

Update on Work Training and Education Opportunities in Marin

The last NAMI General Meeting on January 30th featured a panel of three speakers from community service and educational organizations in Marin County. First to address the audience was Dan Daniels, Buckelew Marketing & Community Relations Manager.

Daniels remarked that, "I can tell you success stories, stories that all of you here tonight helped make possible. Once people come into our program and we help them find a job it's like magic. I see lights coming on. I see people's whole lives being turned around. It helps me realize the value of employment, the value of having a job, the value of having purpose. Even if it's just 4 hours a day or 1 day a week these services bring value to the community and value to the individuals we serve."

For its employment programs (415-456-9350, Ext. 106), Buckelew provides peer counseling as well as training and mentoring services. Training includes both hard and soft skills development. Participation in these programs is open to clients receiving services through the CA Department of Vocational Rehabilitation (DVR), homeless individuals, and those with mental illness, or who have been incarcerated in the past.

At the meeting, Daniels outlined their four employment programs starting with *Blue Skies Cleaning Service* (formerly Marin Works). This is a social enterprise that promotes healthy work environments by providing environmentally friendly cleaning services to offices and work environments. Blue Skies uses non-toxic cleaners and all workers receive special training in how to properly use green cleaning products and utilize safe, sustainable, green cleaning practices.

Buckelew's newest employment training and development venture is called *The People's Harvest*, a fresh-cut produce processing operation. To this end it has leased over 18,000 square feet of space near East Washington and North McDowell Boulevard in Petaluma where it will open its warehouse and food processing center. People's Harvest will create jobs and help local farmers by providing a hub for their produce that will be provided to local schools and hospitals.

Initially, Buckelew plans on hiring 15 people in May, another 10 by year end and up to 50 more as the business grows. Positions include sales, sorting, grading, cutting, packaging, labeling, clerical services and quality control, among others.

Daniels also talked about the *Blue Skies Café* at Buckelew, where people can earn a *Barista Training Certificate*. Besides the technical skills learned, the program also offers soft skills development and training in customer service.

"The skills learned by the completion of this program often help our clients think about seeking other employment opportunities. They gain confidence by having

(Continued on page 5)

NAMI Marin Calendar

1st Monday

Board Meeting, 6:45 pm
555 Northgate Dr., San Rafael

4th Monday **Notice Change**

General Meeting, 7-8:30 pm, see page 8.

1st Wednesday

FamFest, 6 pm, see page 8.

4th Wednesday

Volunteer Lunch Meeting, 12-1:30pm,
NAMI Office in Conference Room

1st & 3rd Thursdays

Espanol Family Support Group, page 7.

2nd & 4th Tuesdays NAMI Marin

Family Support Group, see page 7.

Family-to-Family 12 week course

Please note: Session starting in February has been postponed to April.

Call office now to reserve a space for the next session starting April 10 (Tuesdays), 7-9pm. Classes fill quickly. See page 7 for more information.



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President's Letter

**Educate Advocate Celebrate!
Join the NAMI Walk this June 2!**

Ahh, March is here and the promises of spring. We are three months into the New Year and what better way to give back to the NAMI community than by raising money to provide free mental health services! That's right; the NAMI Walks for the Mind of America is scheduled this year for Saturday, June 2, in Golden Gate Park.

The San Francisco Bay Area Walk joins forces with the other counties around the Bay to raise money to provide services such as the Family-to-Family and Peer-to-Peer and myriad other programs for clients and family members.

Registration for the Walk is up and running already. To get a head start on fundraising and recruiting your team, go to <http://www.namiwalkSFBay.org>

It takes walkers, team captains, volunteers and our very special Sponsors and Donors to create this amazing event. Our Sponsors help keep our registration FREE! *And we need you!*

You can make a direct impact on your community here in Marin, ensuring that our local NAMI affiliate has the funds needed to underwrite the most needed programs in Marin. Together we hope to raise \$30,000 for Marin in 2012. Do you have a connection with a business that might sponsor the Walk? If so, please call our office so we can follow-up. Can you form your own Walk team this year? Just register online or call our office for help.

