

Marin parents of mentally ill children grapple with chronic pain and grief

[Richard Halstead](#), Marin Independent Journal
Posted: 04/25/15, 3:32 PM PDT |

Kentfield resident Caroline Kreitzberg loves all five of her children, but there has always been a special place in her heart for her son, William.

“He, of all my kids, was my golden boy. The kid had so much going for him,” Kreitzberg said.

William was a handsome teenager, a three-sport athlete and a fine student. But soon after her son started college at the University of California at Santa Cruz, in February 2010 Kreitzberg received a call from his roommate — something was seriously wrong with William.

“I went down to Santa Cruz and picked him up that day, and he was a different person than I had dropped off a month earlier,” Kreitzberg said. “He was talking about the things he had become paranoid about and these delusions that he had, and of course he didn’t realize they were delusions. He was in that way almost unrecognizable.”

Kreitzberg was one of more than 50 people who turned out Monday night to hear Mill Valley psychologist Alexandra Matthews talk about the chronic grief that the parents and relatives of the mentally ill endure. The event was sponsored by the Marin chapter of the National Alliance on Mental Illness, known as NAMI.

Matthews told her audience that one of the biggest sources of the chronic pain and grief is the discrepancy between parents’ hopes, dreams and expectations and the reality of their situation. “It’s a repetitive loss,” she said.

Kreitzberg’s son was subsequently diagnosed with schizoaffective disorder — a cousin of the more widely known illness called schizophrenia. Nine months after returning from college, William left a suicide note in his room and set out in his mother’s car with plans to jump off the Golden Gate Bridge; a flat tire saved his life. “I’m very glad that I didn’t lose my son. He is very precious to me,” Kreitzberg said.

Nevertheless, Kreitzberg says in some respects she feels she has lost the William she once knew. “There were things about him that were important to me and were very ingrained in my experience of him that are no more.”

Matthews began her talk last week by having the audience close their eyes and recall what their hopes and dreams were when they decided to have children. “You probably hoped that your child would be healthy, maybe would go to college, would have a job, would get married, have kids of their own, you’d be a grandparent. Most of all, you hoped that your child would be happy and self-sufficient,” Matthews said.

“I’m guessing that when you decided to have children none of you thought: ‘I hope my child grows up to be psychotic, manic, homeless and a substance abuser.’ None of us set out to be parents with these things in mind,” Matthews said.



NAMI Marin Calendar

Second Monday,

Board Meeting, 7:00 pm
555 Northgate Dr., San Rafael

Third Monday, see pg 7 & 8
NAMI Marin General Meeting

Second Wednesday

FamFest, see pg 7 & 8

Family Support Groups, see pg. 7

Second & Fourth Tuesdays

San Rafael Family Support Group

First & Third Wednesdays

Novato Family Support Group

First & Third Thursdays

Española Family Support Group

Fourth Wednesday

Volunteer Lunch Meeting
11:30-1pm, NAMI Conf. Room

Family-to-Family 12 Week Course

Call (415) 444-0480 to sign up for next session., see page 7

Our Mission:

To provide support, education and advocacy for individuals and families affected by mental illness.

All families are affected by mental illness!

Get the word out. Let your family, friends, doctors and others know how NAMI Marin can help.

(Continued on page 5)

LPS CONSERVATORSHIP: HOW IT WORKS AND WHAT TO EXPECT

Mark Vanderscoff, a former Public Guardian, and Michael Sintef, Deputy Public Guardian presented lots of practical information for families at our September General Meeting. Mark emphasized that the Marin County Public Guardian's Office (PGO) steps in when others cannot. The LPS (mental health) Conservatorship requires the opinion of two psychiatrists to deem it necessary. A Public Defender (PD) is assigned to defend the rights of the conservatee.

The LPS Conservatorship process is as follows:

- **Stage 1:** a 5150 (24-72 hour psychiatric hospitalization)
- **Stage 2:** a 5250 (14 day psychiatric hospitalization)
- **Stage 3:** temporary conservatorship/ "t-con" (~ 30 days). An investigator determines if the conservatee is a county resident, "gravely disabled" due to mental illness, and unable to provide for their own food, OR clothing, OR shelter. The PGO & County Council, CMHSUS, and PD are involved.
- **Stage 4:** conserved for a 12 month period, which can be re-evaluated after 11 months, or by conservatee request, after 6 months. CMHSUS has the power to place the client in a psychiatric facility and ensure that they take medications. The client may not drive, have firearms nor enter into a contract greater than \$40. If the conservatee decompensates, the police have the authority to place them directly in a hospital or locked setting.

