Sliding Scale Counseling Services

There is a remarkable range of psycho-educational/therapy services available on a sliding scale in Marin. Four mental health non-profit agencies offering these services presented at our February General Meeting: Community Institute of Psychotherapy (CIP), Jewish Family and Children's Services (JFCS), Family Service Agency of Marin (FSA) and Catholic Charities CYO (CC). They all serve children, teens, families and adults. If you need services for your family or loved one, call to discuss offerings and costs.

There was a lot of discussion about the Marin Community Mental Health Services (CMHS) decision to stop paying for individual psychotherapy for Medi-Cal clients (except for families with children and rare adult cases) in response to budget cuts. Some counties have not cut this service. Instead, CMHS will pay for certain group therapies. At the same time CMHS has advised the above non-profits not to bill Medi-Cal clients who wish to pay privately for individual counseling. So, Medi-Cal clients cannot get sliding scale individual psychotherapy from agencies contracted with Medi-Cal, even if they are able to pay for it privately.

Robin Berenson, PhD, director of CIP described the many groups and services they offer including a Cognitive Behavioral Therapy group for depression & anxiety. They serve clients in many settings including Ritter House, Canal Alliance, Senior Access and many schools. She said there is a tremendous unmet need in the schools. Compared to the past 30 years, she is now seeing more requests for fee reductions than ever. There is a huge community need for low-fee mental health services, but the non-profits are struggling to survive financially, especially since CMHS cut services described above.

Alex Markels, LCSW, therapist at JFCS said their agency can serve some Medicare clients. For many years he has led free substance-use recovery groups at Enterprise Resource Center. At JFCS, in addition to therapy, he facilitates family mediation to help clients and families review their habits, rules and expectations and formulate plans that help clients be more independent. JFCS also offers an array of services for parents through their "Parents Place" and for the elderly.

Diane Suffridge, PhD, Clinical Director at FSA described the programs they offer including an adult DBT (dialectical behavioral therapy) skills training group that is Medi-Cal eligible and includes some individual therapy sessions. Their PACE (dual diagnosis) program closed due to lack of CMHS funding. She reminded the audience that their 24/7 suicide hotline

Let the WALK Begin!!!

Save the Date- May 21, 2011

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Dear Friends,

Have you ever wondered what the circle logo before our affiliate name represents? These are our grass roots, and that is us, people who live with mental illness, family members, mental health care professionals, and the general public who are interested in mental health and read this Newsletter. Being a grass roots organization, means that we want to hear your voice and your concerns. When we advocate for Laura’s Law, for Prevention and Early Intervention, for better access to services, for housing, for crisis trained Law Enforcement Officers, we know that we speak for you, because we have heard you on our Help Line, and at our General Meetings, Family Support Groups, Family-to-Family and Peer-to-Peer classes. We listen.

Grassroots also means that without you we have no organization. We depend on you for your participation as members and volunteers, and for financial support. Last year a third of our income came from Walk funds. Eighty percent of the money we raise comes back to Marin county for NAMI programs and services. Last Saturday, Rik Super, our Walk Coordinator, and his wife, Peg, opened their home for the Kick-off Brunch for NAMIWalks 2011. This is now our third year with Rik at the helm, and we are confident that together with your continued support, we can reach our goals.

This year's Walk is being held on Saturday, May 21, at Lindley Meadow, Golden Gate Park. Events start at 10am. and the 3-mile (or 1 mile alternative) walk moves off at 11:00. We hope that you will walk with us. It is a glorious and happy occasion. If you would like to participate in the walk and make a donation, go to our website, and in the bar at the top select NAMI Walk. Click on the link to the NAMI Walk SF Bay Area, and then Register. There are three ways you can participate: 1) be a team captain and form your own team, 2) join a team, 3) or support an individual walker. We have six teams registered so far; see list. We are proud to represent NAMI in this year’s walk. Please give generously.

Kay Blackwill

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**NAMIMarinWalk Teams**

**Become a Team Captain or Join a Team!**

Hope Keeps Going - Becky Placek  
(in memory of John and Charlie Placek)  
Marching On – Kay Blackwill  
Marin Striders – Peg Super  
Super Walkers – Rik Super  
Walkin' Robins – Sue Roberts  
Walking Warriors – Patricia Carillon

**Walk Sponsors**

**San Rafael Joe’s $250**

Sponsorships are affordable at levels from $250 to $10,000. For more details call Kay Blackwill 415-472-1388.

