

Beyond Addiction: Harm Reduction Changes By Marilyn Geary

At NAMI Marin's April General Meeting, Pat Denning, PhD, Clinical Director of the Harm Reduction Therapy Center (HRTC) and Jeannie Little, LCSW, Executive Director and co-founder of HRTC, spoke of Harm Reduction Therapy: what it is and how it works. They acknowledged family members and the emotional trauma they experience trying to support loved ones who have substance addictions and mental illness. Recognizing the family is like spreading a soothing salve on a painful wound for family members who are often shunted aside by a system that has no place for them and that considers them irrelevant or in the way. After a brief introduction to their work, Ms. Little turned the program over to Dr. Denning, who suggested specific approaches that family members can take to influence change in loved ones.

Harm Reduction includes anything that reduces harm to the self, the family, and the community at large. In the public health arena, it includes needle exchange, seat belt laws, pre-natal clinics and DUI legislation. Harm Reduction Therapy provides a treatment approach that is co-occurring (both substance abuse and mental illness) and that has been influenced by Dr. Norman Zinberg's book *Drug, Set, and Setting*. It looks at the bio-psycho-social aspects of substance abuse; it considers the whole person.

In contrast to treatment programs that demand that the client quit substance abuse before receiving care, Harm Reduction Therapy accepts individuals as they are, no strings attached. The provider is a collaborator in change whose job is to be as flexible as possible. The job of the clients is just to come in the door. Harm Reduction Therapy uses cognitive behavioral interventions within a psychodynamic matrix. It includes psychiatric and addiction medications. The therapy encompasses all aspects of a person's life.

A large part of a person's life is family. Most homeless mentally ill people have lost their family relationships, not because their family members did not love them, but because the family members did not have the skills and information to support them. Dr. Denning and Ms. Little use harm reduction principles to help families, in particular to manage the emotional trauma experienced when dealing with a loved one with an active substance abuse problem and mental illness.

Harm Reduction Therapy puts the client in the driver's seat. No one is punished for what they put or refuse to put into their bodies, absent harm to others. Faced with punishment, people become afraid. They start developing ways of relating based on fear. We want our loved ones to change and improve, but pressuring them will only cause resistance. Dr. Denning suggested that when you encounter resistance, it's best to back off and keep quiet. Backing off when you think you know best, and so desperately desire a good outcome for your loved one, is extremely difficult emotionally.

(continued on page 4)

Proposition 63: Mental Health Services Act (MHSA) funding is helping transform the public system. Funds must not be cut! Contact Assemblyman Jared Huffman 479-4920, and Senator Mark Leno 479-6612.

Calendar:

NAMI Board Meeting, First Monday of month, 6:30pm, call office for location.

FamFest First Wednesday of month, see page 8 for details.

Family Support Group May 11, 7-8:30 pm; May 25, 4-5:30 pm and 7-8:30 pm. with Kay Browne, MD, free, drop-in.

NAMI Walk May 22. See page 4.

NAMI General Meeting May 24. See page 8 for details.

NAMI Office Volunteer Training May 26. 12 Noon to 1:30 pm (Every 4th Wednesday of month)

Family-to-Family Education Program Call 444-0480 to sign up for next session.



Pat Denning, PhD, and Jennie Little, LCSW

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Judge Haakenson's STAR COURT Observations

In April 2004, a special Court was established in Marin County to provide judicial processes, mental health support and other services to a number of mentally ill offenders. Judge Verna Adams was the first Marin County Judge to preside over STAR Court (Support and Treatment After Release), followed by Judge Kelly Simmons. In the procedural rotation of Judges, STAR Court became the assignment of Judge Paul Haakenson, a former prosecutor in the District Attorney's office. He presided during 2009 until early this year, when the court assignments were again changed. In the past six years, 40 individuals have graduated from this court program. Many others have benefited from the support. Some are still waiting.

The following are observations by Judge Paul Haakenson on STAR Court and his own experiences that he recently shared with me.