A person may NOT be a candidate for an LPS conservatorship if they:

- suffer from a primary substance abuse, developmental disability, or Axis 2 Diagnosis
- have housing
- are not gravely disabled
- have a third party providing assistance
- win a Writ of Habeas Corpus.

Family and Friends may help their loved by:

- recognizing when they are "Gravely Disabled"
- supporting them to make a "crisis plan"
- compiling a chronological mental health history that includes diagnoses, providers, medications and treatment adherence
- seeking self support at Thurs. night CMHSUS drop-in meetings at Marin General
- learning about the new CMHSUS outreach teams (888) 818 1115.

Additional Resources

Public Guardian's Office (415) 473 6186
 Marin Mental Health Access Line (888) 818 1115
 CARE Team (Community Action Marin) (415) 847 1266
 Adult Protective Services (415) 473 7118
 In Home Support Services (415) 473 7118
 Lawyer's Referral Services (415) 499 1813

Gratitude to Amy Barad for writing this article.

FAMILY SERVICES AGENCY New DBT Groups

DBT Skills for Teens

Wednesday Afternoons | 4pm – 5:45pm
 Offered on a sliding scale (\$15 - \$30 per group),
 Medi-Cal is accepted.

Designed to help adolescents between *the ages of 13-18* who struggle with *safely managing intense emotions* and want to develop new ways to cope.

Group members study and practice the skills of:

Emotion Regulation, Distress Tolerance, Core Mindfulness, Interpersonal Effectiveness, and Walking the Middle Path to build less chaotic lives.

Please call (415) 491-5728.

DBT Skills for Adults

Wednesday, 10am to 12pm or 6pm to 8pm, beginning October, 2015
 Offered on a sliding scale (\$15-45)
 Medi-Cal is accepted.

DBT is a practical psychotherapy that combines basic strategies of cognitive behavioral therapy with mindfulness practices.

What does DBT Skills Training offer:

- Enhance motivation and desire to live your life fully.
- Enhance emotion management.
- Improve interpersonal relating and communicating.
- Decrease self-destructive behaviors.
- Enhance your ability to get through crises.

Please call us at 415-491-5728 to arrange for an initial interview.

Family Services Agency is located at 555 Northgate Drive, 1st floor, San Rafael.

Dedicated Tony Masini Memorial Fund Announcement

This Memorial Fund is dedicated to disseminating information about evidence-based treatments for individuals with severe mental illness and their family members by:

- purchasing materials for a family member's education library and self-help books based on Cognitive Behavioral Therapy, Acceptance, Commitment Therapy and other evidence-based treatments,
- supporting evidence-based training, supervision and treatment practices in community mental health, and
- other activities as agreed to by the Masini family in order to honor and keep alive the memory of Tony Masini in the pursuit of important good works that he would believe in.



Please make donations directly on our website at <http://namimarin.org/tony-masini-memorial-fund/> or by mail, making your check out to 'NAMI Marin' and adding 'Tony Masini Memorial Fund' in the note section of your check:

NAMI Marin
555 Northgate Dr., Suite 280
San Rafael, CA 94903

Anthony Masini

Dr. Anthony Masini graduated from Palo Alto University (PAU) with a Ph.D. in clinical psychology in 2012. He completed his practicum training programs at Goodwill of Silicon Valley, Santa Clara County Health and Hospital Services and his APA internship and postdoctoral training at Didi Hirsch Mental Health Services in Los Angeles County. Dr. Masini completed an innovative dissertation project with Dr. Reiser titled "Acceptance Commitment Therapy for Schizophrenia in a Community Mental Health Setting: A Pilot Study," where he was one of only a handful of PAU students to run his own pilot clinical treatment study for a dissertation. Dr. Masini provided invaluable pro-bono services to individuals with serious mental illness during his time at Palo Alto University. After earning his doctoral degree, Dr. Masini made a mark in research, program development, and as a community trainer in Acceptance and Commitment Therapy for serious mental illness. He started up several Acceptance and Commitment Therapy groups for people with Severe and Persistent Mental Illness at Didi Hirsch Mental Health Services, and trained a number of providers in the provision of these services. Tony also conducted agency wide continuing education programs on Acceptance and Commitment Therapy as well as Cognitive Behavioral Therapy for the treatment of Schizophrenia. Sadly, Dr. Masini passed away much too early in February 2014. He is remembered as a genuine, positive, and passionate psychologist who was a leader and

pioneer in his work to help individuals with serious mental illness in community mental health.