NAMIWALK SF Bay Area is a consortium of Bay Area NAMI Affiliates working under the NAMI Santa Clara 501C3 tax id# 94-2430956.

**Participating Restaurants**

**Bangkok Thai Express**
Tuesday April 5 (includes take-out)  
15% of the bill goes to support the Walk

**Celia’s Mexican Restaurant**
Wednesday, May 4, all day and 6pm at the FamFest  
20% of bill goes to support the Walk.

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NAMIMarinWalk Steering Committee (left to right): Gail Spencer, Peg and Rik Super, Sue Roberts with Kay Blackwill
Early Psychosis Intervention

Dr. Demian Rose will be speaking at our NAMI General meeting March 28th (see page 8).

Dr. Rose is a psychiatrist on the team at UCSF that does research on outcomes of early comprehensive intervention with young adults with psychosis and pre-psychosis. The latter are those individuals at high risk for psychosis, who exhibit warning symptoms of psychosis, and those with close family members with severe mental illness.

This program at UCSF is one of many in this country, and others such as Canada, looking at what such early interventions, including psychiatric, family education, psychosocial support of the individual and family, vocational and educational support can do in improving long term outcome in severe mental illness.

The program also includes training for mental health providers in recognizing early signs of psychosis and pre-psychosis.

Dr. Rose has presented information about this program at NAMI meetings over the past few years. This time he is going to discuss the most recent information about outcome in individuals who have received early interventions. Previous results have shown that such intervention significantly reduces the incidence of further psychotic breaks and symptoms of illness.

The program has expanded from being in San Francisco to Alameda County and talks are underway for further expansion to other Bay Area counties.

This month PBS ran a documentary describing and explaining this program.

Kay S. Browne, MD
http://www.pbs.org/newshour/bb/health/jan-june11/mentalillness_02-09.html#

Marin True Story

Diana’s Story told to Board of Supervisors March 1, 2011

This is a story about a young woman who is diagnosed with Schizophrenia and substance abuse. She is more often than not delusional, and is homeless. I will call her Diana to protect her identity.

For several years now Diana has been cycling in and out of jail, the hospital, and the emergency room. The last time she was in jail she was sent to the Santa Clara jail hospital in San Jose. She was there for two weeks – at $1,500 a day. When she returned she was released back to the streets without any follow-up care.

Most recently she has been living in a homeless encampment in southern Marin, in the Sheriff’s jurisdiction. These homeless sites are very dangerous places.

Peter Planteen of the CARE team heard that she was being beaten up and raped at this southern Marin camp. He investigated and determined that Diana was very psychotic and unable to protect herself. He requested the Deputy Sheriffs to transport her to Psychiatric Emergency Services (PES) on a 5150, 72 hour psychiatric hold. They refused saying she was always “like that,” and also commenting that PES would probably just release her anyway. The time of this event was approximately 4:00 am.

Peter called Chris Kughn, Supervisor of the Odyssey Program, at home and asked him to please go to southern Marin and sign the 5150 order, as Peter did not have the authority to sign the papers.

God love him, Chris did indeed drive down and did whatever was necessary and a Deputy Sheriff transported her to PES, where she was admitted to the hospital and is now at a locked sub-acute facility.

Diana did not ask to have Schizophrenia. Really it is not her fault. She has cost the taxpayers of Marin County several hundred thousand dollars and continues to require care.

It would be great, if when she is released from her current locked facility, she would be required by the court to continue in treatment with the services she needs.

Diana has demonstrated that she can do well when in treatment, and is an excellent candidate for Assisted Outpatient Treatment. It could save her life and save taxpayer dollars as well.