By Roberta English

"Since becoming a Judge and coming into this court in 2009, I continue to see the benefit this court provides. Soon after I began presiding over STAR Court I realized it was a great fit for me. People come through the Courts and see many judges and I think the clients can have a good connection with me. Hopefully they don't see just another black robe and gavel!

The effect we have as figures of authority, as well as people, who can help those with mental illness, is significant, and I'm proud to be part of it. I'm particularly proud of those who work in the system with me, because it is a team effort – the prosecutors, public defenders, law enforcement, probation officers and mental health professionals all band together to do right by the community and the defendants.

It's a special sense of community that hasn't existed in the criminal justice world. It's usually about one person on one side and another person on the other side and the Judge is balancing their interests. Here we work together with a common goal. Some people refer to it as restorative justice and it's fairly new and it can be quite effective for many individuals.

The profound effect this court has is something most people would not recognize unless they attend the STAR Court proceedings. I've invited legal professionals to do that and their reaction is overwhelmingly positive. They have been impressed by the apparent effectiveness of this kind of collaboration.

When I rotated out of this court earlier this year it was a disappointment for me to lose the personal connection I have with the team and clients as well. I've learned how beneficial it is for clients to have the security of continuity in their lives. Many are going through enormous adjustments. Some have been homeless, unemployed, frequently in jail or hospitalized. Some suffer from addictions which need to be addressed. *For the first time, some come to the gradual realization that they have a mental illness and the challenging stigma associated with that.*

Additionally, many recognize that past behavior may have caused great distress to their families and others and are estranged from the people who might best support them. Many family members are in need of education about these illnesses. The free NAMI Family-to-Family course is valuable because it offers some of that education and support.

There is significant change from the time they come into STAR Court and then graduate. I've learned a great deal about



"Early on, I had the profound realization that the participants in our STAR Court could be dead or very likely in prison if it were not for this program we have set up."

the effectiveness of medications and have seen the contrast between those who are untreated and those who are leading successful lives while maintaining their medication regimen.

I really value the experience I have with this Court. Meeting with the entire team and learning about medications has been helpful in my daily work. It is an important education for all judges to have. I feel blessed to be in a position to have that knowledge and experience and greater understanding of the realities of mental illnesses. It's not text book, it is reality for us and STAR Court makes that difference.

I've learned so many things through this Court and I am also a teacher of others. I mentor Commissioner Randolph Heubach who now conducts these proceedings. I fill in for him occasionally and it helps when I can commend the progress people have made and provide some continuity for them.

Now I have a different perspective when I see people coming into my court exhibiting some of the behaviors associated with mental health issues. I can ask about medications, "Are you taking them?", "Where do you go to get them?" "How are you going to get there?" These are questions that attorneys in the system are not used to asking nor are asked from a traditional bench. So, I have something to teach, sort of 'paying it forward'.

I also work with teens in high-school who are interested in law. I have been fortunate to work with some very bright awe-inspiring students in public high schools here in Marin County. It is a pleasure to mentor these students out in the community. In a recent situation, some were distressed over the suicide of a former classmate and we could talk about early symptoms they had noticed. This gives me opportunities to alter the path of stigma while talking about being a judge and working with our mental health court.

Money is a huge issue for the courts. We're lucky to have STAR Court up and going and the relationships which are in place with other County departments. It's important to have the value placed on retaining team positions, such as a nurse-practitioner, case managers, law enforcement personnel and those with services that support an individual in the community. Early on, I had the profound realization that the participants in our STAR Court could be dead or very likely in prison if it were not for this program we have set up.

I think about clients who, when on medication are balanced, but when not on meds and the illness takes over, the stark contrast can be a reminder to me and everyone else about the value of the work we do to end the 'revolving-door' of the criminal justice and mental health systems that often pervades the life of persons with untreated mental illnesses.

In negotiations to sustain this Court, it is valuable to have perspectives come from the Judge as well as colleagues. We must continue to push to ensure mentally ill offenders and potential offenders receive early and effective treatment before the consequences become greater. They deserve the opportunity to lead productive lives...it is the humane thing to do."

Mentally Ill Are Dying For Lack of Care

By Carla Jacobs

California has become a killing field for people with mental illness.