Excerpt from Memorial Service

"Some students (very few) make you a better teacher and a better person and Tony was one of those students—so passionate and dedicated to the work of helping people with serious mental illness that he began to shine brightly in a way that was really quite incredible. Faculty at Palo Alto University felt lucky to have worked with Tony and those who worked most closely with him felt that there was no doubt that his passion and values "have made us better people". We are so very sad that we won't see his contribution as a great psychologist helping people. We have now heard from so many of Tony's fellow students especially ones that worked closely with him in his clinical work on providing Acceptance and Commitment Therapy to people with schizophrenia for his dissertation project who have told us how meaningful this work with Tony was and how it changed their lives for the better."

Excerpt from Tony's Psychology Internship Application Essay

"Past the illness, I see the person who is in desperate need of help and connection. I have a burning passion for this work and for helping those suffering from the most serious mental illness that has guided me where I am today and will continue to motivate me far into the future. I want to be remembered for being a competent, compassionate professional who dedicated his career to treating clients with serious mental illness from unserved and underserved populations."

Lecture Series at Rodef Sholom

Breaking the Silence; Conversations about Mental Health

A four-part speaker series focusing on resilience, reducing stigma, embracing imperfection, and building a supportive community. Hosted by **Congregation Rodef Sholom**

170 N. San Pedro Road
San Rafael, CA 94903

Please RSVP to Molly at 415-479-3441
or molly@rodefsholom.org

The first lecture in the series is Thursday, October 22, 2015
7:00 – 9:00 pm in the Sanctuary

Speaker Ken Druck, Ph.D. with Rabbi Stacy Friedman

Cultivating Resilience after a Living Loss or Set-back

Sharing about the loss of his own daughter, Dr. Druck will talk about tools for transforming the adversity in our lives into becoming the deeper, better, stronger, faithful, more courageous version of ourselves.



For more information: <http://namimarin.org/breaking-the-silence-conversations-about-mental-health/>

NAMI Marin President's Update

Dear members, please welcome our newly elected Board of Directors:

Beverlee Kell, President
Debra Belaga, Secretary
John Polivka, Treasurer
Peg Super, Past President
Kay Browne, MD
Robert Reiser, PhD
Sue Roberts
Matt Tasley



I'll be introducing you to each of our Board members in future newsletters. We are pleased to announce that we have hired a Director of Operations, Judy Lea Cuddy, who brings professional support to our organization.

The Board wishes to thank everyone who helped to make our **NAMI Walks 2015** such a terrific event. We especially want to thank Sue Roberts who managed our event and welcomed our huge, new team from Rodef Sholom. Thanks to Marilyn Goldeen, Melody Healy, Alice Flaherty, Kay Browne and Laura Roberts for the best booth in the park! See wonderful photos of the Walk in our June e-newsletter, archived at namimarin.org. Peg Super, as always was the top fundraiser! A final Walk report is coming soon. Thank you everyone for all your efforts to make this such a success.

The Board has created a **Program Evaluation Committee** that is evaluating the quality of our programs and providing resources that our wonderful volunteers need. We always appreciate your feedback on how to improve our services. Please share your ideas anytime by leaving a message at **415-444-0480** or namimarinoffice@gmail.com.

NAMI Marin needs a volunteer that is savvy with social media to help increase our outreach. We also need a volunteer to update resource information in our HelpLine resource list. If interested in these or any other areas, please call our office and leave a message for our excellent coordinator of Volunteer Development, Peg Super.

