

Proposition 63 on Chopping Block Let Your Voices Be Heard

At this time, we have a *matter of great urgency*. Governor Schwarzenegger's budget proposal is to put Proposition 63 on the ballot again in June in order to allow for the supplantation of funds from the Mental Health Services Act (MHSA) to cover *existing* mental health services. *We must not let the legislature vote in favor of putting the Governor's proposals on the June ballot. It is urgent that you call or write your State Assemblyman and State Senator before March 1:*

State Assemblyman Jared Huffman
3501 Civic Center Dr., Room 412
San Rafael, CA 94903
415-479-4920

Sacramento Office:

State Capitol Room 3120
Sacramento, CA 95814
916-319-2006

State Senator Mark Leno
3501 Civic Center Dr., Room 425
San Rafael, CA 94903
415-479-6612

Sacramento Office:

State Capitol Room 4061
Sacramento, CA 95814
916-651-4003

Talking Points In Opposition to the Governor's Budget Proposal for 2010-2011

Mental Health Services Act funding has become virtually the only source for providing community mental health services to adults with serious mental illness in California.

- Outpatient and rehabilitation services are virtually disappearing, except for those funded fully or partially by Mental Health Services Act (MHSA) dollars. However, MHSA revenues are volatile and go down during economic downturns.
- The funding for prevention and early intervention and treatment is providing opportunities to avoid the failures of the past.
- The proposal to transfer MHSA funds to pay for other *existing* mental health services, should the Governor be unable to obtain an additional 6.9 billion dollars from the federal government, would completely wipe out MHSA, a hard-won victory of California voters.

The Mental Health System has already sustained significant cuts to services.

- In FY 2009-10, the state budget reduced by **50%** counties' allocation for the Medi-Cal Specialty Mental Health program.
- Vehicle License Fees declined 8.5% in FY 2008-09. Estimates show a 4% to 5% overall Realignment decline in FY 2009-10.
- County entitlement and law enforcement programs are now competing for limited county general funds and funds borrowed for cash flow purposes.
- Returning Iraq and Afghanistan combat veterans with serious mental health needs (including Post-Traumatic Stress Disorder) are creating additional demands on eroding community mental health services.

Calendar:

February 1 (Monday) NAMI Board Meeting
6:45 pm, 555 Northgate Dr., San Rafael

February 3 (Wednesday) Famfest, see pg. 8

February 9 & 23 (2nd & 4th Tuesdays)
Family Support Group (free-drop in)
7-8:30 pm with Kay Browne, MD

Please Note Changes in

NAMI General Meetings:

- **No General Meeting in February**
- March 22 (Monday)
Every 4th Monday to June 2010
NAMI General Meeting, 7-8:30 pm
Marin County Health & Wellness Center
Connection Center, Room 110, see pg. 8

NAMI Office Volunteer Training (Wed.)

February 24, 12 Noon to 1:30 pm

Poetry Fundraiser Event (Thursday)

February 25 at Enterprise Resource Ctr.

Family-to-Family Education Program

March 2 to May 18 (Tuesdays) 7-9:30 in
San Rafael. Call 444-0480 to register.

May 22 (Saturday) NAMI Walk

NAMI WALKS ★★★★★★★★
FOR THE MIND OF AMERICA

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President's Letter

By Kay Blackwill

Even in mid-winter, here in Marin the stirrings of spring are all around. My neighbor's tulips are showing first buds, the ornamental pear has a few white blossoms, and between the winter dead rose bushes the vigorous green shoots of unidentified bulbs brighten the dark soil. So it is with us. As we wrap up the old year and make accounting of our finances, programs and membership, the new year is bursting forth.

Nellrose Graham has moved from long time volunteer to part-time staff, as our Program Coordinator. Wendy Williamson, also originally a volunteer, is now working for us as an independent contractor and taking care of the book keeping duties for the treasurer. The Marika Ann Critelli Community Outreach (MACCO) based in the Canal area is off to a good start. It is headed by Elena and Rosa Lopez. Rosa, who works as a Family Partner with Community Action Marin, is very excited about NAMI Marin coming to the Canal area where she sees a great need for more support and education for families. Rosa and Elena will take the Family to Family training later this year, and they plan to offer a class starting in the fall. The contact number for MACCO is 415-879-2599. (Habla espanol). These positions and new programs are possible because of your generous support for the WALK last year.