- Linda Carol Clark, 39, was shot by a Placerville police officer as she fled a hospital and carjacked an ambulance on March 30, 2010. Officers had made many previous calls to her apartment in the past few months because of mental health issues.
- Giat Van Truong, 35, died December 8, 2009, after being shot multiple times by a Sacramento sheriff's deputy who had responded to a 911 call from Truong regarding a "tenant dispute." He reportedly had several previous mental health holds and didn't always take his medication outside the hospital. The family has filed an excessive-force suit.
- Folsom police officers shot and killed Joseph Han, 23, on Easter Sunday of 2009. Family members said he was hallucinating and hadn't slept or eaten in days. According to a neighbor, they had called the police for help in getting their son to the hospital.

Californians suffering from mental illness are dying in violent confrontations with law enforcement at alarming rates.

Who is to blame for these frequent killings? More training for law enforcement officers is definitely needed. Cops are ill-trained to be street corner psychiatrists. Yet in California severely mentally ill people are as likely to encounter a policeman as they are a psychiatrist.

Why? The state and county mental health system has run amok. The common thread for many tragic deaths in California is failed or no mental health treatment.

If we want to stop this madness, we need to look at the root of our public policies that require a person with mental illness to cycle down to the point of raw psychosis before we help. It's not law enforcement's fault. It's structural dysfunction in the California mental health delivery system.

Mental illness is a medical condition. In our society, a person suffering from any other medical condition receives stabilizing treatment if they are unable to consent to that treatment. But our current health system requires that a seriously disabled mentally ill individual first want help before receiving society's early intervention.

Were Linda Clark or Joseph Han capable of determining they needed help in the weeks and days before their violent deaths? To assume that mentally ill people should be made to wait to receive treatment for their mental illness until they are in danger or dangerous is discrimination plain and simple. We would never do that to anyone else with a life-threatening disease. Waiting for danger costs too much in both money and lives.

Beginning in 2002, California counties have had an opportunity to stop some of the senseless killings, but they have not resolved to do so.

Laura's Law, passed by the California Legislature in 2002, allows counties to implement what is known as assisted outpatient treatment. It is court-ordered, intensive treatment in the community providing consistent supervision by the mental health system for those individuals who are deteriorating or recovering from crises caused by mental illness and for whom other community services are not working. Eligibility is based upon the individual's history of inability to self-comply with treatment and the severity of his or her current symptoms rather than waiting until that person is a danger or dangerous.

It's time for California's county governments to wake up and implement Laura's Law now.

Assisted outpatient treatment may have prevented the tragic deaths of the severely mentally ill like Truong and Clark.

Implementation of Laura's Law can stop the killing of mentally ill citizens and limit the unnecessary exposure to danger for law enforcement.

Assisted outpatient treatment saves lives and ensures that public funding for mental health services is used more effectively to treat the mentally ill before they slip into the tragic downward spiral of severe mental illness.

What is happening to Californians with mental illness is beyond crime; it's immoral. What law enforcement is being forced to deal with is simply madness in the streets.

The Sacramento Bee, Published Tuesday, April 13, 2010

Let your Marin County Supervisor 415-499-7331 know that you want AB1421, Laura's Law implemented in Marin!

New Rules on Addiction and Mental Health Parity

issued by Obama Administration in 2008 are being hailed by advocates, despite their issuance three months after law went into effect.

www.jointogether.org/news/features/2010/rules-on-addiction-and-mental.html

Healthcare Reform Law Gives Big Boost to Addiction Treatment Prevention

www.jointogether.org/news/features/2010/healthcare-

Health Care Reform - Disabilities

There will be a lot to learn about the new health care reform laws. Visit www.disabilitybenefits101.org and click on [Health Care Reform Becomes Law](#) to learn the timeline, showing when major reforms are expected to take effect, so that you can prioritize what to focus on first, and learn the details in stages.

(Harm Reduction Therapy continued from page 1)

It is a delicate balance: how to be engaging and welcoming as well as motivating. Dr. Denning emphasized that motivation is not a stable trait that either exists in the person or does not. Motivation is a flexible state that exists between people. It's revealed through relationship. Aim to be a collaborative helper. Help your loved one identify what he or she wants. Through motivational interviews, harm reduction therapists welcome ambivalence and actively seek out resistance. Decisions must be the client's choice, and those decisions can be made even with ambivalence.

