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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 - April 2016

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| General Meeting | MHSUS Mental Health Month |
| Election of Board of Directors | Child Abuse Prevention Council Speaker |
| Bay Area Human Race | Help in a Crisis |
| Family-to-Family | MHSUS Support Groups |
| Family Support Groups | Survivors of Suicide Support Group |
| FamFest | 1108 Gallery Exhibit |
| Volunteers Needed | Rodef Sholom Kick Off for Mental Health |
| Help Line | Seeking Safety Group for Women |



General Meeting

Monday, April 18, 2016

7:00- 8:30 p.m

Suicide Prevention: What Families Can Do

Speaker: Eli Merritt, MD, author of *Suicide Risk in the Bay Area*

a: A Guide for Families, Physicians, Therapists, and Other Professionals, is a psychiatrist practicing in San Francisco. Upon graduation from Stanford, he opened private practices in San Francisco and Palo Alto, and received



appointment to the Clinical Faculty at Stanford, where he taught resident doctors the twin disciplines of psychotherapy and psychopharmacology for five years.

Following this position, he served for eight years as the president of the San Francisco Psychiatric Society before founding Merritt Mental Health. Additionally, Dr. Merritt has held positions on the Committee on Medical Ethics at Stanford Hospital and the Council and Professional Education Committee of the Northern California Psychiatric Society.

His honors include the Gulevich Award in Psychotherapy and Humanistic Psychiatry at Stanford, the Humanism in Medicine Award at Case Western Reserve, the Saunders Award in Family Systems at Case Western Reserve, and graduating Magna Cum Laude with Distinctions in History at Yale.

He has written on diverse topics in medicine, psychiatry, and medical ethics, including diagnosis, insomnia and depression, addiction, suicide prevention, informed consent, and privacy issues in mental illness. He has taught medical students and resident physicians courses on psychiatric interviewing, ethical standards and boundary violations, the placebo effect, hyperthyroidism, and medical decision-making, among other subjects. He speaks and teaches about suicide prevention, particularly in youth. www.merrittmentalhealth.com

Dr. Merritt will share interventions that families can use to help prevent suicide, including how to talk honestly and openly about suicide with a loved one who is at high risk. He lost his mother to death by suicide. He understands the importance of including families in the care and treatment of a loved one. His new book will be available for purchase and our NAMI Marin library has two copies for loan to members.

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.

No Cost, Drop-ins Welcome

Future Topics 2016

May 16: May is Mental Health Month!

- Steven Hinshaw, PhD - Stigma & Mental Illness

June 20: Grant Colfax, MD, Director of Marin Health and Human Services - The Future of Marin Mental Health Services

For more information call or visit NAMI Marin

415.444.0480 www.namimarin.org

Annual Election of the Board of Directors- May 16th, 2016



NAMI Marin Bylaws require that the Board of Directors serve staggered 2-year terms so that Board members do not all expire at the same time. In order to comply with the Bylaws and create a group A and B, the following Board of Directors are running for re-election this year: Beverlee Kell, Debra Belaga, Robert Reiser and Kay Browne.

The election will be held at the May 16th General Meeting.



**Bay Area Human Race
5K Run • Walk • Dog Walk
Community Village • Music • Food • Kids Races**

Support NAMI Marin

Saturday, May 7, 2016

7:00 a.m. – 11:00 a.m.

Marin Center Fairgrounds and Lagoon Park

10 Avenue of the Flags, San Rafael, CA 94903

(rain or shine!)

Register Now! Before April 21 qualifies for early bird rates.

Step 1: Register for the Race. Run/walk/dog walk for Team NAMI Marin.

Step 2: Recruit runners, walkers and donors to help raise money for your favorite cause. Ask your friends, family, neighbors and co-workers to sponsor you. Turn your donations and form in to your organization's team leader or the Bay Area Human Race before May 13th.

Step 3: Walk, run, or cheer us on! — lots of fun. It's not just a 5K timed race, but an exciting community experience. Come for the free breakfast, visit the NAMI Marin booth, and show your support for hundreds of nonprofits, schools and community groups in Marin.



NAMI's 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

Classes are limited to 24 people and registration is required.

No charge to attend.

To register and for more information, call the NAMI Marin office. 415.444.0480, ext. 0



NAMI Marin Family Support Groups

Drop-in support groups for family members. No charge to attend.

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 co-facilitators Kay Blackwill and Adam Edell 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
415.473.2261

To register for the class and for more information,
please call the NAMI Marin office at
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
www.namimarin.org



Clients and their families are invited!

April 13 - Crepevine
908 4th Street
Between Lincoln and Lootens Place

Clients, family, friends, and support staff, all welcome!
 Dinners are no-host but partial scholarships are available for clients, as needed.
 No reservations required.

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	Angela Tognotti, MFT - Supervisor Mental Health Odyssey Team Jessy Wennick, NP - Nurse Practitioner Angela Cassidy, MFTI - Outreach and Engagement Clinician
2nd Thursday	Todd Paler LMFT, Program Manager Crisis Continuum Angel Cassidy MFTI – Outreach and Engagement Clinician
3rd Thursday	Jennifer Bates LCSW Supervisor Mental Health Access Unit Linsey Maldonado-Sciutti & Anne Lauver, Family Partners Angel Cassidy MFTI – Outreach and Engagement Clinician
4th Thursday	Kathy Chestnut LCSW Unit Supervisor Adult Case Management Team. Maggie Dann NP, Nurse Practitioner Angel Cassidy MFTI – Outreach and Engagement Clinician
	Lisa Ballard Psy.D – Unit Supervisor PES

5th Thursday	Jennifer Echo NP, Nurse Practitioner Angel Cassidy MFTI – Outreach and Engagement Clinician
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Due to schedules, facilitators may change from time to time.

