnerships in the new year.

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In Memoriam

Marika Ann Critelli

- Born: March 12, 1978
- Died: November 18, 2009
- Location: Novato, CA

On November 18, 2009, Marika passed peacefully and with grace from this life. She leaves behind family and many friends whose lives she touched profoundly with her caring and courageous spirit.

Marika lived in the South Bay before moving to Santa Barbara where she grew up and went to school. She graduated with honors from UC Davis, spending academic year 1999-2000 at the Universidad Complutense in Madrid.

Marika was recognized as a "Santa Barbara Local Hero" for MAC's Recycling Service, the business she started and ran from the time she was 12-years old. She also was a SBHS Distinguished Don and varsity tennis player. She filled up several passports between the ages of 4-22, traveling extensively and visiting Mexico, Argentina, Peru, Chile, Tanzania, Kenya, Mauritius, New Zealand and Australia. Then after completing her studies in Madrid, she traveled throughout Europe.

For the past 8 years, Marika struggled valiantly with the debilitating effects of Chore Acanthocytosis, a rare and degenerative neurological disorder. Those who knew her marveled at Marika's courage, class and resolve as she triumphed over trepidation and dread -- only to prevail with pride, passion and purpose.

Marika loved to knit. She loved public transportation and Whistle Stop Wheels. She loved In-N-Out burgers, shopping at Trader Joe's and Target. She loved being out in the community and among people. She rarely forgot a birthday and was always expressing her appreciation with a cheerful "thank you!" She was so proud to successfully complete the one mile NAMI (National Alliance on Mental Illness) walk in Golden Gate Park last spring, part of the Elpidia House team, and she raised over \$1000 for NAMI-Marin in so doing.

This past fall she met Craig Arle, a man with whom she shared the dream of a future. Craig accepted her for who she was and for the challenges that her illness presented. For a brief time they enjoyed a relationship that she never thought she would be able to experience. Marika had never been happier.

Marika is survived by parents Michael Critelli and Ann Lippincott, step-parents Sally Critelli and Ned Emerson, half brother Tyler Critelli, and step-sister Dina Emerson. Family requests memorial donations be sent to NAMI Marin.

http://www.tributes.com/show/Marika_Critelli87203943



STIGMA AND MENTAL ILLNESS: A MAJOR IMPEDIMENT TO RECOVERY Part 2

By Kay S. Browne, MD

This article is a follow up to last month's article on stigma in mental illness. This month I talk about possible solutions and next steps to change the way in which our society views mental illness. Stigmatization of mental illness leads to delays in treatment, damaged self esteem, severe family stress and ultimately poor treatment outcomes. The majority of individuals with major mental illness are currently unable to hold long term self-supporting jobs, despite available treatment that could lead to sufficient improvement and capability to return to work and normal functioning in society. The problem is further complicated by stigmatization due to criminality and homelessness.

Stigmatization of mental illness is natural behavior in a society and is frequently subconscious. Even some physicians and other mental health employees carry their own negative views of mental illness. Families are often blamed for the mental illness in their loved ones, exacerbating the stress. Feelings of blame and guilt, complicated by stigma, lead to family members being overwhelmed. Consequently family members suffer from serious depression and have difficulty finding appropriate support. NAMI has developed educational and support services for family members and friends that can lead to their being better able to help their loved ones with mental illness.

The last third of Dr. Stephen Hinshaw's book, The Mark of Shame, details possible approaches to changing society's views on mental illness. I found his discussion of the barriers to and possible backlash to such interventions fascinating. These approaches and the theories behind them are analyzed at great length, considerably more than is possible in this article.

I have been impressed by the number of groups that have embarked on programs aimed to fight stigma in mental illness. My own favorite program is NAMI's *In Our Own Voice*. In this program individuals with a history of major mental illness, including bipolar disorder and schizophrenia, are recruited and trained to do presentations about their lives, particular those experiences during and after the onset of mental illness. I recently attended one of these presentations, given by two graduate students who each have experienced mental illness in their own lives. They were articulate and animated, and they reinforced my efforts to get better psychiatric treatment for my own loved one.

