



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
namimarinoffice@gmail.com 415.444.0480

NAMI Marin Monthly eNewsletter - January 2016

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General Meeting

Monday, January 18, 2016

7:00-8:30 p.m

Marijuana and Mental Illness: Does it Help? Does it Harm?

Speaker: Dr. Adam Nelson, Psychiatrist

Come hear Dr. Adam Nelson, a psychiatrist in private practice in Mill Valley, present the facts and the latest evidence on the interactions of marijuana and mental illness.

LOCATION

San Rafael Corporate Center
750 Lindero St.

(The building nearest Andersen Dr., between 2nd St. and Andersen Dr.)

Meeting room is off the lobby.

Free parking lot (after 6pm) on west side of street.

Free and Open to the Public.

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. Space is limited. Pre-registration required.

The classes meet on Tuesdays from 7:00-9:30 pm

January 12, 2016 - March 29, 2016

April 5 – June 28

There is still space available in the January class

Call the NAMI Marin office: 1.415.444.0480 to sign up or 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!

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.

Mindfulness-Based Stress Reduction



CommunityActionMarin

Offered by Community Action Marin, Psychiatric Emergency Services - Family Partners

A free, 8 week class on Mindfulness Based Stress Reduction for family members of someone with mental health concerns is offered beginning January 18th, from 12:30 to 2, at 3240 Kerner Blvd, San Rafael (Health and Wellness Campus for Marin County).

Teachers are Linsey Sciutti and Anne Lauver, both Family Partners.

Please email or call if interested, providing your name and phone number. There is spaces for about 8 people.

ALauver@marincounty.org

415-473-4182

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.

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 >>](#)

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

The Dialectical Behavior Therapy (DBT) group for TEENS at the Family Service Agency of Marin is now accepting new members for the Emotion Regulation module, starting January 6, 2016.

The group will meet on Wednesdays from 4:00pm to 5:45pm. Clients can call DBT line at [415-491-5728](tel:415-491-5728) to schedule an intake interview.



Appropriate referrals for this group would be for adolescents between the ages of 13-18.

[Read More >>](#)



NAMI National Highlights California in Nationwide Report

NAMI names California's 2015 legislation among the bright spots in the nation, citing enforcement of mental health parity as well as alternative sentencing for offenders with mental health conditions.

NAMI recently released its third annual survey tracking state mental health budgets and identifying legislative trends across the country. The report, *State Mental Health Legislation: Trends, Themes and Effective Practices*, shows state investment in mental health services slowing nationwide, but commends several states -- including California -- for enacting model measures to improve mental health services. California maintained its funding for mental health services in 2015 after increases in the previous two years, according to the NAMI survey. Nationwide, 23 states increased mental health budgets, with 12 states decreasing and 14 states maintaining their budgets from the previous year.

[Click here to read the full report](#)

[Read More >>](#)

Two-day CBTp Workshop for Families



STANFORD
SCHOOL OF MEDICINE

Stanford University Medical Center

Jan 23-24 and Feb 7, 2016 at the Stanford University Campus

This workshop is part of a study and is aimed at individuals supporting a loved one with a psychotic disorder diagnosed within the past 10 years.

Follow the link for more details including date, venue, and how to sign up. This is a pilot study so there is an evaluation component. Please visit: <http://med.stanford.edu/psychiatry/research/CBTpF.html>



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



Become a Member, Join NAMI Marin!



Go to www.namimarin.org/join

Donate!

Go to namimarin.org/donate

Support NAMI to help millions of Americans who face mental illness every day.

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