It is already time to start thinking about this year's WALK. It's not too early to give your team a boost! These teams are already registered: Recovery R Us, Nellrose Graham; Rockin' Robins, Sue Roberts; Marching-On, Kay Blackwill; and Marinites for a Better Future, Michael Super. More teams will be registered by the time you read this! To make a donation, go on-line to www.nami.org and click on 'Support a Walker,' or checks can be made out to NAMI Walks, SF Bay Area, with your team on the 'For' line, and mailed to our office.

Crunching those end of year numbers tells us that we are growing both in our organization and in our outreach to families. In 2009, volunteers donated 12% more hours, and served over 30% more people than in 2008. Membership continues to grow, and we appreciate those who see us as a vital part of the Marin mental health network with our emphasis on supporting and educating the families of people living with mental illness. Please look for your renewal email from Sue Roberts. Our programs free and available to all. Your decision to become a member tells us that you are standing side by side with us to bring better care and a better life for our family members. That means a lot and we thank you.



Book Review: Breaking the Silence: Mental Health Professionals Disclose Their Personal and Family Experiences of Mental Illness,

Edited by Stephen P. Hinshaw. Oxford University Press, 2008. Available at NAMI Marin library.

Reviewed by Jill Owen

For Stephen Hinshaw, the editor of Breaking the Silence, this book represents the continuation of a process that began during an internship at UCLA, when he first considered writing a narrative about his father's mental illness. The resulting book, The Years of Silence Are Past, was published in 2002. In this new collection of 14 true stories, Hinshaw continues to urge the importance of personal narratives in helping to defeat the stigma against mental illness and in revealing what factors have promoted the greatest success in recovery. Perhaps most important, these stories tell of the suffering experienced by parents, children, and siblings of the mentally ill who become professionals in the field of psychology and are thus able to provide excellent support due to the greater empathy they feel for their clients and the clients' families.

In "The Game Without Rules," a psychologist who grew up with a younger brother who was severely mentally ill and violent, has come to believe in "*the power of subjectivity as an aid to scientific discovery*." In "Weeping Mother," a psychiatric intern is able to draw on years of experience with her mother's illness to help a client keep her baby, in spite of severe postpartum depression. In "Columbus Day, 1994: A New World," a psychologist tells us that *believing in the possibility of recovery* is of the greatest importance to the parent of a young person with mental illness; it helps one to be "calm and matter-of-fact," which is necessary for any caregiver. Another point made in this chapter is that successful treatment must address not only the blatant psychosis associated with mental illness, but the more subtle problems in thinking, attention, and short-term memory, for which the newer medications and cognitive behavioral therapy can be effective. Another factor that has been crucial in her son's recovery is "*non-judgmental social support*," from peers outside the home. The theme of loneliness is dominant throughout these stories.

The author of another chapter, "The Meaning of Mental Health and Other Lessons Learned," was once diagnosed with schizophrenia and is now a professor of psychology who also works with children in urban schools. Here is how he summarizes what helped him most in his own recovery: "Getting back to school and getting back on my feet were my goals for therapy. These *behavioral objectives* empowered me in a way that the prior therapy had not...the validation I felt when my daily experiences were taken seriously is a strong reminder to me of what matters most in therapy. I had been given the gift of a supportive environment to remake my life and establish new friendships. As I heard a colleague from NAMI once describe it, I had the basic elements of mental health: a safe home, a good job, and a date on Saturday night."