NAMI also has program known as *Stigma Busters*, which encourages and trains members of the extended NAMI community to identify negative media portrayals of



“Stigmatization of mental illness leads to delays in treatment, damaged self-esteem, severe family stress, and ultimately poor treatment outcomes.”

mental illness including movies, advertisements and store names/themes. Dr. Hinshaw emphasizes that one has to be careful in identifying possible prejudice in the media because it is easy to be overly zealous and ignore what is actually humorous rather than stigmatizing. SAMHSA, the government Substance Abuse and Mental Health Services Administration, also has a resource center, the ADS center whose goal is to “Promote Acceptance, Dignity and Social Inclusion Associated with Mental Health.” SAMHSA provides trainings to companies, employers and others on working with those with significant mental illness in the work place, and they have an excellent website.

Another group involved in this work is SOS, *Stamp Out Stigma*, which provides information and presentations promoting understanding of mental illness. They also have an interesting website which encourages individuals recovered from mental illness to share their experiences and encourage societal acceptance.

No one-approach method alone can address such complex social issues. It is generally accepted that stigma, particularly in mental illness, has to be addressed on multiple levels targeting diverse populations. In his book, Dr Hinshaw groups interventions into three general categories: personal contact, education, and individual treatment of the kind that has been proven to work in mental illness. These efforts need to be implemented together with preplanning and communication. Many of these projects have already been initiated, but it is still too early to determine their effect.

Intervention to foster personal contact, as in the example of NAMI's *In Our Own Voice*, is powerful in changing attitudes. As with racial prejudices, personal contact with individual representative of the stigmatized group normalizes relationships. As I have been progressively involved with NAMI, I have met many wonderful people who have suffered from a variety of major mental illnesses. Certainly, having a family member with onset of significant mental illness in early adulthood dramatically changes one's perspective. The deep emotions triggered by having a loved one with severe mental illness have been the catalyst for NAMI's development and mission. Other ideas about stigma include fostering of the idea of “neurodiversity” in a society; certainly society would have lost much if those

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Help in a Crisis

- Community Mental Health Psychiatric Emergency Services (PES)— 24 hour crisis line 499-6666.
- Crisis Intervention Team (CIT) Police officers with special training for mental health crises are available in most jurisdictions and should be requested if you need police intervention.
- Suicide Prevention & Crises Hotline 499-1100. Telephone counseling 24 hrs day 7 days a week.
- Warm Line 459-6330, phone support for peers, operated by peers through the Enterprise Resource Center.
For general information on social services, call 211, the new 24/7, multi-lingual hot line.

Family Service Agency, 555 Northgate Dr., San Rafael, 491-5700. Variety of individual and group counseling services. MediCal/sliding scale. Offices in Canal area of San Rafael, Novato, and Sausalito. Bilingual.

- P.A.C.E. (Promise, Acceptance, Choice, Empowerment) helps clients achieve substance abuse recovery and is based on the Harm Reduction model. Meetings are every Monday and Thursday, 1:30 to 3 pm. Call Ann Holloway Ext. 5728.
- Adult Dialectical Behavior Therapy (DBT) skills training groups. Contact Annie Arora Ext. 2073.
- Mind Over Mood Afternoon and evening groups start in January. Contact Tommy Flick, Ext. 2033.
- WRAP group for parents will meet every Friday from 12:30-2pm. Call Lisa Olson Ext. 2088.
- Recovery and Wellness for Women will meet every Monday 5:30-7pm. Using Seeking Safety model for women with trauma, addiction, and mental health issues. Call Melissa Troncin Ext. 2049.

Community Mental Health Services (CMHS) 250 Bon Air, Greenbrae (up the hill)

- Family Support Group facilitated by CMHS staff, every Thursday 7-8:30 pm. 1st Floor Conference Room. Drop in group. No need to register. You can call Kathy Chestnut 499-6805 for more information. *Free.*
- Afternoon Club meets every Monday & Thursday from 1:15-2:15pm, 1st Floor Conference Room. Any Marin resident over 18 who has been recently treated in an acute inpatient psychiatric unit or been to Psychiatric Emergency Service (PES) is referred. Help for managing symptoms and stress to help avoid further inpatient or crises care. Contact Deanna Eberle 499-7069. MediCal/sliding scale. Call for payment options.
- Managing Voices and Negative Thoughts is lead by Robin Buccheri and Hilary Spaulding on the 2nd Tuesday of the month from 12 to 1 pm, 1st Floor Conference Room, Call Robin at 422-6498. *Free*
- Family Partner Adult Mental Health provides support services for families with adult members who suffer with mental illness. Located on the 1st floor, Office #1420. Call Barbara Juniper 415-473-4382, Cell: 415-419-4269. *Free*