Questions? Call 888.818.1115.

May Mental Health Month: Each Mind Matters



Wednesday, May 18th, 2016

9:00 am - 5:00 pm

County of Marin's Mental Health and Substance Use Services Division's Cultural Competency Advisory Board is proud to announce this year's commemoration of May Mental Health Month: Each Mind Matters event!

You are cordially invited to this day-long community event, filled with many educational, informational, fun and inspirational activities, music, exhibits, food and much more.

No charge, all are welcome.

Location

Wellness Campus
3240 Kerner Blvd.
San Rafael CA. 94901

Survivors of Suicide Support Group
Offered by Suicide Prevention & Community
Counseling
Family Service Agency of Marin



April 12 – May 31, 2016

Tuesdays from 6:30 – 8:00 p.m.

\$20/Sliding scale per session

Interview required

Space is limited

The group provides a safe, confidential, and supportive environment where members can share their grief experiences and talk openly about their loss. If suicide has touched you or impacted your life profoundly, no matter how long ago the suicide occurred, you may find this group extremely beneficial.

Please call to schedule an interview.

Facilitators:

Deborah McNeil, LMFT, 415-499-1193 x3130

Emily Duval, LPCC, 415-499-1193 x3120

**Solo Art Show by
Matt Tasley,
Mental Health Advocate**



The 1108 Gallery Exhibit

Matt Tasley was honored with the [Heroes of Marin Award](#) in 2014 for his fight against stigma and his outreach to mental health consumers in Marin. Matt is a long-time [MarinScapes](#) artist, Buckelew graduate, community volunteer and member of the board of directors at NAMI Marin. He has taught art to many Buckelew clients and others.



Reception is this Friday.

COME SEE THE ART and LISTEN TO THE LIVE MUSIC

**April 8th 5-8pm
The 1108 Gallery
1108 Tamalpais Ave.
San Rafael**

**Rodef Sholom kicks off Mental
Health Awareness Month on
April 29th**



Join us on **April 29th** for a Mental Health Shabbat as we kick off May-is-Mental-Health-Awareness-Month at Rodef Sholom. The service will include the unveiling of an interactive community art installation, a celebration of the accomplishments and preview of the future of the Mental Health Initiative, and an introduction to our stigma-reducing program for May and beyond.

We look forward to seeing you and your family. Services start at 6:15pm with a pre-oneg at 5:45. 170 N. San Pedro Rd, San Rafael. Open to the public.

CAPC Community Training



Debra Belaga of NAMI Marin reviews their programs and initiatives in Marin County. NAMI is dedicated to improving the lives of individuals and families living with mental illness, through advocacy, education and support.



TUESDAY, June 21, 2016

1:00 PM- 2:30 PM

30 North San Pedro Road Suite 100,

Conf. Room, San Rafael, CA

RSVP required; space is limited.

Contact Kay at 415-507-9016 or kay@marinadvocates.org

Seeking Safety Group for Women

Seeking Safety is an evidence-based treatment model designed to help individuals attain safety from trauma and/or substance abuse.



Group objectives:

- Build skills in communication, stress management, self-care, and relapse prevention
- Explore the relationship between trauma, substance abuse, and other unsafe behaviors
- Develop social support
- Enhance commitment to recovery

WHEN: Tuesdays 3:00-4:30 pm – Ongoing

WHERE: Family Service Agency of Marin
555 Northgate Drive, San Rafael, CA 94903
(across from Northgate Mall)

FEE: Sliding scale - \$15-40 per session. Medi-Cal accepted

LED BY: Dori Woodley, MFT Intern, IMF 83444
Melanie Lopes, MFT Intern, IMF 75456
(Supervised by Robin Furner, MFT, MFC 44794)

To register please call Dori Woodley at [415-491-5700, ext 2033](tel:415-491-5700)
or Melanie Lopes at ext 205.

**REAL Conversations about
Mental Health and Mental Illness
at Rodef Sholom**



Congregation Rodef Sholom invites you to a special lecture evening with **Mary Widdifield and Elin Widdifield**, co-authors of *Behind the Wall: The True Story of Mental Illness As Told By Parents*.

**Thursday, May 19th
7-9pm
At Congregation Rodef Sholom**

Speaking from their personal stories, Mary and Elin will share their experience from both sides of the wall - as a parent of a child living with disordered thinking and as a loved one watching from the outside in disbelief and confusion.

READ MORE

**170 North San Pedro Road
San Rafael, CA**

Free and open to the public

**RSVP to MHI@rodefsholom.org
or 415.479.3441**

**Mindfulness-Based Stress Reduction
Offered by Community Action Marin,
Psychiatric Emergency Services, Family Partners**



CommunityActionMarin

A free, 8 week class on Mindfulness Based Stress Reduction for family members of someone with mental health concerns is offered beginning April 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. Space is limited; reserve your place now. [415-473-4182](tel:415-473-4182), ALauver@marincounty.org

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
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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