Marin County—Numbers

25% to 35 %

Estimated percentage of inmates in Marin County Jail that have a mental illness **75 to 100 inmates**

\$30,000 to \$45,000

Annual cost of incarcerating a person with a serious mental illness in Marin County Jail

\$4,000 or more

Annual cost of treating an outpatient county mental health client

An average of 92 days

Additional time each seriously mentally ill inmate spends in jail

\$300,000 to \$350,000

Additional annual cost of that time

\$50,000 to \$100,000

Additional annual cost to transport each inmate sentenced to another facility, as well as court transportation

\$500,000

Additional annual cost to transfer inmates with acute mental illness to the Mental Health Unit, Santa Clara County Department of Corrections in San Jose for treatment

Sources:

Community Mental Health Services
Marin County Jail

Cynthia Jackson ♦

It's Time to Implement Laura's Law, California AB 1421 California's Law for Assisted Outpatient Treatment (AOT)

Does your loved one with mental illness refuse to take responsibility for managing their illness, refuse to take medication? Have you tried to get them admitted into the psychiatric emergency service (PES) and been turned away because they are not yet sick enough? If they are admitted, do they stop taking their medication soon after they are released? Many of us live in fear that our loved ones will end up homeless or in jail and are afraid, at times, for our own safety, their safety and that of others. With Laura's Law, assisted outpatient treatment (AOT), we will be able to get the help we so desperately need *before* our worst fears become a reality.

Governor Gray Davis signed Laura's Law, AB 1421, California's law for AOT, but left it up to the board of supervisors in each county to pass a resolution to authorize its use. At the present time, Marin County does not have an AOT program. NAMI Marin is advocating for the implementation of Laura's Law in Marin County. We invite you to help us make that happen!

The Lanterman-Petris-Short Act ("LPS"), passed over 30 years ago, is treatment's worst enemy. Under LPS, people in California rendered incapable of making rational decisions—no matter how psychotic or delusional—must be an immediate danger to themselves or others *before* being placed into treatment. As a result, LPS has come to champion the "right" to be sick over the right to be well.

Under Laura's Law eligibility for treatment is *not* predicated solely on *dangerousness*. A progressive eligibility standard allows programs created under AB 1421 to help people who are vitally *in need of care*, but who do not meet restrictive dangerousness threshold of LPS for inpatient hospitalization. (See page 4, #7).

What is assisted outpatient treatment (AOT)?

AOT is sustained and intensive court-ordered treatment in the community for those most overcome by the symptoms of severe mental illness. The treatment mechanism is only used until a person is well enough to maintain his or her own treatment regimen. Serving as a bridge to recovery for those released from inpatient facilities as well as an alternative to hospitalization, *AOT can stop the "revolving door" of repeated hospitalizations, jailings, and homelessness.*

Is AOT for all people with mental illness?

Absolutely not. AOT is *not* for people who assume the responsibility for their mental health and are leading a productive life.

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Does AOT work?

Yes, spectacularly so. According to the Duke Studies, the largest and most respected of the controlled examinations of AOT, assisted outpatient treatment decreases hospital admissions by 57%; reduces the length of hospital stays by 20 days; reduces arrests by one quarter (12% versus 47%); reduces the incidence of violence in half (24% versus 48%) and reduces victimization by 43%.

California's program is based on that of Kendra's Law, a statewide AOT program created in New York in 1999 that has proven extraordinarily successful. In New York State, Kendra's Law is used to help approximately one thousand people each year.

With the cuts in funding is this the right time to implement AOT? Look at the numbers on page 3 of this newsletter. This is the right time to *shift the money spent on incarceration into treatment*. It's ironic that often our loved ones end up in Marin County Jail because they are *not* med compliant, but once they are in jail, there isn't any mechanism in place to initiate compliance. When they deteriorate and are found "incompetent to stand trial", they are transported to the Santa Clara facility in San Jose for a short stay; if that doesn't work to Napa State Hospital for 3 months. They can languish in jail for months waiting for an available bed in Napa. This explains the many extra days and months spent in jail *with no treatment*. Isn't this a costly and cruel form of coercion?

What is the eligibility criteria for AOT?

A person may be placed in AOT only if, after a hearing, a court finds that all of the following have been met.