Many NAMI Marin members courageously spoke out on the need for Assisted Outpatient Treatment at the September 8th Marin Health and Human Services Public Forum on Laura's Law. John Polivka, our Board treasurer, adeptly questioned the facilitator on claims that research is inconclusive. He and other Board members are following up to challenge this. I read the following statement for public record: "NAMI Marin joins the ever growing chorus urging the County to adopt Laura's Law. NAMI Marin provides a voice for the mentally ill and their families, who are often the primary caregivers for their loved ones. We strongly believe that this law provides an essential tool to help the most vulnerable population among the severely mentally ill. Our County courts are uniquely suited to preside over their treatment and the beneficial "black robe" effect is well documented. We encourage the County to

join the groundswell of support throughout the State for Laura's Law".

The Board is seeking additional Board members. If you feel a passionate commitment to the work that NAMI Marin does, and want to know more about serving on the Board, please contact me at 415-789-9464.

I'll keep you informed of our accomplishments through the year. Thank you for being a member and joining in our family of mutual support!

Beverlee Kell,
NAMI Marin President

Getting to know your NAMI Marin Board of Directors

Debra Belaga, JD, NAMI Marin's Board of Directors in April 2015 and before that served on our Advocacy Committee. She also serves as Secretary and Coordinator of our Fundraising Committee. She is a retired business trial lawyer. She spent the latter part of her legal career as a senior partner with the international law firm, O'Melveny & Myers LLP in San Francisco, specializing in complex commercial litigation. She has been named one of the top women litigators in California. She grew up in Europe and the East Coast, and graduated from Stanford Law School. Debra retired in 2011 after more than 30 years of practicing law in order to focus on community service. She previously served as a founding director of a non-profit that is dedicated to early childhood education in Richmond, California.

Peg Super, MA, joined the NAMI Marin's Board of Directors in 2009 and has served as our President from 2013 – 2015. She currently serves as our Volunteer Coordinator to recruit and develop our volunteers. Peg has Coordinated our Family-to-Family program since 2009, both teaching classes and developing other teachers. Along with Rik, she has co-chaired our NAMIWALKS program and been our largest fundraiser for many years. Peg is a management consultant and coach working primarily with medium to large corporate companies in the area of business leadership and performance. She is currently part owner of a small consulting firm called Breakthrough Resources Corp.

Sue Roberts, MA, joined the NAMI Marin's Board of Directors in 2010 and has been Membership Chair since 2009. Sue is our technology guru. She developed and maintains our relational database for member and contact records and to create layouts for mailings and directories. Sue re-developed and maintains our website and created our e-newsletter platform. She has managed our NAMIWALKS program for many years. She retired from work as a Research Scientist in the area of epidemiology and biostatistics. She worked as the Local Programs Evaluation Coordinator for the California Department of Health Services' Tobacco Control Program and as a data analyst for Cal/EPA's Dept. of Health Hazards Assessment. Sue earned a BS from UCB and an MS from SFSU in Organizational Psychology.

(Continued from page 1)

“Having a chronically mentally ill or severely mentally ill child is extremely painful,” she said, “and their chronic mental illness means chronic pain for you.”

Carol Burke of San Rafael, who has had to cope with two bipolar children, said, “There is no respite from it. It is with you forever.”

One of Burke’s sons committed suicide when he was in his early 30s, and she has a daughter who is in a care facility in Florida.

“If you met her, she would be as charming as can be, and you would never know there was anything wrong with her,” Burke said.

Matthews said the transparency of mental illness makes it tougher on parents. If a child has cerebral palsy or Down syndrome, their disability is apparent, but if they are bipolar or schizophrenic and aren’t displaying any symptoms other people may think their parents are overreacting or indulging them, Matthews said.

Burke said she routinely runs into this problem when trying to get police to initiate Section 5150 of the California penal code, which authorizes a 72-hour hospitalization of people suspected of having a mental disorder that makes them a danger to themselves or others.

Burke is also frustrated because on several occasions when her daughter was hospitalized she was sent to facilities in Sacramento and Fremont due to a lack of beds in Marin County and then released earlier than she should have been. Burke said the last time her daughter was hospitalized against her will at Marin General she was released after only four days even though on that occasion the law allowed the hospital to hold her for 14 days.

A lack of institutional support is also a major issue for Mary Applegarth, whose 31-year-old son, William Goetze, suffers from a schizoaffective disorder and self-medicates with cocaine, methamphetamine and alcohol. Goetze refuses to take medications to moderate his symptoms, and Applegarth said family members have had to banish him from their homes because his behavior is too erratic without medication. She has been evicted from three apartments due to her son.