The important thing for family members is to figure out how to be with their loved ones and influence them to make healthy decisions without pressuring and causing resistance. Dr. Denning stated that no one has all the answers. It comes down to the art of love. There are no rules for love except the ones you make. No one can tell you what you should or shouldn't do, or that you are enabling. She recommended developing a set of principles on how you're going to love.

Dr. Denning emphasized that the process for behavioral change is the same for everyone. The difficulties we experience trying to keep to a New Year's resolution are magnified a thousand-fold in someone suffering from substance misuse and mental illness.

When asked of lessons learned, Dr. Denning mentioned that she has vastly underestimated the enormous amount of patience and commitment required to influence change. She recommended that family members figure out how much structure and stimulation their loved ones want through observation and trial and error. If they are willing to talk with you, you can ask questions such as, "Am I talking too much or too little?" "Do you want me to tell you what to do?" Observe reactions and act accordingly.

Finally, Dr. Denning spoke briefly of the need for community asylums — places where people could go when they needed help. She questioned why our society shunts its most vulnerable individuals to locked residential facilities and jails when the community could better provide care for them in safe refuges.

The Harm Reduction Therapy Center holds groups for family members. More information may be found at its website: <http://www.harmreductiontherapy.org/> or by calling 415.863.4282. The speakers' book *Over the Influence: a Consumer's Guide to Managing Drugs and Alcohol* is available from Guilford Press <http://bit.ly/9gnZOy> or Amazon.com.

The February 2010 issue of the *Journal of Clinical Psychology* is dedicated to Harm Reduction Therapy.

An introduction by Andrew Tatarsky and G. Alan Marlatt lists these general principles:

Principles of Harm Reduction Therapy:

1. Substance use problems are best understood and addressed in the context of the whole person in his/her social environment.
2. Meet the client as an individual.
3. The client has strengths that can be supported.
4. Challenge stigmatization.
5. Substances are used for adaptive reasons.
6. Drug use falls on a continuum of harmful consequences.
7. Not holding abstinence (or any other preconceived notions) as a precondition of the therapy before really getting to know the individual.
8. Engagement in treatment is the primary goal.
9. Start where the patient is.
10. Look for and mobilize the client's strengths in service of change.
11. Goals and strategies emerge from the therapeutic process.

That issue also contains Dr. Denning's article **Harm Reduction Therapy with Families and Friends of People With Drug Problems**. You can access the article for free by registering at <http://www3.interscience.wiley.com/journal/123246442/issue>

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

Saturday, May 22, 2010

Speedway Meadow, Golden Gate Park

San Francisco, Check-in Opens 9 am

You can register on the day of the Walk or

To join a team visit

www.nami.org/namiwalks10/SFO/ Team Name

Recovery R Us, Nellrose Graham; Rockin Robins, Sue Roberts;

Miles Ahead, Beverlee Kell; Marching-On, Kay Blackwill;

Marinites for a Better Future: Michael Super;

Patricia Carillon, Walking Warriors;

Roberta English, Marin STAR Team;

Rik Super, Super Walkers; Becky Placek, Hope Keeps Going;

Jacqueline Janssen, Lovin You Walkers,

Penny Labourdette, Marin Bravehearts;

Elena Sanchez, Camenando en busca de esperanza

Kristin Graetz, Elpida House; Peg Super, Marin Striders;

Cynthia & Thierry Jackson, Mind Matters.

Or www.nami.org/walk

Kay Browne, Believers in Recovery,

Robin Manning, Creekside Crusaders

Free Roundtrip Bus Service

- 9 am bus departs Marin Civic Center 'jury parking lot' on East side of Civic Center
- 9:15 am bus stops in San Rafael (across from Transit Center near entrance to Whistle Stop— 3rd near Tamalpais)
- 1 pm bus departs Golden Gate Park & returns to Marin stops. Please notify your team captain if you plan on taking the bus. If you are not on a team and want to take the bus, please call the NAMI office to make a reservation. It's fun to take the bus. See you!