Barbara Alexander



How long is it going to take for Marin County to wake up? Is it going to take a tragedy in Marin County to implement Laura's Law? Laura's Law is not for individuals living with a serious mental illness who have insight and seek treatment. It is for individuals with a serious mental illness who *do not think they are sick and will not seek treatment*. These individuals keep their families hostage to their illness and can be a danger to society if left untreated..

In August 2011 Aaron Bassler, a young man with a serious mental illness, shot and killed two people in Mendocino County. He was subsequently shot and killed in a manhunt in the woods by an army of policemen. In December 28, 2011, Aaron's father, James Bassler, said on the NBC Bay Area News at 11 pm that his son refused treatment. When his father asked the county and courts for help, *nobody tried to help him*. James Bassler said if Laura's Law had been implemented in Mendocino County he believes his son would be alive today. He is an advocate for Laura's Law being implemented in Mendocino County and hopes it doesn't take a tragedy for other counties to implement the law.

In 2010 the National Institute of Mental Health estimated that out of the 3.3% (7.7 million or 1 out of 5 individuals) of the US population who suffer from a schizophrenia and bipolar disorder, approximately 40% of the individuals with schizophrenia and 51% of those with bipolar are untreated in any given year.

The consequences of non-treatment are devastating. People with untreated serious brain disorders comprise approximately one-third of the estimated 600,000 homeless population. Many are victimized regularly, and the crimes against them go unreported, and when reported, officials often ignore them. Purse snatchings and the stealing of disability checks are common, even rape or murder are not rare. When incarcerated these individuals spend twice as much time in jail as non-ill individuals, and are more likely to commit suicide.

Californians cannot afford NOT to extend Laura's Law

- AOT reduces inpatient hospital costs. It costs approximately \$1200 per day to treat an individual in a California psychiatric hospital. By contrast a comprehensive package of the most intense community services (AOT) for the same individual costs on average \$43.84 per day.
- AOT reduces emergency room visits, ambulance and fire department costs, and services for the homeless.
- AOT significantly reduces rates of arrests and incarceration. Due to California's reduction in psychiatric hospital bed capacity, the responsibility has shifted to state jails and prisons. Roughly 16% of inmates have an untreated mental illness. These individuals deserve treatment not punishment.

Please ask Mark Leno (415) 479-6612 and Jared Huffman (415) 479-4920 to support Assemblymember Michael Allen's AB1569 to extend Laura's Law to January 1, 2019.

NAMI Marin Advocacy Committee

Urge Marin County Legislators to Support AB 1569 to Extend AB 1421 Laura's Law to 2019!!!

Assemblymember Michael Allen has introduced AB1569 to extend Laura's Law (AB1421) from January 2013 to January 1, 2019. The original legislation expired in 2008, but was extended by subsequent legislation until January 1, 2013. The NAMI Marin community needs more time to convince the Marin Board of Supervisors to implement this important law in Marin County..

Laura's Law (AB 1421) provides court ordered community based, assisted outpatient treatment (AOT) to individuals who as a result of their serious mental illness are unable to take advantage of mental health services in the community. A neurological syndrome called *anosognosia* (lack of awareness of illness) is the single largest reason why many individuals with schizophrenia and bipolar disorder do not take their medications or consistently participate in treatments.

Do you feel anxious, hopeless, discouraged, or depressed?

If so I have good news: you can break free from all that negativity. The trick is to learn to make the mind work *toward* your best interests rather than against them.

Not that many years ago I felt horribly familiar with all the adjectives that open this post. I had tried many types of therapy and many different pharmaceuticals without much improvement. Eventually, I turned attention inward and began to work with my thoughts and feelings directly.

By clearing out misconceptions and misperceptions, and by slowing my thoughts, I found clarity and readiness to accept whatever happens in life. I am not immune to grief and disappointment, but I am much more resistant to despair. Meditation helped me get more benefit from all the other methods that support my mental health, including therapy, exercise, and helping others. Meditative practice also seemed to increase the effectiveness of drug therapy, so that over a period of years I gradually reduced the amount of medication needed.

