



NAMI Marin County
National Alliance on Mental Illness

Marin's Voice on Mental Illness and Recovery

555 Northgate Drive, #280
San Rafael, CA 94903

Office Hours: Monday-Friday 1-3 pm
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NAMI Marin Monthly eNewsletter - December 2015

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General Meeting



There is no General Meeting in December

Meetings resume on January 18, 2016

Watch for email with Topic and Speaker

For more information call or visit NAMI Marin

415.444.0480, www.namimarin.org



NAMI's Free Family-to-Family Education Program

NAMI Marin is again offering a comprehensive 12-week course designed for families of individuals with severe mental illness. Course offerings include communication and coping skills for families, self care and emotional support. This course is taught by trained, experienced family member volunteers.

The class meets on Tuesdays from 7:00-9:30 pm
January 12, 2016 - March 29, 2016

Call the NAMI Marin office: 1.415.444.0480 to sign up and for additional information.



NAMI Marin Family Support Groups

Drop-in support groups for family members. Free of charge.

San Rafael

The second and fourth Tuesdays of each month, 6:00-8:00 p.m. with co-facilitators Kay Browne, MD and Jack Lieberman at the Enterprise Resource Center, 3270 Kerner Blvd., Building A, Suite C, San Rafael.

Novato

The first and third Wednesdays of the month from 7:00-8:30 p.m. with facilitator Kay Blackwill at United Methodist Church, Room 7, 1473 South Novato Blvd, Novato.

Español Central Marin

First and third Thursdays of each month. Call Gloria McCallister at
1.415.473.2261

For more information, please call the NAMI Marin office at
1.415.444.0480.

You are invited to the next FamFest!

Client and Family Gathering and Dinner
Coordinator, Kay Blackwill
Second Wednesday of the month, 6pm - 7:30pm
<http://namimarin.org/famfest/>



Clients and their families are invited!

December 9 - Holiday Celebration!

Celia's 1 Vivian Street, San Rafael

January 13 - Tommy's Bistro

Montecito Plaza, 227 3rd. Street, San Rafael

NAMI Marin Help Line

Call 415-444-0480, Ext. 0

Monday-Friday 1:00-3:00 p.m.

Volunteer family members are available to provide information about our programs and services and community mental health resources. Talk with someone who understands.

Call anytime to leave a message and your call will be returned during Help Line hours.

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

1st Thursday	Janice Well, Mental Health Program Manager Jessy Wennick, 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 schedules, facilitators may change from time to time.

Questions? Call Access Line 1.888.818.1115.

Seeking Public Comment
Mental Health Service Act (MHSA)
Innovation Plan



California voters passed the Mental Health Services Act (formerly Prop 63) in November 2004. Since that time Marin County Health and Human Services has been involved in planning and implementing a number of mental health service strategies.

For a copy of the proposed MHSA Innovation Plan please call: 415.473.7465 or you can find it on the website at: www.marinhhs.org/innovation

A Public Hearing for the proposed MHSA Innovation Plan will take place at the Mental Health Board Meeting on Tuesday, December 8, 2015 at 6:00 pm at 20 N. San Pedro Road, San Rafael, CA 94903 in the Point Reyes Conference Room. The public is welcome.



**Buckelew Social Enterprises and
Blue Skies Café**

Cordially Invites You to Our

**Awareness
Event**

**Thursday, December 10
11:30am – 1:30pm**

**Health & Wellness Campus
Connection Center
3240 Kerner Blvd.
San Rafael, Ca 94903**

*Everyone is welcome.
There will be food and beverages provided for all.*

Live music provided by Music Medicine





A Celebration



Of Different Mediums

Come join us for our

Winter Gallery Exhibit!!



**Artwalk Opening Reception at 5pm
Friday, December 11th**



**The 1108 Gallery
1108 Tamalpais Ave
San Rafael, CA**

Live music with Ron Corral Jr.