The person must:

1. Be 18 years of age or older.
2. Be suffering from a mental illness;
3. Be unlikely to survive safely in the community without supervision, based on clinical determination;
4. Have a history of non-compliance with treatment that has either: A. Been a significant factor in being in a hospital, prison or jail at least twice within the last 36 months; or B. Resulted in one or more acts, attempts, or threats of serious violent behavior toward self or others within the last 48 months;
5. Have been offered an opportunity to voluntarily participate in a treatment plan by the local mental health department but continues to fail to engage in treatment;
6. Be substantially deteriorating;
7. Be, in view of treatment history and current behavior, in need of AOT in order to prevent a relapse or deterioration that would likely result in the person meeting California's inpatient commitment standard (LPS), which is being: A. A serious risk of harm to oneself or others, or; B. Gravely disabled

(in immediate physical danger because person is unable to meet basic needs for food, clothing, or shelter);

8. Be likely to benefit from AOT; and
9. Participation in AOT program is the least restrictive placement necessary to ensure the person's recovery and stability.

Who can petition the court for AOT?

Only the county mental health director, or his designee, can file a petition with the superior court. On receiving a request from a person in one of the classes below, the mental health director is required to conduct an investigation:

1. Any adult with whom the person resides.
2. An adult parent, spouse, sibling, or child of person.
3. If the person is an inpatient, the hospital director.
4. The director of the program providing mental health services to the person and in whose institution the person resides;
5. A treating or supervising licensed mental health treatment provider; or
6. The person's parole or probation officer.

The director, however, shall only file a petition if it is determined that all the necessary elements for an AOT petition can be proven by *clear and convincing evidence*.

What has to be included in the petition?

The petition must state: 1). the person is present in the county where the petition is filed; 2). all the criteria necessary for placement in AOT; 3). the facts supporting the belief that the person meets the criteria.

Petition must be accompanied by an affidavit of a licensed mental health treatment provider stating either:

- The provider examined the person no more than 10 days prior to the submission of the petition, recommends AOT, and is willing to testify at the hearing; or
- The provider made attempts no more than 10 days prior to filing the petition and the person *refused* and that the provider has reason to suspect person meets criteria for AOT and is willing to testify.

What kinds of decisions can the court make?

If the court finds, by clear and convincing evidence, that the person meets the criteria for AOT and there is no appropriate and feasible less restrictive alternative, the court may order the person to receive AOT for up to six months, or until the person is able to maintain their own treatment regimen.

How is the treatment plan developed?

In the AOT order the court specifies the services the person is to receive. The court cannot require any treatment that is not included in the proposed treatment plan submitted by the examining licensed mental health treatment provider.

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What if a person fails to comply with AOT order?

A licensed mental health treatment provider can request that a designated class of person take a person under an AOT order to a hospital to be held for up to 72 hours to determine if they meet the criteria for inpatient hospitalization. If they don't meet that criteria and don't agree to stay in the hospital voluntarily they must be released.

Failure to comply with an order of AOT alone is not sufficient grounds for involuntary civil commitment. Neither may such non-compliance result in a finding of contempt of court.

What rights and protections do persons subject to the petition have? They have to right to:

1. Retain counsel or utilize a public defender;
2. Adequate notice of the hearings;
3. Have notice of hearings sent to all parties involved;
4. Receive a copy of the court-ordered evaluation;
5. Present evidence, call witnesses, etc.
6. Be informed of right to judicial review by habeas corpus;
7. Not be involuntarily committed or held in contempt of court solely for failure to comply with the treatment order;
8. Be present at the hearing, unless right is waived;
9. Appeal decisions and be informed of the right to appeal;
10. Receive the least restrictive treatment deemed appropriate and feasible.

To download a copy of [A Guide to Laura's Law](http://www.treatmentadvocacycenter.org) visit www.treatmentadvocacycenter.org.

Join the NAMI Advocacy Committee and help us get this law implemented in Marin County!

I have to warn you; advocacy work is not for wimps! Grappling with severe and untreated mental illness is challenging enough; trying to access timely and effective treatment can seem impossible. So what can one do? Enter the realm of advocacy. Advocates are you and me, people of all sizes, shapes and backgrounds who decide that "someone" needs to do "something" to change the laws that bind the hands of families, law enforcement, and mental health professionals. They set out to make positive changes, one small step at a time. Cumulatively the net effect is miraculous, extraordinary change.