Barbara Alexander

Strength of Us: Live a Better Life Through Community

Strength of Us.org: Live a Better Life Through Community
A social networking website for young adults (ages 18-30) living with mental illness.
It exists to empower young adults to live out their dreams and goals through peer support and resource sharing. We believe every young adult deserves to feel hopeful, supported and encouraged to love who they are.
StrengthofUs Reaches More Than 1,600 Community Members and Continues to Grow

C.A.R.E. Team Needs Your Support
Donations are needed & 90.5% goes directly to the people they serve, the mentally ill who are homeless.
Send check to:
CARE Team, Community Action Marin
29 Mary St., San Rafael CA 94901
And/Or drop off CA redemption plastic bottles & cans, empty ink cartridges, & old cell phones at ERC Center San Rafael
Call to Action
Write to your Representative in Congress
Tell Rep. Woolsey how these cuts will affect you and/or the person you care for. Add your story to the following letter:

The Honorable Lynn Woolsey  
House of Representatives  
2263 Rayburn House Office Building  
Washington, DC 20515  

Re: Massive Cuts Loom for Federal Mental Health and Housing Programs

Dear Representative Woolsey:

I am writing to urge you to oppose the deep cuts proposed in HR1, the House FY 2011 continuing resolution, to mental health services, research, special education and supportive housing for children and adults living with mental illness.

Over the past few years, states have already cut more than $2.2 billion from public mental health services. This has compromised care and imposed tremendous costs on emergency departments, law enforcement, jails and shelters, not to mention the toll of lost lives.

Federal cuts will only further erode vital treatment and supports for vulnerable individuals living with serious mental illnesses. I urge you to reject the following cuts in HR 1:

- A $200 million proposed reduction to the Substance Abuse and Mental Health Services Administration (SAMHSA), a 5.5 percent cut below the agency's FY 2008 funding level.
- An $86 million (7 percent) cut to research on mental illness at the National Institute of Mental Health (NIMH), reducing funding to $1.404 billion.
- A $557 million cut to special education grants to states endangering important supports that help students with mental illnesses succeed in school.
- A 70 percent reduction to the HUD Section 811 program by 70 percent from $300 million in FY 2010 to $90.36 million placing tenants with psychiatric disabilities at risk of losing their housing.

More people than ever are seeking public mental health care. We call on Congress to protect and strengthen not weaken mental health services in these challenging times.

Washington D.C. Office  
2263 Rayburn Bldg.  
Washington, DC 20515  
Ph.: 202-225-5161  
Fax: 202-225-5163

Marin Office:  
1050 Northgate Dr. #354  
San Rafael, CA 94903  
Ph.: 415-507-9554  
Fax: 415-507-9601

Visit http://woolsey.house.gov/ to register to email.
To receive NAMI California alerts sent to your email visit:  
To visit the NAMI Advocacy Action Center visit:  
http://capwiz.com/nami/issues/alert/?alertid=28497501&PROCESS=Take+Action

It's Time to Implement Laura’s Law in Marin!

According to the Marin Independent Journal, dated March 2, page 3, Marin County FOUND $15 million buried in it’s previous computer program.

No more excuses for not implementing Laura’s Law, AB 1421, California’s law for Assisted Outpatient Treatment (AOT) in Marin County!

Diana’s story on page 3 of this newsletter is a good example of the county putting a very expensive band aid on a gushing wound that needs a lot more loving care.

Homeless shelters deny individuals like Diana with a serious mental illness who self-medicate with alcohol or drugs.

Intervention is necessary for Diana because she doesn’t think she is sick and won’t seek treatment on her own.

In the past when getting out of jail or the hospital, she has been returned to the community without an effective transition plan.

Once stable AOT, if implemented, will help her design her own plan. She will be treated with respect and every day she will be attended to by health care professionals who collaborate with each other on her behalf in the community. The possibilities are endless for Diana with AOT.

NAMI is asking the county to fund a 2 year pilot program that will provide AOT for individuals like Diana who are not at the present time being served. Stop the suffering. Tell your supervisor that it is time to implement Laura’s Law. For more info visit www.treatmentadvocacycenter.org

Penny Labourdette

NAMI Marin Wants to Hear from You!

We are working to identify ways to improve the “broken mental health system”. What have your experiences been, good or bad, in getting services for yourself or your loved one? Call the NAMI office at 415-444-0480 or send your stories to bcalex@earthlink.net. Please join with NAMI to improve mental health conditions in Marin.
Psychiatric drugs can pack on the pounds. Here’s what you can do about it. Part 2

Exercise

Those of us who live with psychiatric disorders tend to be less physically active because the disorder saps our energy and motivation. So we get the double whammy of weight gain resulting from both our sedentary lifestyle and our medication. Our self-esteem plummets, contributing to our depression. But, exercise has many benefits beyond the physical. It lifts mood, improves sleep and lowers anxiety.

Create your own fitness plan that incorporates calming/breathing exercises, relaxation training, stretching and flexibility exercises, warm-ups and cool downs.