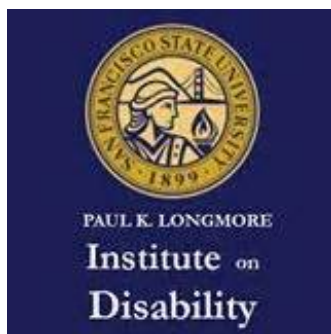


A program of Community Action Marin

NAMI East Bay sent a letter to NAMI affiliates informing them of the Kaiser mental health clinician's strike postponement and mediated, tentative agreement. Kaiser clinicians will soon vote on the tentative agreement that includes a new scheduling ratio as well as a trigger mechanism that requires Kaiser to hire additional staff when clinicians' schedules are overloaded.

In November, multiple California NAMI chapters delivered a signed letter from California affiliates to Kaiser's CEO and board members describing their members' experiences and requesting increased investment in mental health services.

[Read More >>](#)



You're Invited!

The Institute on Disability invites you to celebrate the 25th Anniversary of the Americans with disabilities Act and explore and enjoy the exhibit, ***Patient No More***, which focuses on the Bay Area's 1977 Section 504 Occupation.

- Learn how the course of disability history and a nation were changed over 26 days in 1977.
- Explore a landmark moment in civil rights.
- Discover untold stories from protesters in the longest occupation of a federal building in US history
- Reflect on the grassroots origins of the Americans with Disabilities Act (ADA) of 1990.
- Record your own protest slogan.

The traveling exhibit will be shown December 1 through December 15 at the Marin County Office of Education, 1111 Las Gallinas Ave., San Rafael

Free and open to the public

Governor Brown signs into law 3 new mental health bills

Passage of AB 1194: Clarifies that danger in the 5150 statute is not restricted to only imminent danger, and that psychiatric history and the input of families **MUST** be taken into account. This will become the law in California on January 1, 2016.



SB 11 requires the Commission on Peace Officer Standards and Training (POST) to include 15 hours regarding behavioral health and appropriate interventions to the law enforcement academy course.

SB 29 requires 8 hours of crisis intervention behavioral health training for Field Training Officers.

[Read More >>](#)

Lecture Series at Rodef Sholom

Embracing Imperfection: T'Shuvah as Judaism's Antidote to Perfectionism—You Don't Have to be an Addict to be in Recovery

Speakers Rabbi Mark Borovitz and Harriet Rossetto with Rabbi Elana Rosen-Brown

Thursday, January 21, 7:00 – 9:00 pm, in the Sanctuary

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

T'shuvah (repentance and return) enables us not only to amend the negativity created by our past actions, it also requires us to find a new response to life based upon the learning we have gained from the ways in which we have “missed the mark.” We are all impaired to some degree, whether or not that manifests in substance or process addictions. In their presentation, Rabbi Borovitz and his wife Harriet will focus on the idea that there is “no shame, no blame,” and that imperfection and struggle are just part of the human condition.

Breaking the Silence; Conversations about Mental Health is a four-part speaker

series focusing on resilience, reducing stigma, embracing imperfection, and building a supportive community.

[Read More >>](#)



We Need Volunteers!

NAMI Marin is run by 60 wonderful volunteers, we always need more! We have projects and positions with a variety of time commitments. Begin by calling our Volunteer Coordinator, Peg Super, to find a best fit for your interests and skills. Would you enjoy managing our FaceBook page, updating our HelpLine Resource List, delivering newsletters, getting the word out by public speaking or tablings, or getting trained to run one of our signature programs?

Please call Peg Super, Volunteer Coordinator to find out more
1.415.444.0480, Ext. 0

For Important Emergency/Crisis Links:

Go to www.namimarin.org/emergency



[Join NAMI Marin!](#)

Go to www.namimarin.org/join



[Donate!](#)

Support NAMI to help millions of Americans who face mental illness every day.
namimarin.org/donate

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