This all sounds promising, I hope. It should offer reassurance to those who wonder if they could ever wake up from the nightmare of chronic depression and/or endless anxiety. It can be done, I promise.

But how? If one is stuck in the depths of misery, the idea of meditating out of it probably sounds like an impossible dream. And early on observing the mind may actually increase awareness of emotional pain and cognitive obsession, which can feel like exactly the wrong result. The trick, in my opinion, is to start with very small goals.

Don't begin by signing up for a ten-day meditation retreat. Don't even plan on sitting on a cushion for an hour. Rather, the next time you're stuck in a waiting room or standing in line, pay attention to how you feel. Explore your sensations. Can you detect your heartbeat? Where do you find pain? Are you breathing or holding your breath? Get in the habit of checking in for a minute or two whenever there's a lull in the action.

When you feel ready for more, adopt the same practice as you fall asleep. Take a brief break from reviewing and planning to feel your bodily sensations. Indulge in some slow, deep breaths. See how long you can focus on your body before your thoughts start churning again. Early on, you'll be doing well if you can remain attentive for fifteen seconds. Be proud if you can sustain focus for that long.

Over time, you will extend your range. Maybe you will gaze inwardly a bit longer. Maybe you will catch an obsession and halt it. Every time you succeed, recognize your ability to steer your mental state, even if only briefly. The goal is to gain sustained mastery over your mind, but this process takes years. At first, consider yourself a champion if you can subdue a destructive thought long enough to choose a healthier one. As you acquire skill, you'll begin to desire more time for meditation. That's when you should consider joining a meditation group or going on retreat.

But don't expect too much too soon. If at first you find it too painful to watch thoughts and feel sensations, steer your mind toward pleasant memories or daydreams. This isn't meditation as we usually define it, but it does involve guiding the mind, so it



"Meditation helped me get more benefit from all the other methods that support my mental health, including therapy, exercise, and helping others."

can be very helpful. Such practice provides welcome breaks from inner turmoil. If you feel ambitious, you can use visualization to build up empowering imagery. Paint a mental picture of yourself mastering a valued skill, or being generous to others, or feeling well and happy.

From just these brief suggestions, you can see how the mind can be trained in various ways, and one can enjoy experimenting with different methods. Check books out of the library, search for videos on the Internet, or go to local meditation groups (which typically ask only for voluntary donations). If you have a religious faith, and if you feel comfortable in it, then consider getting more involved with whatever contemplative or prayerful activities it offers.

I like to divide mental training into two explorations, though more knowledgeable students recognize many more categories. But for simplicity's sake, consider just these alternate paths:

- A person can meditate to explore the ocean of consciousness by being mindful of the body, by observing thoughts, by focusing on feelings, by quieting mental activity, and so on.
- Alternatively, one can meditate to connect with cosmic love by centering on the warmth that emanates from the heart, by repeating sacred mantras, through visualizations, by attending religious rituals, etc.

I believe it is important for people who feel depressed or anxious to do both. Exploring the mind helps one learn to steer thoughts and not act on feelings. Nurturing the heart warms the inner child who feels lonely and unwanted. One does not need faith in a Divine Being to find such comfort; just awakening to the affection that arises when holding beloved pets or watching children can accomplish the same end. On the other hand, belief in a loving God is a great way to find support if your philosophical prejudices allow it.

Keep in mind as you work on meditating that other healthful activities remain vital. Exercise, good nutrition, socialization, creative arts, and compassionate acts all help improve mood and outlook. These days we can choose from a wide array of therapies and somatic practices that enhance mental health. Pursue as many avenues as you can to help yourself improve.

Applaud yourself for every victory, but also treat yourself with tenderness. When you feel too depleted to do much of anything, accept your need for contraction and isolation. Compliment yourself for sitting up in bed, if that's all you can manage. Eventually, when your energy improves, you can do more.