Check out the local municipal recreation facility or join a health club. Consider tennis, yoga, or water aerobic classes. Join Healthy Habits Support Group!*

- rake the leaves or mow the lawn;
- park a little farther away and walk;
- take the stairs instead of the elevator;
- take a walk on your lunch hour or after dinner with family members;
- walk the dog;
- start walking 10 minutes a day and increase the time by five minutes each week until you can walk 30 minutes a day.

Diet

Here we get another double whammy with both our meds and our illness working against us. Many psychiatric drugs bulk us up no matter what we eat; some of them stimulate our appetite, making us overeat. And mood disorders create carbohydrate cravings, because carbs increase serotonin, which makes us feel better, so we eat too much of the wrong foods. Here are some basic guidelines to a healthier diet:

- Eat more fruits, whole grain, vegetables, lean meat, fish and poultry.
- Drink six to eight glasses of water each day.
- Drink fewer alcoholic and high-calorie beverages.
- Eat smaller portions.
- Eat more frequent small meals and snacks to lower insulin levels, reducing the production of body fat.
- Eat slowly to give the stomach time to signal the brain when it’s full.
- Prepare food by broiling or baking more often instead of frying.
- Try not to soothe your negative feelings with food.

MOODletter
http://www.moodletter.com/WeightGain2.htm

(Continued from page 1)

at 415-499-1100 welcomes families to call if they are concerned about someone. The hotline staff can make an outreach call to the person of concern. FSA is providing "TeenScreen" services to three Tam district high schools and both San Rafael high schools. Teen Screen is a screening procedure, used here for sophomores, to identify those with/at risk for mental illness. Individual screening is also offered at FSA for a fee, see page 6 of newsletter.

Laurie Buntain, MFT, Senior Program Director of Marin Counseling Services of Catholic Charities CYO, passed on information about their services. They are offering services to all ages, including schools, couples, families and groups regardless of a client’s ability to pay.

This article is only a brief overview of all the services offered by these mental health non-profits. Contact each for further information.

- Family Services Agency of Marin 415.491.5700 www.fsamarin.org
- Community Institute of Psychotherapy 415.459.5999 www.cipmarin.org
- Jewish Family and Children's Services 415.491.7960 www.jfcs.org
- Catholic Charities CYO 415.507.4262 www.cccyo.org/marincounseling

Beverlee Kell

Federal Health Reform

It is reported that federal health reform will increase mental health coverage in myriad ways, but state law still leaves longstanding challenges in place, a panel of federal government authorities and mental health advocates told members of the California Legislature. To learn the details visit:

California Watch

Healthy Habits Support Group *

Do you ever feel that you want to improve your general health, but are confused about how or where to begin? Healthy Habits Support Group is the answer! We will discuss fun and affordable ways to improve your health.

Join us Thursday afternoons from 3-4 at Enterprise Resource Center. We look forward to seeing you!

Highlights
- Eating Right
- Sleep
- Exercise
- Stress Relief

www.namimarin.org
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. If possible, it is recommended you establish relationship with officer before crises.
- Warm Line 459-6330, phone support for peers, operated by peers through the Enterprise Resource Center.
- Family Service Agency 499-1195. 24-hour Grief Counseling Line.

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.

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. E-mail Robin at buccherir@usfca.edu or call (415) 422-6498. Free.
- Family Partner Adult System of Care Located at the Wellness Center, 3270 Kerner Blvd. San Rafael, Suite #217 Barbara Juniper, 415-473-4382 or 415-419-4269 (cell). Free

Buckelew Programs

- Buckelew Employment Services Orientation for new clients who want employment assistance, every Tuesday 12-1 pm (drop-in), at Enterprise Resource Center, 3270 Kerner Blvd, Suite A, San Rafael. For information call 456-9350. Free.
- Buckelew Housing — Renee Mendez-Penate, Supervisor, Case Management & Housing, CMHS 473-6804.
- Buckelew Transitional Age Youth Program (TAY) TAY Center is located at 980 Lincoln Ave., Suite 250, San Rafael. TAY is for young adults 16 to 26 years old. Call Kathy Eagle 460-2167. Family Support Group call Nellrose Graham 336-6644. Free.

Community Institute for Psychotherapy 1330 Lincoln Ave., Suite 201, San Rafael. 415-459-5999.

