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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 - May 2016

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## General Meeting

Monday, May 16, 2016

7:30- 9:00 p.m (Please note time change)

May is Mental Health Month!

## Stigma & Mental Illness

**Topic:** During Mental Health Month, it is crucial to remember that mental illness still receives major stigma. Despite real gains in public knowledge, public attitudes remain harsh. Too often, families bear the brunt of such stigmatization. Reviewing

what's known, as well as discussing his own intensive family experiences of mental illness, Dr. Stephen Hinshaw, author of ***The Mark of Shame: Stigma of Mental Illness and an Agenda for Change***, will open needed dialogue and convey the hope for a far better future related to mental illness.

**Speaker:** Steven Hinshaw, PhD is Professor of Psychology at the University of California, Berkeley, where he was Department Chair from 2004-2011, and Vice Chair for Psychology in the Department of Psychiatry at the University of California, San Francisco. He received his B.A. from Harvard (summa cum laude) and his doctorate in clinical psychology from UCLA. His work focuses on developmental psychopathology, clinical interventions, and mental illness stigma, with specialization in ADHD.

[Read More >>](#)

## LOCATION

**(Please note location change)**

The Connection Center, on the Marin Health & Wellness Campus at the corner of Kerner and Bellam Blvds. 3240 Kerner Boulevard in San Rafael, 94901. [Link to Google Maps.](#)

**No Cost, Everyone Welcome**

## Future Topics 2016

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

**July & Aug:** Recess, there are no General Meetings.

For more information call or visit NAMI Marin

415.444.0480 [www.namimarin.org](http://www.namimarin.org)

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## Pledge to be Stigmafree!

Help us spread the word about our pledge to make mental health #StigmaFree.

Learn more here: <http://www.nami.org/stigmafree>

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**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.

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

**Support NAMI Marin - Register Now!**

**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!)**

**Donate Now! Missed the Race? You can still donate and support NAMI Marin  
through May 27.**

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**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.

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

**No cost, Everyone Welcome**

**RSVP to [MHI@rodefsholom.org](mailto:MHI@rodefsholom.org)  
or 415.479.3441**

[Read More >>](#)

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**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.

9:30-9:40 am Opening Remarks, Drs. Grant Colfax & Suzanne Tavano

10 - 11 am Stigma Stew Live - Live performance

11 - 2 pm Information Tables - NAMI will be there!

11 -11:45 am Berkeley Folk Dancers

12 - 1 pm Zumba (outside)

11- 2 pm Music Medicine

1 - 1:45 pm Los Promotores (live performance in Spanish)

1-2:30 pm Meaningful Mental Health & Latinos en la Casa

1 - 2:30 & 2:30 - 4 pm Hearing Voices (sign up needed)

3 - 4 pm Speakers Bureau - In Our Own Voice

4-5 pm Youth Poetry Slam

**No charge, all are welcome.**

#### **Location**

Wellness Campus

3240 Kerner Blvd.

San Rafael CA. 94901



### **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

Next Course begins September 6, 2016  
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

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## **NAMI Marin Family Support Groups - Drop in**

**No Cost, Family and Friends Welcome.**

### **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. [Google Map Link](#).

### **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. [Google Map Link](#).

### **Español Central Marin**

First and third Thursdays of each month. Call Gloria McCallister at  
415.473.2261



## **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](http://www.namimarin.org)



**Clients and their families are invited!**

**May 11, 2016**  
**Celia's Mexican Restaurant**  
**1 Vivian St, San Rafael**

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

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**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.

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**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 Jennifer Echo, NP - Nurse Practitioner 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



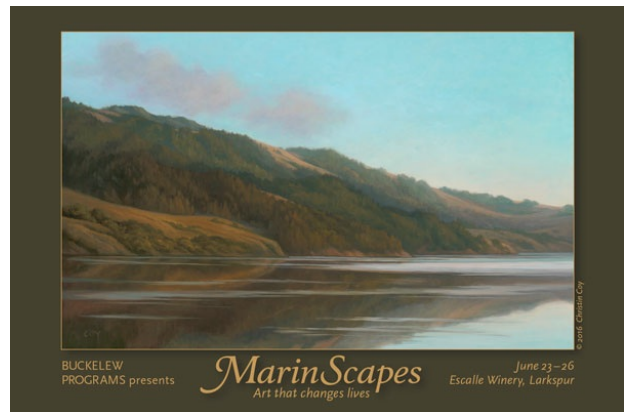
4th Thursday	Kathy Chestnut LCSW Unit Supervisor Adult Case Management Team Maggie Dann NP, Nurse Practitioner Angel Cassidy MFTI – Outreach and Engagement Clinician
5th Thursday	Lisa Ballard Psy.D – Unit Supervisor PES Angel Cassidy MFTI – Outreach and Engagement Clinician

Due to schedules, facilitators may change from time to time.  
Questions? Call 888.818.1115.

## MarinScapes 2016

**June 23-26, 2016**

An exhibition & sale of Marin County landscape art benefitting Buckelew Programs, including Family Service Agency of Marin and the Helen Vine Recovery Center



**All events at Escalle Winery  
771 Magnolia Avenue, Larkspur**

**FEATURING ARTWORK BY OVER 30 FINE ARTISTS!**

### Opening Night Gala

Thursday, June 23 | 5:30-9:30 pm

### Meet the Artists

Friday, June 24 | 5:30-8:00 pm

\$15 per person



## **Art Exhibit & Benefit**

Sat, June 25 & Sun, June 26 | 12:00-6:00 pm

\$15 per person

More information: [415.491.5705](tel:415.491.5705)

Tickets: [buckelew.org](http://buckelew.org)

555 Northgate Drive

Suite 200

San Rafael CA 94903

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## 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](mailto:kay@marinadvocates.org)**

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### 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.