Applegarth said, “It’s so hard when he’s on the phone crying, ‘I want to be with you. I want to be with you,’ and I have to say, ‘I’m sorry. You know the reason why you can’t.’”

Applegarth desperately wants Marin County to adopt “Laura’s Law,” a measure signed into California law in 2002 that gives local judges the authority to order severely mentally ill individuals to undergo outpatient treatment. Laura’s Law targets mentally ill individuals who are too ill to recognize they need treatment, and who often end up being jailed, where they receive no treatment.

Applegarth said her son has been jailed more than 100 times for minor offenses in Marin since turning 19.

Matthews said a big problem for parents of the mentally ill is that their sick children typically have no clue that they’re ill and can’t take what would seem to be the simplest steps to improve their situations.

Applegarth said her son refused medical treatment after suffering a serious fall seven years ago and again more recent-

ly after putting his hand through a Fairfax shop window. One of his hands has been crippled as a result of that last incident. He has also lost his front teeth due to a lack of personal hygiene.

“He doesn’t think he is ill,” Applegarth said. “He feels his family is crazy and he’s just fine. He needs Laura’s Law to get him the mental health treatment he needs.”

Suzanne Tavano, the county’s director of Mental Health and Substance Use Services, has said Laura’s Law is unneeded in Marin County. Tavano says advocates of Laura’s Law tend to overestimate its powers since it contains no civil or criminal sanctions if a patient doesn’t want to go along with the treatment program. Proponents, however, point to implementation of a measure similar to Laura’s Law in New York, known as Kendra’s Law, which resulted in a 103 percent increase in medication adherence by participants.

Matthews said it is important for the parents of the mentally ill to seek the support of other people through groups like NAMI. But Applegarth said she feels isolated because her son’s problems are so much worse than other sick children of parents she has encountered.

“They’re so saddened by what has happened to William that they don’t want to hear my story. Nobody asks about him,” Applegarth said. “Since nobody asks, it appears as if nobody cares. It’s as if he’s dead already.”

Kreitzberg said because of the stigma of mental illness she only disclosed the details of her son’s illness to members of her family and close friends for the first few years, but then after consulting William she decided to come out of the closet. She and William have since run in marathons to raise money for the International Mental Health Research Organization.

“I had a deep need to be able to be open about his illness,” she said.

Matthews offered some other suggestions for parents to cope with their pain. First, she said it is important to recognize the things they can change and those they can’t. Second, she said they should avoid setting their expectations for their ill family member too high. Third, she recommended that parents reduce their overall stress level by trying to take more minor day-to-day frustrations in stride. And fourth, she suggested looking into mindfulness training.

Burke, however, said she and other parents with mentally ill children lack the free time to contemplate their grief.

“You have to learn to pick yourself up and fight back,” Burke said, “because you also have to take care of your husband, your finances and the rest of your family.”

Reach the author at rhalstead@marinij.com or follow Richard on Twitter: [@HalsteadRichard](https://twitter.com/HalsteadRichard).

<http://www.marinij.com/20150425/marin-parents-of-mentally-ill-children-grapple-with-chronic-pain-and-grief>. (Reprinted by permission of the Marin Independent Journal).



Buckelew Programs (new address)

555 Northgate Dr., #200, San Rafael, Administration Office: 457-6964 www.buckelew.org

- **Work Independence Network (WIN) Vocational Rehabilitation Program**, 980 Lincoln Ave. #250, San Rafael Contact: Catrina Walker, 456-9350 X117 CatrinaW@buckelew.org
- **Buckelew Housing** is available only to individuals who are currently clients of MHSUS (or can meet the criteria to receive services) and secondly meet MHSUS's criteria for living situations. Contact the Access Team at 888-818-1115.
- **The Helen Vine Recovery Center** (detox) 492-0818. A 26-bed co-ed residential program. Provides recovery services for individuals with alcohol and drug addiction issues and co-occurring psychiatric problems.