CMHS Family Partnership Policy

Policy: It is the policy of Marin County Community Mental Health Services (CMHS) to include family member participation in the design, operations and governance of Marin's public mental health services and in the development and implementation of their family members' treatment services where permitted by law and the client or the client's legal representative (parent/legal guardian/conservator.)

Purpose: The purpose of this policy is to:

- Encourage mental health staff to work inclusively with families in the care and treatment of their family member who is recovering from a mental illness
- Promote active partnership with the family, the client, and the clinical staff.
- Acknowledge that family includes support people, friends, partners and significant others.
- Enable family inclusion and active partnership at all levels of mental health services, including design, operations and governance.

Recovery happens when people with mental illness take an active role in improving their lives, when communities include people with mental illness, and when mental health services can enable people with mental illness and their communities and families to interact with each other.

Time spent as a user of mental health services is only a portion of a person's life and relates to the current need for treatment. In most cases, the majority of care and support for clients comes from those people in the community with whom they have close and lasting ties.

The mental health of clients and that of their family may be interdependent, in that the family is integral to the wellness of each family member and the health of the family depends on the wellness of its members.

Family may contribute a wealth of knowledge and experience for the clinical team to consider and utilize. Without this family input, staff may have limited resources for their decision-making processes and recovery could be less than optimal. Staff will discuss with clients the benefits of including family members in a client's care. The goal of these discussions should be the appropriate and, when possible, full involvement of family members in the client's mental health care.

The extent to which family members are involved in adult client treatment and support is ultimately the decision of each client and subject to client authorization and consent. Staff must respect those wishes and otherwise comply with the relevant state and federal confidentiality statutes. However, should an adult client deny consent for release of information, family members, friends and community members are still encouraged to provide input to staff at any time.

(To learn more visit www.namimarin.org, click on Nami Marin Blog).

Art Slam 2010 : Call for Artists !!!



Artists with disabilities are invited to submit an entry for Art Slam 2010, the fourth slide exhibition of art by artists with disabilities at the de Young Museum in San Francisco on Saturday, October 2, 2010.

Last year for the first time, people with mental illness participated in the event through NAMI Marin and NAMI Sonoma. It was an elegant event at the de Young Museum and the clients and families who attended experienced a lovely, uplifting and joyful day.

Deadline: All entries must be postmarked not later than Thursday, July 1, 2010. Only 200 entries can be selected, and they will be accepted in the order received. Artists will be informed by July 20, 2010 if their work will be included in the Art Slam.

Ron Corral is the contact person at the Enterprise Resource Center (415-457-4554) on Tuesdays and Thursdays. He will help artists register and prepare their art for submission. There is no registration fee.

Volunteer / Marin Mind/Scapes-July 2-4

Volunteers are needed to host the NAMI Marin table at the Marin Mind/Scapes exhibit July 2 through July 4, 12 pm to 6 pm at L'Esclasse Inn, 771 Magnolia Ave. in Larkspur. To volunteer, call NAMI office (444-0480) and sign up for a 2 hour slot to staff the NAMI table.

The exhibit is held in conjunction with Buckelew Program's Marin/Scapes Art Show and Sale. Our member, Marilyn Geary, is exhibiting her project "*Stories of Art, Nature, and Wellness*" which features the work of Marin artists, some of whom have mental illness. Her exhibit, created in partnership with Librarian Laurie Thompson of Marin County free Library's California Room, includes a documentary video along with an exhibit of the artists' works and portraits of the artists by photographer Nita Winter. Admission is free.

Visit: <http://www.marinmindsapes.com>.

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

Save the Date!
Saturday, May 22, 2010
Free Roundtrip Bus Service



Community Resources

Help in a Crisis

- Psychiatric Emergency Services (PES)— 499-6666 24 hour crisis line.
- Crisis Intervention Team (CIT) Police officers with special training for mental health crises are available in most communities and should be requested if you need police intervention.
- Suicide Prevention & Crises Hotline 499-1100. Telephone counseling 24/7.
- Warm Line 459-6330, phone support for peers, operated by peers through the Enterprise Resource Center.
For mental health resources, call NAMI Marin 444-0480.