At all times, be aware that the aim is incremental advancement, not sudden sainthood. As they say in Alcoholics Anonymous, "seek progress, not perfection."

Will Meecham, MD

Marin Medical Acupuncture

415-895-0894

NAMI PEER -TO-PEER EDUCATION COURSE EXCEEDS EXPECTATIONS

I love facilitating the gentle and empowering 10-week Peer to Peer Education Course with my NAMI Mentoring Team at the Enterprise Resource Center. During the weeks of preparation for delivering the extraordinary program, a true gift to our recovery community, I've grown in understanding and wisdom from interacting with my two fellow Peer Mentors, Scott McGowan and Leah Fagundes.



At first I think it's fair to say that the three of us felt like ingredients in a recipe that might clash rather than blend. But one thing we had in common was the recognition and commitment to the course principles.

The aim was not to bypass, ignore, transcend or put up with our differences, though we each gave it our best shot. In the face of those divisions, each decided to take a risk and actually live out the principles of the program with one another.

It required stamina. Outside of class time, we carved out extra hours dedicated to getting to know one another beneath our surface differences, while at the same time reminding ourselves and each other to renew commitment to one of my favorite core values of the program, *Sincere Non-Critical Acceptance*.

In an effort to diminish the potential 'overwhelm/flooding factor', we took it one week at a time, one personal interaction at a time. Scott, Leah and I met together to hear one another, to cultivate empathy for what it takes for each of us to function, and to maintain connection and continuity.

I learned that it is possible to intentionally create an environment of emotional safety, harmony, and respect even when it doesn't come easily. How can I go on when it doesn't feel good immediately...when it takes some effort? Hanging out with the friction of differences longer than I imagined I could, has increased my capacity to be with my own inner turbulence when it arises.

Now picture the last day of class...graduation day. We've all shown up and better for our personal endeavors. We have worked in unity to express our uniqueness in *sincere non-critical acceptance*. Gentle music filled the atmosphere

along with heightened awareness. After our last group Mindfulness Meditation, we surprised our peers with a festive table, candles glowing, chocolate chip cookies, plump purple grapes, sharp cheese and crackers, and rich French chocolates in the Linda Reed Room. A silence drew us together. Then out popped the pearls from the oyster. It was time to give out the framed Certificates of Completion. There was instant applause for each graduate as they stood in front of the room to receive their diploma. My tears of gratitude warmed me and a full smile replaced the sweet sadness. The music, the eye contact, the feelings bubbling up, there was an increased presence and awareness of one another in the room and of all we'd been through and learned over the past three months. It was like an invisible yet palpable, stringing together of the pearls on the thread of thankfulness. Trembling, one of our peers moved in close to Scott, Leah and me and whispered through grateful tears, "You saved my life."

***Cheryl D. August, Recovering Comedian
Healing Through Humor***

The next Peer-to-Peer course will be offered in the fall. The details will be in a future newsletter.

Ten Tools to Live Your Life Well

These proven tools can help you feel stronger and more hopeful. Visit LivingYourLifeWell.org to check out each tool for specific, easy to follow tips.

1. Connect with others - Fight stress with friendship. Learn how to strengthen old bonds and build new ones.
2. Stay positive - Changing your thinking can change your life. Take steps to increase your optimism.
3. Get physically active - Exercise can make you happier.
4. Help others - You may feel better serving soup at a shelter than sipping martinis at Happy Hour.
5. Get enough sleep - Being tired can hurt your health and your relationships.
6. Create joy and satisfaction - Feeling good is good for you, so have a laugh, find a hobby or just kick back.
7. Eat well - The right foods can fuel your mind, boost your mood and fight disease.
8. Take care of your spirit - Praying, meditating or just connecting with your deepest self can enrich your life.
9. Deal better with hard times - Coping tools can help you through a rough patch.
10. Get professional help if you need it - Don't hesitate to seek professional help. Learn about therapy, medication, and more.