Bucklew Programs

- Bucklew Employment Services is located at 3270 Kerner Blvd, Suite A, San Rafael 456-9350. *Free.* Orientation for new clients who want assistance is every Tuesday, 12 Noon to 1 pm. No appointment is required. *Free.*
- Bucklew Housing— Renee Mendez-Penate, Supervisor, Case Management & Housing, CMHS 499-6835.
- Bucklew Transitional Age Youth Program (TAY) for young adults 16 to 26 years old. There is also a family support group. Call Kathy Eagle 460-2167. *Free.*

Other Resources Available in the Community:

- Alano Club Dual Recovery Anonymous (DRA) Call Diana 456-8479.
- Borderline Personality Disorder (BPD), Friends & Family of People w/ BPD. This is a Support & Psychoeducation Group that meets on the first Thursday of each month, 7 to 9 pm (drop-in) at the DBT Center of Marin, San Anselmo (\$20 fee per person). Call Dr. Kari Wolman 459-5206 for more information.
- Dialectical Behavior Therapy (DBT) Skills Training Group for Adolescents and their Parents, at the DBT Center of Marin in San Anselmo. Call David Fish: (415) 847-3236, Ext. 2 or at dvfish@earthlink.net.
- New Directions in Education Program is designed to provide supportive services to students recovering from mental health issues and who want to attend classes at College of Marin. It is located on the College of Marin campus in the Disabled Student Services area of the Learning Resource Center, Room 136-5. Call 302-0225 for more information. Prepare to register for Spring semester.
- Life Skills Group is taught by Elpida House staff Fridays 1:30 to 3 pm. Please call Laura at 499-8613. Ext. 2.
- Beyond Hunger is a program that helps one deal with an eating disorder. Call 459-2270 or www.beyondhunger.org.
- AD/HD (attention deficit disorders) parent and adult support groups and skill classes by CHADD. Call 789-9464 or visit www.chaddnorcal.org.
- Kaiser Psychiatric Services provide advice and education at 820 Las Gallinas, San Rafael. Call 444-3522.
- Community Institute for Psychotherapy offers reduced cost psychotherapy. Call 459-5999.
- Matrix Parent Network & Resource Center provides information and support groups for families of children with disabilities. Visit www.matrixparents.org or call 1-800-578-2592.
- C.A.R.E. Team, a mobile outreach program for people with mental illness who are homeless or at risk of being homeless. Call 847-1266 if you, or if you know someone who needs help.

Enterprise Resource Center

3270 Kerner Blvd. Bldg.A, Suite C, San Rafael 457-4554
Open Mon thru Fri 9am to 4pm, Sat & Sun 10am to 4pm

MONDAYS

11am to 12 Noon WRAP Group (Wellness Recovery Action Plan)
12 pm to 12:30 pm Smoke Busters w/Amy in the LRAC Room
2 pm to 3:15 pm Women's Support Group

TUESDAYS

9 am to 10 am Movement Group
11am to 12 Noon Smoking Cessation
1 pm to 3 pm Library books available for check-out, LRAC Rm
1 to 2 pm Women of Courage (Dual Recovery Anonymous)
For Women ONLY
2 pm to 3 pm Process Group
3 pm to 4 pm Calligraphy Class in the LRAC Room
5:30 pm to 7 pm Hoarding & Cluttering Support Group
7 pm to 8:30 pm NAMI Family Support Group
(2nd & 4th Tues. of month), LRAC Room.

WEDNESDAYS

11 am to 12:30 pm PEER COMPANIONS
1 pm to 2 pm 3rd or 4th Wednesday with Bruce Garganus
from Community Mental Health Services
1 pm to 4 pm Computer Tutorials with Drew Carter
2 pm to 3 pm Process Group
6pm to 8 pm Depression Bipolar Support Alliance (DBSA)

THURSDAYS

9 am to 10 am Movement Group
10 am to 11 am Spiritual Group
11 am to 12 Noon Drama Therapy
12 Noon to 1 pm Smoking Cessation Group
1 pm to 2 pm Dual Diagnosis Group with Alex Markel
2 pm to 3 pm Process Group