- Provides individual, family and couples counseling. Sliding scale and MediCal accepted.
- Relational Psychotherapy Group for men and women struggling with social isolation, Tuesdays 6-7:30 pm.
- Spanish Speaking Women’s Group, Stress Management & Self-Empowerment, Thursdays 7-8:30 pm.
- Self-Empowerment: Overcoming Depression & Anxiety Group, Wednesdays, 6-7:30 pm.

Other Resources Available in the Community

- Alano Club Dual Recovery Anonymous (DRA) Mondays 4-5 pm, Thursdays 8-9 pm. Contact is Matt 532-5610.
- Borderline Personality Disorder (BPD) Family Support & Psychoeducation Groups meet on the first Thursday of each month, 7 to 9 pm (drop-in) at the DBT Center of Marin, San Anselmo. Dr. Kari Wolman, 459-5206 www.dbtmarin.com/events.html
- Dialectical Behavior Therapy (DBT) Skills Training Group for Adults Mondays 3-5 pm; Fridays 10 to Noon at the DBT Center of Marin in San Anselmo. Dr. Kari Wolman & David Fish 459-5206 www.dbtmarin.com/events.html
- 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 115, College of Marin 485-9406.
- Life Skills Program Practical, supportive group for adults needing to develop greater independent living skills. Fridays 1:30 to 3 pm at the Elpida House in San Rafael. Dr. Laura McCormick 415-499-8613. Ext. 2.
- Beyond Hunger Program for Eating Disorders 459-2270 or www.beyondhunger.org.
- AD/HD (attention disorders) parent and adult support/education groups by CHADD 789-9464 or www.chaddnorcal.org.
- Kaiser Psychiatric Services Advice and education 820 Las Gallinas, San Rafael 444-3522.
- 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.

In-Home Services

- APPLE Family Works Therapy and Life-skills Center. Adjustable fees. Call 492-0720.
- David Moss Case Management Services, LLC Private mental health and addiction recovery case management services. Adjustable fees. Call Dave at 215-1938 or email mossluck@yahoo.com with questions, concerns or problem solving.
- Elpida House In-Home Case Management Contact Laura McCormick, Exe. Director, 499-8613, Ext. 2.
- C.A.R.E. Team a mobile outreach program for mentally ill people who are homeless or at risk of being homeless. Call Peter Planteen, 847-1266.

The list of Community Services does not represent an endorsement by NAMI Marin (Continued on page 7)
Enterprise Resource Center  www.camentalhealth.net
3270 Kerner Blvd., Bldg.A, Suite C, San Rafael, CA 94901
Open 9am to 4pm, M-F; 10am to 4pm, Saturday & Sunday
Website: camentalhealth.net (415)457-4554

NAMI Marin Services
NAMI Marin Services are free. Our office is open Monday through Friday, 1-3pm and is located at 555 Northgate Dr. #280, San Rafael, 415-444-0480. namimarinoffice@gmail.com, www.namimarin.org

- **General Meetings**, open to the public. Expert speaker topics. See page 8.
- **Family-to-Family Course**, Twelve week class structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well being. Open to family members, caregivers, partners and friends. Call office to get on waiting list for next session.
- **Family Support Group**, 2nd & 4th Tuesdays, 6-7:30pm, ERC*, with Kay Browne,MD (drop-in).
- **Espanol Support Group**, 1st & 3rd Thursdays, 7-8:30pm, ERC*, with Rosa Lopez 415-240-6920. (Made possible by a generous donation from the Marika Anne Critelli Fund).
- **FamFest Dinners**, 1st Wednesday, 6-7:30pm. Clients & family connection. Scholarships are available. See page 8.
- **Help Line** Call 444-0480, press 0, 1-3 pm weekdays for support/resource info.
- **Library**, located in our office. Members may borrow from an extensive collection of resources.
- **Speakers Bureau**, family and consumer speakers available for events. 415-444-0480.
- **Lunch Program**, provides lunch one day a week at ERC*. Center. Call Judy/Jim Finn,415-892-5135.

**Volunteer Opportunity**
The new Crisis House project, designed as a voluntary alternative to extended hospital stays, has recently been put out for bids. Dr. Kay Browne has volunteered to represent families on the advisory board for the development of the Crisis House. Bruce Gurganus, Director of Community Mental Health, has requested that a second family member work on the development of the Client Crises Plan. If you are interested in volunteering for this position, please call 415-444-0480, Ext. 242.

