





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 - October 2015

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General Meeting

Monday, October 19, 2015

7pm - 8:30pm



Update: Community Mental Health and Substance Use Services

Learn about new programs and plans for the future.

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.

LOCATION:

Connection Center, Room 110 on the Marin County Wellness Campus

3240 Kerner Blvd, San Rafael

(Take the "loop" of Francisco Blvd E, left on Irene St, left on Kerner Blvd. The Wellness Campus is on the right, just before Bellam Ave.)

Free and Open to the Public.

**Note: this is our last General Meeting for the year.
Meetings resume on January 18, 2016.**

For more information call or visit NAMI Marin
(415) 444-0480, www.namimarin.org

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 Setback

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.



Dr. Druck is an award winning speaker, resiliency expert and author of *The Real Rules of Life: Balancing Life's Terms with Your Own*, and is widely sought as an international authority on dealing with adversity and healing after loss. Dr. Druck's PBS Special *The Resilience Response: Transforming Adversity into Opportunity* recently aired nationwide.

[Read More >>](#)



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.

The next Family to Family class is scheduled to start in January.

Call the NAMI Marin office: 1-415-444-0480 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 facilitators Martina Bedar and 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!

October 14:

Ping's Chinese 248 Northgate One (in the strip mall near Safeway)

November 11:

San Rafael Joe's 931 4th Street

December 9:

Celia's 1 Vivian Street

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.

Dialectic Behavior Therapy (DBT) Offered by Family Service Agency of Marin

A new DBT GROUP FOR TEENS is being offered at the Family Service Agency of Marin beginning in October 2015. The group will meet on Wednesdays from 4:00pm to 5:45pm. For more information about DBT for Teens or to schedule an in-take interview, please call the DBT line at [415-491-5728](tel:415-491-5728). Intended for adolescents between the ages of 13-18.



[Read More >>](#)

Peace Officer Training Signed Into Law!

We are thrilled to announce that [SB 11 and SB 29, by Senator Jim Beall, were signed into law by Governor Brown on Saturday!](#) Together, these bills will require 15 hours of behavioral health training for law enforcement in the basic academy course, and 12 hours of training for Field Training Officers, including 8 hours of crisis intervention behavioral health training. The training must include recognizing the signs and symptoms of mental illness, de-escalation techniques, appropriate response options, and community resources and referrals.

SB 11 and SB 29 were made possible by your support over the past weeks, months and years. The stories, and the local and state advocacy of NAMI families, combined with our partnership with law enforcement officers, made the case for mental health training.

Thank you for your work, your commitment, and your vision. NAMI California looks forward to continuing to work with each of you as these new laws are implemented.

We are collecting thank you cards for the author of the bills, Senator Beall, and Governor Brown. If you would like to express your appreciation for this legislation, please send your card to NAMI California at 1851 Heritage Lane, Suite 150, Sacramento, CA 95815. If you have any questions, please contact advocacy@namica.org.

We Need Volunteers!



We are looking for volunteers for the Help-Line and a variety of other tasks. You can work at the NAMI office a few shifts a month or weekly, depending on your availability. We will train you! Computer knowledge is not required. You will be doing a great service for the NAMI community.

Please call Marilyn Goldeen or Peg Super 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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