(Continued from page 1)

acquired skills such as learning how to operate a register, bookkeeping and customer service. Plus, they have the knowledge that they have the ability to acquire training and earn a certificate,” said Daniels.

Last but not least, Daniels mentioned Buckelew’s *clerical training program*, which has recently been expanded.

Next up was Irene Klein (formerly Irene Birch), Integrated Community Services (ICS) Employment Coordinator at the San Rafael-based nonprofit agency (415-455-8481- www.connetics.org). Like Buckelew, ICS also offers supported employment services. Their program places individuals in the competitive workforce and ensures success by offering vocational counseling, job development, on-the-job training and follow-up services to both clients and employers.

“What’s unique about us is that we serve any person with a disability -- mental health, learning, developmental or physical disability. We even assist those people with complex issues covering more than one challenge. Our motto is, ‘Whatever it Takes,’ ” Klein said.

ICS has two contracts with Community Mental Health programs. The first of these contracts covers vocational consulting for the *Odyssey Program*, which helps people who have a mental health diagnosis, or are at risk of homelessness and have substance abuse problems. The second contract concerns the *STAR* (Supported Treatment After Release) program. These clients not only have mental health challenges but also have some kind of criminal record or are currently in the court system.

“With all of our employment programs, we ask clients what it is that they really want to move on with in their life. Perhaps they want education, vocational training, or maybe what they really want is some kind of meaningful volunteer work,” said Klein.

One of the employment training programs ICS features is called *Growing Excellence in Marin*, or GEM. The program is a vocational horticulture program for people with disabilities and gives students the skills to get a job and keep it at places such as a nurseries or supermarkets. GEM trains clients by maintaining a nursery in the greenhouse at Mount Tamalpais Cemetery in San Rafael.

The program teaches clients how to sow seeds, mix compost, fertilize and water flowers, plants and micro greens, prune bushes, shovel and aerate soil, and how to

work a cash register. It also teaches them soft skills such as being on time, showing initiative at work, respecting co-workers and supervisors and making sure tasks are performed correctly.

“It’s very peaceful there. Clients find that they can relax and totally focus on their training,” said Klein.

Besides these employment programs, ICS offers independent living skills training that covers money management, domestic skills training and community integration. ICS also offers transition services for developmentally challenged individuals from age 16 to 22 years old.

After Klein’s presentation, Chris Schultz, Program Coordinator for the College of Marin’s *Disabled Students Program Services* (DSPS) talked about the college’s services for students with any kind of disability (415-485-9406). DSPS offers many services and classes to ensure a successful and productive educational experience. Anyone with a physical, learning, psychological or communication disability who can profit from instruction is eligible for DSPS by enrolling at College of Marin.

“This is a great chance for people who may experience learning difficulties to receive the kind of focused help and educational services that will allow them to gain the skills, appreciation or training they may need to acquire a job or to better enjoy pursuing new interests. It’s also a good way to gain valuable experience at making peer connections and improving socialization skills,” said Schultz.

After an initial assessment meeting with a DSPS counselor, a student with a verified disability may be eligible for specific accommodations while school is in session. Some of the accommodations include note-taking services and testing services. At times, DSPS might ask for an instructor’s help or direct involvement in ensuring that students get the services and support they need to be successful.

The counseling faculty of the Disabled Student Program is central to support efforts for the students with mental health challenges. Support groups and extensive, individualized accommodations are provided to address the needs of this group. Tutoring has been provided in a variety of subjects over the years and specialized classes have been offered for individuals with developmental disabilities. There are also classes offered to support independent living skills.