Family Service Agency 555 Northgate Dr., San Rafael, 491-5700. Variety of individual and group counseling services. MediCal/sliding scale. Office also in Sausalito, 3000 Bridgeway Dr, Suite 205, 415-332-3129. Bilingual.

- P.A.C.E. Dual Diagnosis (Promise, Acceptance, Choice, Empowerment) group for people with chronic mental illness and substance abuse problems. Uses Harm Reduction model. Meetings are every Monday and Thursday, 1:30 to 3 pm. Contact Annette Holloway 491-5728.
- Adult Dialectical Behavior Therapy (DBT) skills training groups Annie Arora, Ext. 2073.
- Best of Both Worlds for immigrant families, starts May 3 for 12 weeks, Mondays, 6-7:30pm (Conducted in Spanish).
- Recovery and Wellness for Women Every Monday 5:30-7pm. Seeking Safety model for women with trauma, addiction, and mental health issues Melissa Troncin, Ext. 2049.
- Survivors of Suicide starting in May. Call Tom Schmidt, Ext. 2089.

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 Kathy Chestnut , 499-6805. *Free*.
- Managing Voices and Negative Thoughts is lead by Robin Buccheri and Hilary Spaulding, 2nd Tuesday of the month from 12 to 1 pm, 1st Floor Conference Room. Call Robin at 422-6498. *Free*
- Family Partner Provides support services for families with adult members with mental illness. Located on the 1st floor, Office #1420 Barbara Juniper, 415-473-4382 or 415-419-4269 (cell) . *Free*

Bucklew Programs

- Bucklew Employment Services 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. There is also a Family Support Group the first and third Monday of each month 6-7:30pm at the TAY Center, 980 Lincoln Ave. Ste. 250, San Rafael. Call Nellrose Graham, 336-6644. *Free*

Other Resources Available in the Community

- Alano Club Dual Recovery Anonymous (DRA) Diana, 456-8479.
- Borderline Personality Disorder (BPD), Friends & Family of People w/ BPD. 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) Dr. Kari Wolman, 459-5206.
- Dialectical Behavior Therapy (DBT) Skills Training Group for Adolescents and their Parents, at the DBT Center of Marin in San Anselmo. David Fish, 847-3236, Ext. 2 or dvfish@earthlink.net.
- New Directions in Education Program Supportive services to students recovering from mental health issues and who want to attend classes at College of Marin. Disabled Student Services in the Learning Resource Center, Room 136-5, College of Marin 302-0225.
- Life Skills Group by Elpida House staff, Fridays 1:30 to 3 pm. Please call Laura at 499-8613. Ext. 2.
- Beyond Hunger Program for Eating Disorders 459-2270 or www.beyondhunger.org.
- AD/HD (attention disorders) parent and adult support/educ. groups by CHADD 789-9464 or www.chaddnorcal.org.
- Kaiser Psychiatric Services Advice and education 820 Las Gallinas, San Rafael 444-3522.
- Community Institute for Psychotherapy 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 Peter Planteen, 847-1266.

(Continued on page 6)

Enterprise Resource Center www.camentalhealth.net
 3270 Kerner Blvd. Bldg.A, Suite C, San Rafael 457-4554
 Open 9am to 4pm M-F, 10am to 4pm Saturday and Sunday

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
 12:30 pm to 1 pm Buckelew Presentation (1st Mon. of month only)
 2 pm to 3:15 pm Women's Support Group

TUESDAYS

11am to 12 Noon Smoking Cessation
 1 to 2 pm Women of Courage (Dual Recovery Anonymous)
 For women ONLY
 1 pm to 3 pm Library books- check-out in LRAC Room
 2 pm to 3 pm Process Group
 3 pm to 4 pm Flying Over the Cuckoo's Nest (Dual Recovery Anonymous) Open Meeting
 3 pm to 4 pm Calligraphy Class in LRAC Room
 4pm to 5:30 pm NAMI Family Support Group (4th Tuesday only)
 5:30 pm to 7 pm Hoarding & Cluttering Support Group
 7 pm to 8:30 pm NAMI Family Support Group (2nd & 4th Tues.)