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## **Bipolar Disorder Group Study Starting in April 2016**

### **What is the study about?**

The purpose of this research is to develop a psychological intervention for people with bipolar disorder. We hope that the Learning Affective Understanding for a Rich Emotional Life (**LAUREL**) group will: (1) help people learn to notice, increase, and create a balanced presence of positive experiences and (2) improve their quality of life.



### **Who can participate in the LAUREL Group?**

- People with a diagnosis of bipolar I disorder
- People between 18 and 65 years old
- People who speak fluent English
- People with no history of a major head injury or neurological disease

### **What will I do?**

First, you will be interviewed about your current and past symptoms and experiences and complete self-report questionnaires. Then, your symptoms will be assessed one week prior to the start of the group sessions.

Following the completion of this interview, you may be invited to join a 10-week therapy group and complete two additional interview sessions.

The groups will take place at UC Berkeley and will last 90 minutes each. The final two interviews will be scheduled after the completion of the group.

**Where does the study take place?** The interviews and group will take place in Tolman Hall on the UC Berkeley campus.

**How long will it take?**

This study will take about 25 hours total. Each of the 4 interviews will take up to 1-3 hours each (for a total of about 10 hours). The group sessions will take 90 minutes each (for a total of 15 hours).

**Will I get paid?**

You will be paid \$15.00 per hour for your time while participating in the interview sessions. You will be compensated for travel and parking for each of the group sessions.

**How do I find out more?**

You can call us, The Laurel Group, at 510-542-8241 or email [UCBGroupStudies@gmail.com](mailto:UCBGroupStudies@gmail.com)

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## **Schizophrenia Emotion Study**

### **Dr. Ann Kring, UC Berkeley**

As people with schizophrenia know all too well, some of the symptoms of this illness can influence emotions, relationships with other people, and the motivation to see some tasks through to the finish.



Our research at UC Berkeley is trying to come up with ways to better recognize these symptoms so we can then develop treatments that are better able to provide some relief. In our research, we use clinical interviews to get a first hand account of a

person's symptoms and how they impact daily life.

Our research also uses a number of methods to examine emotion: we care about how people express their emotions; how they experience their emotions; how they think about and manage their emotions.

**What is the study about?** The purpose of this study is learn more about symptoms and experiences of individuals with schizophrenia. To do this, we will be asking you a number of questions about your experiences during an interview. We will also have you view emotional films and rate your reactions to them as well as complete a variety of cognitive tasks.

**Who can participate?** People with a diagnosis of schizophrenia or schizoaffective disorder; People between 18 and 65 years old; People who speak fluent English; People with no history of a head injury or neurological disease; People with no current drug or alcohol abuse or no current depression.

**What will I do?** Your visit includes interviews about the signs and symptoms that are sometimes associated with schizophrenia. You will also be asked about how you have been feeling in the past week, how you predict you will feel in the future and about different experiences you may have had during your life. You will also view emotional films and rate your reactions; complete some cognitive and memory tasks, fill out some questionnaires, and take a short reading test.

**Where does the study take place?** The visits will take place in a quiet room in the Emotion & Social Interaction Laboratory where your privacy can be maintained. The Emotion & Social Interaction Laboratory is in Tolman Hall on the UC Berkeley campus.

**How long will it take?** The visit will take about 3 - 4 hours.

**Will I get paid?** You will be reimbursed \$15.00 per hour for your time and inconvenience.

**How do I find out more?** You can call us at 510-643-4098 or email us: [esilabstudy@gmail.com](mailto:esilabstudy@gmail.com).

Offered by Family Partners



**WHEN:** EVERY TUESDAY

**WHERE:** 3230 Kerner Blvd, San Rafael, CA 94901

**TIME:** 6:30-8 PM

This is a class to support all parents to ENJOY raising their children. Parenting does not have to be a huge struggle if you have a tool box of effective parenting skills. We want to support parents to get the tools they want and need.

We provide a dinner for the adults and a snack for the children.

Free child care provided by an experienced child care provider.

Please RSVP so we can be ready for you!!

Michelle Kemp MSW                      415-368-5221

Leticia McCoy                              415-378-6061

### **Free Spanish Language Parenting Class Series**

**WHEN:** EVERY WEDNESDAY, 6:00-7:30 pm

**WHERE:** 3230 Kerner Blvd, San Rafael, CA 94901

**TIME:** 6:00-7:30 PM

Please RSVP so we can be ready for you!!

Marisol Muñoz-Kiehne, PhD ("Doctora Marisol")

(415) 473-6787

To register for either English or Spanish class, call and leave message indicating: your name, phone number, email address, and the ages of your children if you will need child supervision.



You may begin attending at any point in the series.

The classes and the child supervision are free and everyone is welcome.

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## **Wellness Recovery Action Plan**

***Come join us in writing your own dynamic crisis plan for your circumstances. We explore ways to participate in our own recovery and develop a network to support us. Free bagels and coffee will be served. Graduate and get a certificate.***

***Come to a pizza orientation at Enterprise Resource Center on Thursday, April 28th at noon and see what we are about!***

Group will be closed after first meeting and will meet for ten weeks on Thursdays from 12-1 in the group room. Starts May 5th.

**Enterprise Resource Center  
3270 Kerner Blvd, Suite C,  
San Rafael, CA 94901**

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## 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

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### For Important Emergency/Crisis Links:

Go to [www.namimarin.org/emergency](http://www.namimarin.org/emergency)



**Become a Member, Join NAMI Marin!**

Go to [www.namimarin.org/join](http://www.namimarin.org/join)



**Donate!**

Go to [namimarin.org/donate](http://namimarin.org/donate)

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

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