Rick Roose
Strategic Communications Consulting

Buckelew Programs

900 Fifth Ave.#150, San Rafael, 457-6964
www.buckelew.org

- **Buckelew Employment Services**
Free orientation meeting 12pm every Tuesday, 3270 Kerner Blvd., Bldg. A, San Rafael. For information call Amy Rogers 456-9350 X 106, or amy@buckelew.org
- **Buckelew Housing**
Rene Mendez-Penate 473-6804.
- **PATH Program for Transitional Age Youth (TAY)** Provides mental health services for young adults 16 to 26 years old. Kathy Eagle, Director, 460-2167. Parental support call Nellrose Graham 336-6644.
- **The Vine** (detox center) 492-0818
A 26 bed co-ed residential program. Provides recovery services for individuals with alcohol and drug addiction issues, as well as co-occurring psychiatric problems.
- **Family and Friends Case Management**
Respite care and case management services. Private pay. Call Mia 526-0411
mia@buckelew.org
- **Senior Case Management** in collaboration with Marin Housing Authority. Contact Bernadette Stuart 491-2554.

Community Mental Health Services

<http://www.marin.networkofcare.org>

- **Adult Medication Clinic** 473-6835
- **C.A.R.E. Team** 847-1266 Mobile outreach program for people who are homeless or at risk of being homeless.
- **Marin Mental Health Plan** 473-4271
Authorizes Medi-Cal services for CMHS and other services in the community.
- **Case Management & Housing**
Rene Mendez-Penate 473-6804.
- **Family Partner Adult System of Care**
Monday-Friday 9-5pm Nellrose Graham Office:473-4382 Cell: 336-6644
- **Family Support Group** facilitated by CMHS staff, every Thursday 7-8:30 pm, CMHS, 250 Bon Air, Greenbrae, 1st Floor Conference Room. Drop-in group, Kathy Chestnut 473-6805 (free).
- **HOPE Program** for seniors over age of 60 who suffer from mental illness 473-4306
- **Marin County Jail Criminal Justice Team** 473-6648.
- **Odyssey Team- Homeless Outreach Program** - Chris Kughn 473-2879.
- **STAR After Release Program**
Jen DaSilva 473-2127.

Community Institute for Psychotherapy

1330 Lincoln Ave., Suite 201, San Rafael, 459-5999. Provides individual, family and couples counseling. Sliding scale and Medi-Cal accepted. www.cipmarin.org

Community Resources 415 Area Code

- **Interpersonal Psychotherapy Group** for men and women struggling with social isolation, depression & anxiety. Two groups forming Tues. 6-7:30pm & Wed. 6-7:30 pm. Call X450 to register.
- **Mindfulness Group**, increase awareness of the relationship between thoughts and feelings, expand choices for more empowerment in your life. Six week sessions ongoing Fridays 5-6 pm. Call X405 to register.

Enterprise Resource Center

3270 Kerner Blvd. Bldg. A, Suite C
San Rafael, CA 94901 415-457-4554.
Open M-F, 9-4pm, Sat-Sun, 10am-4pm
See ERC Newsletter www.cementalhealth.net
for listing of classes and activities.

Family Service Agency

555 Northgate Dr., San Rafael, 491-5700
(491-5720 en espanol). Individual and group counseling services. Medi-Cal/sliding scale. Office also in Sausalito, 3000 Bridgeway Dr, Suite 205, 332-3129.

- **Adult Dialectical Behavior Therapy (DBT)** skills training groups. Call X5728 for information and to sign up.
- **Parenting Apart** Education and support for co-parenting after separation or divorce. Wednesdays 11-12:30pm & 6-7:30pm. Call X5723 for information.
- **Recovery and Wellness for Women**
Using Seeking Safety Model. Fridays 1:15-2:45pm. For women with trauma, addiction, & mental health issues. Contact Debra Collins, MFT X5713.
- **TeenScreen** Individual screening of teens and young adults to identify early signs of mental illness. Esme Gordon, MFT, X2051

In-Home Services

- **APPLE Family Works Therapy and Life-skills Center.** Adjustable fees 492- 0720.
- **Dave Moss Case Management Services, LLC.** Private mental health and addiction recovery services. Questions? Call Dave at 215-1938 or email mossluck@yahoo.com
- **Elpida InHome Case Management,**
Contact Laura McCormick,
Executive Director,499-8613, X2.