Community Action Marin (CAM)

www.camentalhealth.net

- **C.A.R.E. Team #1** 847-1266 & **Team #2** 847-6798. Mobile outreach teams for people who are homeless or at risk of being homeless.
- **Prevention & Early Intervention Crisis Planning Program** Seth Friedrich 306-3289, sfriedrich@camarin.org;
- **Enterprise Resource Center (ERC)** Offers mental health programs. Located at the Wellness Center, 3270 Kerner Blvd., Suite C, San Rafael 457-4554. For class schedule visit: www.camentalhealth.net
- **Warmline Peer Counseling** over the phone 459-6330

Catholic Charities 507-4262

Offers counseling, psychiatric services to individuals, couples, families, and groups. Bi-Lingual, San Rafael Medi-Cal/sliding scale

Community Institute for Psychotherapy (CIP)

Provides individual, family and couples counseling. call 459-5999 and leave a message, San Rafael Medi-Cal/sliding scale.

www.cipmarin.org

Family Service Agency

Individual and group counseling services. Medi-Cal/sliding scale, 491-5700 (491-5720 en espanol) Sausalito office, 332-3129

Marin Community Clinics

In Larkspur, Novato & San Rafael.

www.marinclinic.org Medi-Cal/sliding scale.

Medical Appointments 448-1500

Behavioral Health Provider 526-8555

Marin General Hospital-Behavioral Health Outpatient Services

Most Insurances & Medicare/Medi-Cal combination Larry Cunniffe 925-7674, Greenbrae

- **Partial Hospitalization Services & Intensive Outpatient Services** DBT, CBT, Life Skills, Case Mgt, Psychotherapy & Planning Groups.

**Community Resources
415 Area Code****Mental Health & Substance Use Services (MHSUS)**

- **Marin Community Mental Health Services 24/7 Access Line 1-888-818-1115.** Talk to somebody who can help you find mental health services.
- * **Adult Medication Intake Clinic**
- * **Marin Mental Health Plan** authorizes Medi-Cal services for MHSUS and other services in the community.
- * **Adult Case Management Intake**
- **Family Partnership Program** www.camarin.org/mental-health/Family-Partnership.html Director 473-7814
- * **Adult Linsey Maldonado-Sciutti**, 473-4382
- * **Youth Michelle Kemp**, 368-5221
- * **Leticia McCoy** 473-3649
- * **Youth Bilingual Spanish Rosa Lopez** 240-6920, **Maria Garcia** 473-4169
- * **Adult Bilingual Spanish Gloria McCallister**, 473-2261 Mon thru Thurs, 10-3pm
- * **Psychiatric Emergency Services (PES)** Anne Lauver 473-4182
- **Family Support Group** facilitated by MHSUS staff, see page 7 for details.
- **HOPE Program** for seniors over age 60 who suffer from mental illness 473-4306.
- **Marin County Jail Mental Health Team** 473-2127, after August 4th 473-3441.
- **Marin County Prisoner Services** provides assistance in visiting inmate 473-7218
- **Odyssey Team- Homeless Outreach Program**, Janice Wells 473-3240
- **Alliance in Recovery (AIR)** for individuals with co-existing substance use and mental illness, Janice Wells 473-3240
- **Public Guardian** 473-6186
- **STAR After Release From Jail Program** Ziya Dikman 473-2725
- **West Marin Human Services Center** 100 6th Street, Pt. Reyes 94956 473-3800

Online Help

- **www.StrengthofUs.org** A social networking website for young adults, or call 800-273-8255
- **www.ReachOut.com** A safe, anonymous, peer-to-peer community for teens & young adults to discuss a range of social, health & mental health issues, or call 800-448-3000
- **www.schizophrenia24x7.ca** Provides anyone affected by schizophrenia helpful resources, information and interactive tools.

Other Community Resources

- **AD/HD** (attention disorders) parent and adult support/education groups by CHADD 789-9464 www.chaddnorcal.org
- **Apple Family Works Therapy and Life Skills Center.** Adjustable fees 492-0720