**Communicating with Your Loved One With Mental Illness**

**One With Mental Illness**

Four Tuesdays Only

**Dates**: March 29, April 5 & 19 & May 3

**Time**: 6:30pm

**Place**: ERC, Bldg. A Suite C, San Rafael

**Contact**: Dr. Janis Davis 415-458-3788

Drop in but RSVP is desired.

Free

Sponsored by Dominican University
Occupational Therapy Education

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

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
5:30 pm to 7 pm Hoarding & Cluttering Support Group
6pm to 7:30 pm NAMI Family Support Group (2nd & 4th Tues.)
6pm to 7:30 pm Communicating with Loved Ones with Mental Illness
March 29, April 5 & 19, May 3 only ++

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

THURSDAYS
10 am to 11 am Spirituality and Awareness Group
10 am to 12 Noon* Peer-to-Peer (through 3/11/11) Leah 415-457-4554
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 Markels
2 pm to 3 pm Process Group
3 pm to 4 pm Spanish Bi-lingual Services with Esmerelda Garcia
3 pm to 4 pm* Healthy Habits Support Group with USF Student Nurses (through 5/11/11) in the LRAC Room
7 pm to 8:30 pm NAMI Espanol Family Support Group(1st & 3rd Thursday.)

FRIDAYS
10 am to 11 am Movement Group “Movement makes you happy!”
11 am to 12 Noon Writing Group
1 pm to 2 pm Self-Esteem Group
2 pm to 3 pm Process Group
2:30 pm to 5pm WRITE-ON Group w/Robert-Harry Rovin in LRAC

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 *New Class
1:30 pm to 2:30 pm Process Group

**Enterprise Resource Center**

**Website**: camentalhealth.net (415)457-4554

**Open**: 9am to 4pm, M-F; 10am to 4pm, Saturday & Sunday

**Contact**: 415-444-0480, press 0, 1-3 pm weekdays for support/resource info.

**Library**: located in our office. Members may borrow from an extensive collection of resources.

**Speakers Bureau**: family and consumer speakers available for events. 415-444-0480.

**Gift of Time**: volunteer and consumer matched for companionship 415-925-0875.

**Lunch Program**: provides lunch one day a week at ERC*. Center. Call Judy/Jim Finn,415-892-5135.

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Drop in but RSVP is desired.

Free

Sponsored by Dominican University
Occupational Therapy Education

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March 2011

NAMI Marin
Board of Directors
President
Kay Blackwill, MA
Vice-President
Peg Super, MA
Secretary
Penny Labourdette
Treasurer/Bookkeeper
Wendy Williamson
Directors
Kay S. Browne, MD
Barbara Alexander, MPA
Beverlee Kell, RD
Sue Roberts, MS
Jim Finn

NAMI Marin General Meeting
Monday, March 28, 2011 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 programs are free and open to the public
Prevention & Recovery in Early Psychosis (PREP)
Will early treatment prevent full blown schizophrenia? Demian Rose, MD, PhD, Medical Director of the PREP program returns to explain the:
- clinical & neuroscientific basis of psychosis as a continuum
- concept of risk for developing psychosis
- data on prevention and early treatment
- PREP Program and its early intervention efforts.
For more information visit www.prepwellness.org

You are invited to the next
FamFest
Wednesday, April 6 at 6:00 pm
San Rafael Joe’s
931 Fourth St., San Rafael
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

Time to Renew NAMI Membership?
Expiration date is on label of this newsletter.
To renew email: namimarinoffice@gmail.com
To get instructions of how to renew online visit: www.nami.org

- NAMI Marin is an affiliate of NAMI California and NAMI National.
- Annual membership is $35 for a family or individual. Reduced membership fee available upon request. With your membership you will receive this newsletter (9 times a year) along with State & National publications and access to our extensive mental health library
- Newsletter Editor: Penny Labourdette, pennyal@aol.com
- To email editor specify NAMI Newsletter under Subject Line.

Fundraiser Dinners
To support Walk
Bangkok Thai Express
857 4th St., San Rafael
Tuesday, April 5
Will give 15% of check.
Celia’s Mexican Rest.
1 Vivian Way, SR
Wednesday, May 4
Will give 20% of check.

NAMI Walk on May 21, 2011