FRIDAYS

11 am to 12 Noon Writing Group
1 pm to 2 pm Self-Esteem Group
1:30 pm to 2 pm Buckelew Presentation in the LRAC Room
(the last Friday of the month)
2 pm to 3 pm Process Group
3 pm to 5pm WRITE-ON Group with Robert Harry Rovin

SATURDAYS

11 am to 12 Noon Process Group
1 pm to 4 pm Movie and Art Group
8 pm to 9 pm Dual Recovery Anonymous (DRA)

SUNDAYS

10 am to 1:30 pm Unscheduled Socialization
1:30 pm to 2:30 pm Process Group

NAMI Marin Services

NAMI Marin Services are free. Our office is located at 555 Northgate Dr. #280 San Rafael, 444-0480.

- NAMI Marin General Meetings, open to the public. Expert speaker topics. See page 8 for details.
- Family-to-Family Education, a 12 week class. Call 444-0480 to get on the waiting list for the next session.
- NAMI Family Support Group, 2nd & 4th Tuesday, Enterprise Resource Center, 3270 Kerner, San Rafael Bldg.A, Suite C (LRAC Room), 7-8:30pm (drop-in).
- FamFest dinners, monthly family & consumer connection. Scholarships available. See page 8.
- NAMI Marin Office, visit during office hours, Monday through Friday, 1-3pm, for support and information.
- NAMI Marin Help Line 444-0480 for support and resource information, 1-3pm weekdays.
- NAMI Marin Library, located in our NAMI office. Members may borrow from an extensive collection of resources.
- NAMI Marin Speakers Bureau, family and consumer speakers available for events.
- Gift of Time, a companion program for people with mental illness (415) 459-1609.

Marin Health & Wellness Campus Directions & Parking

From South: From 101 N, exit Richmond Bridge/Francisco. Stay in right most left turn lane; Turn left onto Bellam Blvd..

From North: From 101 S, exit Richmond Bridge/Francisco. Stay in right most left turn lane; Turn left onto Bellam Blvd.

From East: Continue on I-580 W from Richmond Bridge. Exit Francisco Blvd/101. Turn R to Bellam.

From Bellam Blvd: After traveling under freeway, make an immediate right onto Francisco Blvd. E/The Loop. Turn left onto Irene St/The Loop. Left onto Kerner Blvd., Proceed .3 mi. to Campus on right. Enter the driveway at the sign that reads "Marin Health & Wellness Campus." The Connection Center is in building 3240, immediately in front of you.

Parking Directions

Do not park in large parking lot on North side of campus. This is property of local business & not open to Health and Wellness participants.

After 3pm: participants can park in any open space around campus after 3 pm.

2 or less weekday hrs: Warning: patrolled by Marin County Sherriff's Dept./tickets issued beyond 2 hrs.

Golden Gate Transit

Godlen Gate Transit Buses 29, 35 & 36 all stop within 4 blocks of the Kerner Bellam intersection.

The list of community resources does not represent an endorsement by NAMI Marin

Book Review: I Am Not Sick, I Don't Need Help! Helping the Seriously Mentally Ill Accept

Treatment. By Xavier Amador, with Anne-Lisa Johanson. Vida Press, Peconic, N.Y., 2000. Available at NAMImarin library. **Reviewed by Jill Owen.**

This book was featured in Kay Brown's article on *insight*, in the June 2009 newsletter. The current review aims to continue the discussion. Although it's been around for 9 years, I Am Not Sick I Don't Need Help is still a wonderful guide for therapists and families of people who have serious mental disorders, but are unaware that they are sick (i.e., they lack *insight*). If our loved one is at a critical stage, Amador tells us that we may want to skip ahead to Chapter 5, which will help us "convince" a person to accept medication or other treatments when they lack insight, or we can turn to Chapter 10, which explains when and how to secure inpatient or outpatient commitment for a loved one. If possible we should read it all, he adds. But the heart of the book is really chapters 6-9