- **Beyond Hunger** Program for Eating Disorders 459-2270 www.beyondhunger.org
- **College of Marin Disabled Students Program** Supportive services for students recovering from mental health issues in the Learning Center, Room 115 485-9406
- **Integrated Community Services** 455-8481 Offers employment, independent living skills training, recreational and referral services for disabled. www.connectICS.org
- **Kaiser Psychiatric Services** Advice and education, San Rafael 491-3000
- **Managing Voices and Negative Thoughts** 2nd Tuesday, Noon to 1 pm, meeting at the Enterprise Resource Center, 3270 Kerner Blvd, San Rafael, bucherir@usfca.edu or 497-0651
- **Matrix Parent Network & Resource Center** Provides information and support groups for families of children with disabilities. Visit www.matrixparents.org or 1-800-578-2592
- **Marin County Veterans Service Office**, 10 North San Pedro Rd, #1010, San Rafael Sean Stephens, Veterans Service Officer, 499-6193 sstephens2@co.marin.ca.us
- **Marin Recovery Connection Center** Screening & Assessment for alcohol, tobacco, other drug problems and mental health issues in San Rafael 755-2345
- **NAMI Marin Help Line** provides additional nonprofit and private service providers, 444-0480 Monday-Friday, 1 to 3 pm.
- **Ritter Center**, 16 Ritter, San Rafael will assist application for Medi-Cal, accepts Medi-Cal, and provides drop-in psychiatric assessment and medication management, 457-8182
- **Social Security Disability Benefits, Fastract (RISE)** Charlotte Stanton, 457-8182, X103
- **Housing First**, for those who have been living homeless in Marin for more than 5 years, Colin McDonnell, 457-8182, Ext. 105
- **Tobacco Prevention Services** www.nobutts.org 1-800-642-8887 (English) 1-800-844-2439 (Chewing Tobacco) 1-800-456-6386 (Spanish)
- **Sunny Hills Transitional Age Youth (TAY)** 615 B Street, Suite 1A, San Rafael (drop-in) 870-9298 www.sunnyhillsservices.org

UCSF Programs—Dept. of Psychiatry

Call 476-7278 or email Kaman.chow@ucsf.edu. Waiting list required for Marin County residents.

- **PART Program** www.partprogram.ucsf.edu, research studies, for ages 12-35 years old who are at risk for early onset psychosis. All insurance providers accepted, including MediCal.
- **Early Psychosis Clinic @UCSF**, a specialized clinic for 12-35 years old. MediCal not accepted.

(The list of services does not represent an endorsement of NAMI Marin)

Help in a Crisis (415 Area Code)

24 Hour Crisis Lines

- Psychiatric Emergency Services (PES) 473-6666
- Suicide Prevention & Community Counseling 499-1100
- National Suicide Prevention Lifeline 1-800-273-TALK (8255)
- 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—Call: English 924-6616; Spanish; 924-3456; Men 924-1070 www.centerfordomesticpeace.org
- Veterans Crisis Line 1-800-273-8255 Press 1, or online chat at <http://veteranscrisisline.net/>

Urgent Care

- C.A.R.E. Team I, 847-1266 Mobile outreach program for mentally ill people who are homeless or at risk of being homeless.
- C.A.R.E. Team II, 847-6798 Central San Rafael Area
- Mobile Crisis Team, 473-6392, A team of one licensed Mental Health Clinician and one Peer Provider available every day from 1:00—9:00pm.
- Family Partner Adult System of Care 473-4382
- Family Partner Children's System of Care 473-7814
- NAMI Marin Helpline 444-0480, 1-3 pm. Monday-Friday
- NAMI (National) Helpline 1 (800) 950-6264 between 10am to 6 pm, ET, Monday through 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 Crisis Planning is offered by Seth Friedrich 306-3289. Please call for an appointment.

Visit www.namimarin.org and download and prepare the following documents:

- Guidelines for Effective Communication with 911 Dispatch, study scripts
- Authorization/Release Forms
- Inmate Mental Health Information Form
- If you need assistance visiting an inmate at the Marin County Jail, who has a mental illness, please call prisoner services at 473-7268.

Family Support Group Mental Health & Substance Use Services (MHSUS)

Free drop-in group held Thursdays, 7-8:30pm
250 Bon Air, Greenbrae, 1st Floor Conference Room

Facilitators

- 1st Thursday:** Janice Wells, Mental Health Program Manager
Jessy Wennik, Nurse Practitioner
- 2nd Thursday:** Maggie Dann, Nurse Practitioner
Todd Paler, PES Unit Supervisor
Anne Lauver, Family Partner
- 3rd Thursday:** Kathy Chestnut, Adult Case Management Supervisor
Linsey Maldonado-Sciutti & Anne Lauver, Family Partners
- 4th Thursday:** Charles Saldanha, Mental Health Medical Director
Kristine Kwok, LCSW Unit Supervisor
- 5th Thursday** Ziya Dikman, STAR Program
Jennifer Echo, Nurse Practitioner

Due to their schedules the order of the facilitators may shift from time to time.
Questions? Call Access Line 1-888-818-1115.