Marin Community Clinics

In Greenbrae, Novato & San Rafael. Daytime & evening appointments available Monday-Friday. Same-day appointments & walk-ins welcome.

www.marinclinic.org

Medical Appointments 415-448-1500

Dental Appointments 415-526-8555

Accept: Medi-Cal, Medicare, CMSP, Family PACT, CHDP, & CaliforniaKids. Sliding scale/ \$30 or more per visit.

Marin General Hospital-Behavioral Health Outpatient Services

250 on Air, Greenbrae (main hospital) Most Insurances & Medicare/Medi-Cal combination Larry Cunniffe 925-7674.

- **Partial Hospitalization Services** -
Structured treatment 4-5 days per week, 5 hrs per day, between 8am & 4:30pm, for 1-6 weeks, returning home each night. Program includes DBT, CBT, Life Skills, Psychotherapy & Planning Groups.
- **Intensive Outpatient Services** Often next step after Partial Hospital Program. Similar to Partial program structure only less frequent (2-3 days per week).

Other Community Resources

AD/HD (attention disorders) parent and adult support/education groups by CHADD 789-9464 www.chaddnorcal.org

- **Alano Club - Dual Recovery Anonymous**
Mondays 4 to 5pm; Thursdays 8 to 9 pm. Call Matt 532-4799 for information.
- **Beyond Hunger** Program for Eating Disorders 459-227 www.beyondhunger.org
- **College of Marin Disabled Students Program** Supportive services for students recovering from mental health issues Learning Ctr, Rm 115 485-9406.
- **Integrated Community Services** 455-8481
Offers employment, housing, recreational and referral services for disabled. www.connetics.org
- **Kaiser Psychiatric Services** Advice and education, 820 Las Gallinas, San Rafael 444-3522.
- **Life Skills Group** . Fridays 1:30 to 3 pm, Elpida House in San Rafael.
Dr. Laura McCormick 499-8613. X 2.
- **Managing Voices and Negative Thoughts** is lead by Robin Buccheri, Hilary Spaulding, and Christie Coats, 2nd Tuesday, Noon to 1 pm, CMHS, 250 Bon Air, Greenbrae, 1st Floor Conference Room bucherir@usfca.edu or 422-6498.
- **Matrix Parent Network & Resource Ctr**
Provides information and support groups for families of children with disabilities. Visit www.matrixparents.org or call 1-800-578-2592.
- **Prevention & Early Intervention Crisis Planning Program** 306-3289
Seth Friedrich, sfriedrich@camarin.org;
Guinevere Westfall, gwestfall@camarin.org
- **Recovery Connections Center** Screening & Assessment for alcohol, tobacco, other drug problems and mental health issues. Group meets at ERC, Tuesdays @ 3pm. For referral and assistance with admission to appropriate treatment call 755-2345.

This list of services does not represent an endorsement by NAMI Marin.

Help in a Crisis (415 Area Code)

24 Hour Crisis Lines

- **Psychiatric Emergency Services (PES) 499-6666**
- **Suicide Prevention & Community Counseling 499-1100**
- **Grief Counseling 499-1195**
- **Marin General Emergency Room 925-7200**
- **Novato Community Hospital Emergency Room 209-1350**
- **Kaiser Medical Center Emergency Room 444-2400**
- **Center for Domestic Peace - (Former home of Marin Abused Women's Services). Call: English 924-6616; Spanish 924-3456; Men 924-1070 www.centerfordomesticpeace.org**

Urgent Care

- **C.A.R.E. Team 847-1266** Mobile outreach program for mentally ill people who are homeless or at risk of being homeless.
- **Family Partner Adult System of Care 473-4382 or 336-6644**
- **Family Partner Children's System of Care 473-7814**
- **Child and Family Services (formerly CPS) 473-7153**
- **NAMI Marin Helpline 444-0480, 1-3 pm. Monday-Friday**
- **Warm Line 459-6330** Phone support for peers. Operated by peers through the Enterprise Resource Center.
- **Phone number of your local police department.** Ask for a Crisis Intervention Team Officer (CIT) and request a 5150 evaluation. *Stay Calm and Be Prepared.*