Of these four, chapter 6, "Listening," seems to contain the most vital information. Amador begins with this advice: "The cornerstone of building a treatment agreement that will work and outlast your direct involvement is cut from the quarry of your loved one's sense of who she is, and what she is capable of doing. Unless you know its shape, color, texture and strength, you will be unable to build on this foundation. Each stone you lay will topple and fall to the ground unless you have listened and learned about her 1) beliefs about having a mental illness; 2) attitudes about medication; 3) concept of what she can and cannot do; 4) hopes and expectations for the future; 5) cognitive deficits caused by the illness." To prepare this cornerstone, he says, you must first read the part of this book that tells you how to do it: *How to Listen And Learn*, pgs. 62-82. In this section he gives examples from his own experience to illustrate the following guidelines: 1) Set Aside the Time; 2) Agree on an Agenda; 3) Listen for Beliefs About the Self and the Illness; 4) Don't React; 5) Let Chaos Be; 6) Echo What You've Heard; 7) Write it Down. Beginning with listening, we can continue with chapters 7-9 on Empathy, Agreement, and Partnership, to round out our skills and have a good chance of making a positive difference in someone's life. ♦

Peer Perspective



David and Goliath Anyone battling the demon of suicidal thinking is like a David battling Goliath. Yet you can win and beat down that bad way of thinking by trying instead to use a whole different approach to life. Here you'll see that a better life will come if you understand the natural way of things.

Dear David—A Friend!

When you need help, read this information. Life is truly great and powerful. And it can't be fully understood, especially if you question it and the decision to live.

You see, God gave you life. He'll take your life when he is good and ready to do so. It is in God's hands not yours. You are not God.

Life will always be cyclical—ups and downs and ups again. To just give up is cowardly.

Life is a circle of balance between yin forces and yang energy. If you have had a lot of negative times, you are due good positive times. The balance of yin and yang. If you give up too soon, by committing suicide, you don't allow the time for the necessary yang energy to meet with you as is your due. There is no chance for a better future! Good, even great, things happen in life. You are still young and have a future, a happier life.

Give yourself the opportunity to heal. Don't give up too soon. Medicine, love, friendship, therapy all come to those with a degree of optimism, and a belief that things do, in fact, get better if you pursue the right paths in life.

Talk out your problems. Don't mistakenly believe you should harbor thoughts that make you uncomfortable. With help from real people, you really can solve unhappiness, get worries off your chest, and soon be and feel more normal and at ease. Everyone learns to cope better and have beautiful days. Live for the good times. They are definitely worth it. We have all been troubled, but had the courage and insight to see ourselves meet new people, become compatible, and feel we belong in this world which is so much better than a "shitty" ending and possibly a lousy afterlife.

Live while you still can live!

Ann W. Sutter ♥

(Stigmatization continued from page 3)

with significant mental illness had not been able to successfully contribute through history.

Intervention by educating should target diverse populations. Teens and preteens can be taught about major mental illness, and as they grow older they can propagate what they have learned. This group is particularly important because the onset of major mental illness frequently occurs in late teens and early adulthood. Educating families of teens as well as families of those with mental illness can empower them to foster change. Similarly, educators and medical professionals are two groups where education about mental illness can create major change in society. Both education and personal contact promote understanding and empathy of individuals with mental illness. There are, however, different types of empathy. It is desirable to foster empathy which enables an individual to put themselves in others' shoes rather than empathy that causes people to have sympathy for but possibly feel superior to others.

Treatment for mental illness has improved dramatically over the last two decades. Consequently there is an excellent chance that someone with mental illness can return to normal functioning in society. Pessimism, particularly from treating professionals, significantly deters successful treatment, resulting in a self-fulfilling prophecy of failure. Adequate treatment, including social supports and training in self-monitoring, enables those with mental illness to succeed and to become role models in society.

Successful outcomes require improved social supports and parity in psychiatric treatment for those with mental illness. Current social security payments for the disabled barely cover the cost of housing here in Marin County. Those with good private medical insurance, not eligible for county services, are often forced to pay large amounts privately for psychiatric care.

Certainly, the work to be done is overwhelming. As Dr Hinshaw states "the ultimate question regarding stigma may well be whether we as a society and a species are content to leave in place policies that allow such a shocking waste of human talent and potential. The ultimate irony of stigmatization and discrimination is that all of society and all of humanity lose when these practices are perpetuated".

Background

- Board Certified in Pediatrics
Harvard Medical School
- Boston Children's Hospital internship
- UCSF pediatric residency
- Behavior Pediatrics Fellowship @UCSF
- Worked 22 years for the California Dept. of Education.
- Psycho pharmacologist for NIMH Multimodal Study on ADH
- My 19 year old son came home from college psychotic in 1994. He is living at home and doing extremely well the last 18 months.
- I am retired from my state job and I am a NAMI Marin Board member. I have written a book chapter on my experiences with my son, edited by the chairman of the Psychology Department at Berkeley.
- The rest of my professional life is dedicated to supporting quality wrap around services to those first break & their families.