NAMI Marin Services

NAMI Marin Services are free

Our office is open Monday through Friday, 1-3pm
555 Northgate Dr. #280, San Rafael

415-444-0480

namimarinoffice@gmail.com www.namimarin.org

- **HelpLine - Support and Resource Information**
Call 444-0480 x 0, 1 to 3 pm weekdays.
- **General Meeting and Expert Speakers**
Third Monday evening of the month (except Aug, Nov, & Dec.). Check our website event calendar for location and speaker topic. **Meet our members and connect with others who understand.**
- **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. The class meets in San Rafael every Tuesday for twelve weeks.
Call 415-444-0480 x0 for start dates & to sign up.

- **Family Support Groups**
A confidential support group for loved ones of individuals living with mental illness. Drop-in. Open to the public.

San Rafael Family Support Group, 2nd and 4th Tuesdays, 6-8pm, Enterprise Resource Center, 3270 Kerner Blvd, Ste. C, San Rafael. Kay Browne, MD & Jack Lieberman.

Novato Family Support Group

1st & 3rd Wednesdays, 7-8:30 pm, Novato United Methodist Church, 1473 South Novato Blvd., Novato, Kay Blackwill & Martina Bedar.

Español Family Support Group, 1st & 3rd Thursday, 7-8:30pm, Enterprise Resource Center, 3270 Kerner Blvd., Suite C, San Rafael. Gloria McCallister, 415-473-2261 in collaboration with Community Action Marin & CMHSUS.

- **FamFest Dinners in San Rafael Restaurants**
Monthly Gatherings of clients, family, friends, and support staff, all welcome. No Host. Walk-ins are welcome. For those who have difficulty paying the usual \$10-\$12, NAMI offers partial assistance. See page 8 for schedule.
- **Speakers Bureau**, family and consumer speakers available for events free of charge. Call 415-444-0480 x242 to request a speaker for your particular needs. We offer speakers for all types of events. One type of presentation we offer is *In Our Own Voice* (IOOV), a unique public education program in which trained speakers share compelling personal stories about living with mental illness and achieving recovery.
- **Library**, located in our office. Members may borrow from an extensive collection of resources.

Support our free and excellent services by donating to NAMI Marin!



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

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

ADDRESS SERVICE REQUESTED
THIS MATERIAL IS TIME RELATED

Fall 2015
September/October/November

NAMI Marin

Board of Directors

- Beverlee Kell, RDN, President
- Debra Belaga, JD, Secretary
- John Polivka, BA, Treasurer
- Peg Super, MA, Past President
- Kay Browne, MD
- Robert Reiser, PhD
- Sue Roberts, MA
- Matt Tasley

Newsletter Editor/Designer: Penny Labourdette
 Newsletter Team: Sue Roberts, Beverlee Kell
 Circulation: Karen & David Illich, Sue & Leslie Roberts



NAMI Marin General Meeting
Monday, October 19, 7:00-8:30pm
Marin County Wellness Campus
3240 Kerner Blvd., San Rafael
The Connection Center, Room 110

Our NAMI Marin programs are free and open to the public.
 For more information call NAMI Marin 415-444-0480

Guest Speaker: Suzanne Tavano, PhD,
Director, CMHSUS

Dr. Tavano returns to NAMI Marin to update us on county mental health services and plans for the future.

Please join us in welcoming Suzanne.

This is a wonderful opportunity to share your questions, concerns and appreciations.

No General Meeting in November/December.
Meeting resumes in January!

Time to Renew Your NAMI Membership?

Your membership expiration date is on the label of this newsletter. To join/renew online visit www.namimarin.org/join/. Dues include membership benefits of NAMI Marin, NAMI CA, and NAMI National.

FamFest

Every 2nd Wednesday of the Month, 6-7:30pm
Fall Schedule of Restaurants:

- October 14** Ping's Chinese Cuisine
 248 Northgate One
 (In Terra Linda Strip Mall)
 San Rafael
- November 11** San Rafael Joe's Restaurant
 931 4th Street
 San Rafael
- December 9** Celia's Mexican Restaurant
 1 Vivian Way
 San Rafael