Help us make history in Marin County and join the NAMI Advocacy Committee on Fridays at 3pm in the NAMI office. For more information call Barbara Alexander at 415-459-2829. Email pennyal@aol.com if you would like to share your story. (Be sure to put Laura's Law in subject line so spam doesn't get it).

Many thanks to The Treatment Advocacy Center (703) 294-6001, info@treatmentadvocacycenter.org.

Penny Labourdette ♦

NAMI WALKS ★★★★★★★★★★
FOR THE MIND OF AMERICA

Save the Date!

Saturday, May 22, 2010

Speedway Meadow, Golden Gate Park
San Francisco, Check-in Opens 9 am

Register FREE Online

at www.namiwalkSFbay.org

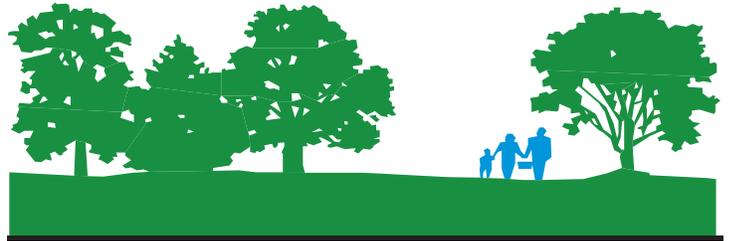
There are so many ways to participate:

Join a team! Be a Team Captain!

Recruit an Event Sponsor!

To make a donation visit www.nami.org and click Support Walker or send a check to our office made out to NAMI Walks, SF Bay Area and your team on the "for" line and mailed to the NAMI Marin office. Join:

Recovery R Us, Nellrose Graham; Rockin Robins, Sue Roberts; Miles Ahead, Beverlee Kell; Marching-On, Kay Blackwill; Marinites for a Better Future: Michael Super.



A POETRY FUNDRAISER EVENT

Featuring Michelle Baynes
Published Poet and Advocate to the Homeless

And other talented poets

Tickets: \$12

FEBRUARY 25TH, 7-9 P M

At the Enterprise Resource Center
3270 Kerner Blvd., San Rafael
(Part of the Health and Wellness Center)

All Proceeds Go to the C.A.R.E. Team
The Mobile Outreach for Homeless & Disabled People in Marin County

A Community Action Marin Program
For advance tickets or to donate call Peri Olsson
(415) 454-2339

Tickets are also available at the door.

Community Resources

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. 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. 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.
- 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.

(Continued on page 6)

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 Spirituality 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
7 pm to 9 pm Forgiveness Workshops (Every 1st & 3rd Thurs.)

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 structured to help caregivers understand and support adult individuals with serious mental illness while maintaining their own well being. No cost to participate.
- 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.

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 Sheriff'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.



Non-Profit Org.
U.S. Postage Paid
San Rafael, CA
Permit No. 641

ADDRESS SERVICE REQUESTED

THIS MATERIAL IS TIME RELATED

February 2010

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

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.

No February General Meeting
Note Different Day and New Meeting Location !
The next NAMI General Meeting
will be on
Monday, March 22, 7:00-8:30 pm
Connection Center at the
Marin County Health and Wellness Campus,
Room 110, 3240 Kerner Blvd, San Rafael
See page 7 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.

Carla Jacobs , Dynamic Coordinator
Of the
California Treatment Advocacy
Coalition
Will talk to us about implementing
Laura's Law in Marin County
She played a role in getting the law
passed in California.

NAMI Marin News is published 9 times a year by NAMI Marin, an affiliate of NAMI California and the National Alliance on Mental Illness.
Circulation: Karen Illich & son David.
Newsletter Editor: Penny Labourdette
Email is pennyal@aol.com. Publication deadline is 1st Wednesday of month for the following month's newsletter.
Please include NAMI Newsletter in the subject line.

You are invited to the next
FamFest
The February Famfest will be:
Wednesday, February 3 at 5:30 p.m.
Bangkok Express
857 Fourth St., San Rafael
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, March 3 , 5:30 p.m.
House of Lee Chinese Restaurant
885 4th St., San Rafael