WEDNESDAYS

11 am to 12:30 pm PEER COMPANIONS
 1 pm to 2 pm 3rd & 4th Wednesday with Bruce Gurganus
 1pm to 4 pm Computer Tutorials with Jared Warner
 2 pm to 3 pm Process Group
 6pm to 8 pm DBSA (Depression Bipolar Support Alliance)

THURSDAYS

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
 1 pm to 4 pm Computer Tutorials with Lauren Rose Lupia
 2 pm to 3 pm Process Group
 3 pm to 4 pm Mindfulness Group
 7 pm to 8:30 pm NAMI Espanol Family Support Group (1st & 3rd Thursdays)
 7 pm to 9 pm Forgiveness Workshops (1st & 3rd Thursdays)

FRIDAYS

10 am to 11 am Movement Group
 11 am to 12 Noon Writing Group
 1 pm to 2 pm Self-Esteem Group
 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 www.namimarin.org.

- **NAMI Marin General Meetings**, open to the public. Expert speaker topics. See page 8.
- **Family-to-Family Education**, a 12 week class structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well being. Sign up for next session (415) 444-0480.
- **NAMI Family Support Group** 2nd & 4th Tuesdays, 7-8:30 pm; 4th Tuesday 4-5:30 pm, Enterprise Resource Center (free drop-in).
- **NAMI Marin Espanol Support Group** 1st and 3rd Thursdays, 7-8:30 pm. Enterprise Resource Center. Made possible by a generous donation from the Marika Anne Critelli Fund. Conducted in Spanish. Contact Elena Lopez (415) 879-2599.
- **FamFest Dinners**, monthly family & consumer connection. Scholarships available. First Wednesday of month. See page 8.
- **NAMI Marin Office**, Monday through Friday, 1-3pm, visit for support and information.
- **NAMI Marin Help Line** Call 444-0480 1-3 pm weekdays for support and resource information.
- **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**, volunteer and consumer matched for companionship (415) 925-0875.

“Take a Bite Out of Homelessness”



By purchasing

Halo Truffles

Made by Students & Staff at Fresh Starts Culinary Academy Homeward Bound.

Crafted with Callebaut Belgian chocolate and all natural ingredients in four delicious flavors: chocolate, Kona coffee, orange and raspberry.

You can purchase them at Andronicos or place an order at 415-382-3363, Ext. 244.

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



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THIS MATERIAL IS TIME RELATED

May 2010

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Kim Denn
Barbara Alexander, MPA
Beverlee Kell, RD
Sue Roberts

NAMI Marin General Meeting
Monday, May 24, 2010 7:00-8:30 pm

Connection Center at the
Marin County Health and Wellness Campus, Room 110,
3240 Kerner Blvd, San Rafael

*Doors open at 6:30 pm. Come early for social time.
NAMI Marin programs are free and open to the public.*

**Access and Barriers to Mental Health
Treatment**

When you or someone you love needs mental health treatment, how easy is it to access care? What barriers do you need to overcome to get needed treatment?

- What can you do if your loved one does not want help?
- What if treatment is not available?
- What if no one believes that treatment is needed?
- How do you know if someone is a danger to themselves or others?
- How do you know if someone is gravely disabled?
- How do you respond to an unsettling treatment experience?

Spend an evening with NAMI Marin members and psychiatrist Dr. Adam Nelson as we attempt to find solutions to these and other challenges in accessing mental health care in Marin County for ourselves and our loved ones suffering with mental illness. Dr. Nelson is incoming President of the Northern California Psychiatric Society, Associate Medical Director of Outpatient Behavior Health Services at Marin General Hospital, and sees patients in the Partial Hospitalization and Intensive Outpatient Programs at MGH and in his office in Mill Valley.



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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

Wednesday, May 5 at 6:00 pm
Taqueria Maria

1017 Fourth Street, 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, June 2, 6:00 pm
San Rafael Joes
Fourth Street, San Rafael