Prepare for a Crisis Call Community Action Marin, 306-3289 to create individualized client crisis plans. Also, visit www.namimarin.org and download and prepare the following documents:

- **Mental Health Crisis Call**
- **Guidelines for Effective Communication with 911 Dispatch. Study scripts**
- **Authorization Release Forms**

SAMHSA, NSPL Collaborate with Facebook to Help Those in Crisis

Facebook has announced new services that harness the power of social networking and crisis support to help prevent suicides across the United States and Canada. This new service enables Facebook users to report a suicidal comment they see posted by a friend to Facebook using either the Report Suicidal Content link or the report links found throughout the site. The individual who posted the suicidal comment will then immediately receive an email from Facebook encouraging them to call the *National Suicide Prevention Lifeline (NSPL) at 1-800-273-8255* or to click on a link to begin confidential chat session with a crisis worker.

NSPL is funded by the Substance Abuse and Mental Health Services Administration and administered by Link2Health Solutions, a wholly owned subsidiary of the Mental Health Association of New York City. The Lifeline provides free and confidential crisis counseling to anyone in need and has answered more than three million calls since its launch in 2005.

Source—SAMHSA

<http://www.mentalwellnesstoday.com/Schizophrenia/Article/tabid/407/Article/355/samhsa-nspl-collaborate-with-facebook-to-help-those-in-crisis.aspx>



NAMI Marin Services

(415 Area Code)

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

- **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. Meets in NAMI office conference room, Tuesdays, April 10-June 26, 7-9:30pm.
- **Family Support Group**, 2nd & 4th Tuesdays, 6-7:30pm, ERC, Kay Browne, MD (drop-in).
- **Espanol Family Support Group**, 1st & 3rd Thursdays, 7-8:30pm, ERC, with Rosa Lopez 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 free of charge 444-0480, Ext. 242. In Our Own Voice (IOOV) is a unique public education program in which trained speakers share compelling personal stories about living with mental illness and achieving recovery. IOOV presentations are given *free of charge*. Call the office to book a date.
- **Gift of Time**, volunteer and consumer matched for companionship 925-0875. Volunteers are needed.
- **Healthy Lunch Program**, provides lunch one day a week at the ERC Center. Volunteers needed. Call Judy/Jim Finn 892-5135.

NAMI Marin Volunteers Needed!!!

We are looking for a few talented people who have expertise in the following areas:

- Data Entry in Filemaker Pro
- Fundraiser
- Website Manager in Wordpress
- Legislative Monitor
- Attorney
- Helpline/Office Volunteer

If you think you can help, please call the office at 444-0480. Leave your name, and number and someone from the board will get back to you.



National Alliance on Mental Illness
555 Northgate Drive, #280
San Rafael, CA 94903

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March 2012

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Time to Renew NAMI Membership?

The expiration date is on the label of this newsletter.
 Instructions of how to renew or join online visit www.nami.org

- NAMI Marin is an affiliate of NAMI CA 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.
- Circulation: Karen Illich & David Illich, Sue Roberts.

NAMI Marin General Meeting

Monday, March 26, 7:00-8:30 pm

Note New Location !

Center for Nonprofit Leadership
555 Northgate Drive, San Rafael
Ground Floor Conference Room

Doors open at 6:30 pm. Come early for social time. Park in the lot behind the building or across the street in the Sears Tire Lot. NAMI programs are free and open to the public.

Latest Changes In Programming at
Marin General Hospital - Behavioral Health
Partial Hospitalization
and Intensive Outpatient Services

Guest Speakers: Larry Cunniffe, LCSW
Robert Holtz, RN



You are invited to the next

FamFest

Wednesday, March 7 at 6 pm
House of Lee Chinese Restaurant
885 Fourth Street, 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.

Wednesday, April 4, at 6 pm
San Rafael Joes
931 Fourth Street, San Rafael
Call Paula 479-4290 if you have any questions.