(President's letter continued from page 2)

Looking forward, we will be engaging some part time paid staff in both accounting and program development. We are looking at new outreach to communities that are presently under served. We thank Rik Super for agreeing to be our Walk Coordinator for a second year. We are adding two new teachers to our Family- to- Family faculty, and we will be holding monthly trainings for our office staff as we improve our delivery of support and resources to Help line callers. **We are counting on you to support us** as we continue to work to improve the lives of people and families living with mental illness.

Ways that you can help:

- **Be a WALK team leader, or join a WALK team** and set up your own Walker page
- **Be a WALK sponsor:** If you feel that you can sponsor our affiliate for \$250 or more, please contact Michael Kirsch at 415-444-0480 and leave a message as directed for the WALK.
- **Deliver our newsletters** to offices and agencies around north and central Marin; two hours a month.
- **Secretary-** Join our Executive in this essential role.
- **Teach: take the Family to Family training** and join our teaching faculty.
- Are you bilingual? **Support our outreach to the Spanish speaking community of Marin.**
- **Join the Board.** We are looking for members of our community that may not be family members but are interested in promoting independence and recovery for people living with mental illness. Are you in media, finance, law- we can use your knowledge and skills to promote health and fight stigma.
- Finally, let Carol retire happy and take over as **Gift of Time Coordinator.**

(employment services continued from page 1)

[Marin Employment Connection \(MEC\)](#)

Lea Del Pomo, the WIA Counselor and Disability Program Navigator for MEC. Lea explained that MEC is a "one stop" employment center. It is a very comfortable environment with lots of resources. She works with adults with disabilities who are seeking work to help them "navigate" to appropriate resources, including those listed above. She can also help them complete paperwork for a DR application.

There is a wonderful collaboration among all the Marin vocational agencies/programs. They participate in a bay area vocational list service which allows them to share information on trainings, funding and job openings. Lea can be reached at 415-473-3314 and the general number is 415-473-3300 or visit www.marinemployment.org.



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ADDRESS SERVICE REQUESTED

THIS MATERIAL IS TIME RELATED

January 2010

NAMI Marin
Board of Directors
President:
Kay Blackwill
Vice-President:
Barbara Alexander
Secretary:
Robin Mullin, RN
Treasurer:
Mimi Griffin
Directors:
Kay S. Browne, MD
Kim Denn
Peg Super
Penny Labourdette
Beverlee Kell, RD

Note Different Day and New Meeting Location !
NAMI Marin General Meeting
Thursday, January 14, 7:00-8:30 pm
Connection Center at the
Marin County Health and Wellness Campus,
Room 109, 3240 Kerner Blvd, San Rafael
See page 6 for Driving & Parking Directions
Doors open at 6:45 pm. Come early for social time.
NAMI Marin programs are free and open to the public.

Self-Acceptance of Mental Health Treatment

Do you know someone suffering with a serious mental illness who is in denial and refuses treatment? Join us in conversation with one of our local psychiatrists who has a knack for enabling adults and young adults to engage in mental health treatment.

Learn about:

- ways individuals can be engaged to accept treatment
- building and keeping a “therapeutic alliance”
- meeting the client at where they are
- the family’s role in supporting progress and recovery
- the value of coaching services and how it helps

Speakers:
Ed Oklan, MD, psychiatrist; and Anne Oklan, RN, CPCC, a psychiatric nurse and certified professional coactive coach. They often work in partnership with a client to provide a wide range of support.

NAMI Marin annual membership is \$35 for a family or individual. Reduced membership fee available upon request. With your membership you will receive this newsletter along with State & National publications and access to our extensive mental health library.

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You are invited to the next
FamFest
The January Famfest will be:
Wednesday, January 6 at 5:30 p.m.
San Rafael Joes
931 Fourth St. (Between Lincoln & Lootens Place)
Family Gathering and Dinner
Clients, family, friends, and support staff, all welcome!
No Host - Walk ins are welcome. For those who have difficulty paying the usual \$10, NAMI offers partial assistance.
Call Kay 472-1388
Wednesday, February 3 , 5:30 p.m.
Bangkok Express
857 Fourth St., San Rafael