



**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 - March 2016

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## General Meeting

**Monday, March 21, 2016**

**7:00-8:30 p.m**

## Loving Someone Who Loves Alcohol or Drugs: An Alternative to Tough Love

For too long families have been told to abandon their loved one to the negative consequences of alcohol and drugs. "Let them hit bottom" is too often the advice given to families. But bottoming out is not only ineffective, it can ruin the lives of both the drug user and their loved ones. This talk will introduce the audience to harm reduction, a pragmatic and humane approach to what should be considered a health issue, not a legal or moral one.

Dr. Denning will teach people how to have conversations with their loved ones who

misuse alcohol and drugs, conversations that can lead to real and sustained change. She will share tips on how to set limits without resorting to arguments, threats and tough love.

**Speaker:** Patt Denning, PhD., author and psychologist. Director of Clinical Services and Training at the Center for Harm Reduction Therapy and author of *Over the Influence: The Harm Reduction Guide for Managing Drugs and Alcohol*.

### **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**

### **Future Topics 2016**

**April 18** - Eli Merritt, MD, author of *Suicide Risk in the Bay Area: A Guide for Families, Physicians, Therapists, and Other Professionals*

**May 16** - Steven Hinshaw, PhD - *Stigma & Mental Illness*

For more information call or visit NAMI Marin

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

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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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## Join Us for a New Walk

This year NAMI Marin will be taking a new direction with our Walk. Sadly, the Bay Area NAMIWalks, which has traditionally been held in San Francisco in collaboration with many Bay area NAMI affiliates, will no longer be taking place. The main reason for the ending of this event is that some of the affiliates wanted a walk closer to their homes. Luckily there is a lovely Walk right here in Marin that we have joined- the Bay Area Human Race in San Rafael on May 7th!

Please join us in this new Walk to help raise the funds that keep our free programs going!

Look for our coming walk announcement with details on how to participate.

Beverlee Kell,  
NAMI Marin President

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## 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  
April 5 – June 28

Classes are limited to 24 people and registration is required.

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



**Clients and their families are invited!**

**April 13 - Crepevine**  
 908 4<sup>th</sup> 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<br>Jessy Wennick, NP - Nurse Practitioner<br>Angela Cassidy, MFTI - Outreach and Engagement Clinician            |
| 2nd Thursday | Todd Paler LMFT, Program Manager Crisis Continuum<br>Angel Cassidy MFTI – Outreach and Engagement Clinician   |
| 3rd Thursday | Jennifer Bates LCSW Supervisor Mental Health Access Unit<br>Linsey Maldonado-Sciutti & Anne Lauver, Family Partners<br>Angel Cassidy MFTI – Outreach and Engagement Clinician |
| 4th Thursday | Kathy Chestnut LCSW Unit Supervisor Adult Case Management Team.   |

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|--------------|--|
|              | Maggie Dann NP, Nurse Practitioner<br>Angel Cassidy MFTI – Outreach and Engagement Clinician   |
| 5th Thursday | Lisa Ballard Psy.D – Unit Supervisor PES<br>Jennifer Echo NP, Nurse Practitioner<br>Angel Cassidy MFTI – Outreach and Engagement Clinician |

Due to schedules, facilitators may change from time to time.

Questions? Call 888.818.1115.

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**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

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**San Rafael Art Exhibit Puts Focus**

## on Tobacco Use and Mental Illness

The 1108 Gallery has a show to inspire others to live tobacco free done by people with lived experience in the mental health community. The show is really well received and the Marin Independent Journal did an article on the gallery which you can find online



at <http://www.marinij.com/article/NO/20160214/NEWS/160219874>. This article hits close to home for many of us in the mental health community.

The artists and gallery will also be on public access television fairly soon.

A go fund me site has been launched to help raise funds to keep the doors open and staff the 1108 Gallery space to create more exposure in the community.

Your donations are tax deductible and this is a vital program for many of us living with diagnoses. We urge you to donate as we are in danger of losing this space and need funding to expand. You can find us at [www.gofundme.com/1108gallery](http://www.gofundme.com/1108gallery).

We hope you enjoy our article and urge you to donate and share this campaign with others who enjoy the arts and feel that this fills an important niche in the mental health community.

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## CHADD Corte Madera Speakers Meeting



**When:** Thursday, March 17, 2015, 7-9pm

**Presenter:** Alexandra Mathews, Ph.D. [www.amatthewsphd.com](http://www.amatthewsphd.com)

**You're invited.** Executive function and emotional regulation problems are often unrecognized and cause tremendous havoc in everyday functioning. Why does my loved one repeatedly lose their wallet or coat or forget an important appointment or lose track of what they need to do or seem unable to prioritize?

## **Executive Function and Emotion Regulation in ADHD and Other Learning Differences**

Executive Function and Affect Regulation are like the CEO's of the brain. They oversee all behavior and mental activity to make sure things get done in a calm and efficient manner. When kids and adults have issues with Executive Function or Emotion Regulation, any task that requires planning, organization, memory, time management, or flexible thinking can seem impossible.

What are the Executive Functions? What is Emotion Regulation? How do they impact learning and everyday life? The more you know about the challenges, the better you will be able to help yourself and your child improve Emotional Regulation and Executive skills.

### **Location**

Corte Madera Town Center mall. 770 Tamalpais Drive, Suite 201.  
Just off freeway 101 at Tamalpais Drive/Paradise Drive exit,  
(west side of freeway).

Enter south end of mall, look for #770 on the right, enter glassed lobby and take elevator to second floor.

CHADD of Northern California

[www.chaddnorcal.org](http://www.chaddnorcal.org) CHADD of No. CA

[www.CHADD.org](http://www.CHADD.org) CHADD National

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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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**Saturday March 19th**

**BENEFIT FOR NAMI MARIN**

(NATIONAL ALLIANCE FOR THE MENTALLY ILL-MARIN BRANCH)

**7 to 10 pm**

**SERVINO'S**

**TIBURON'S LIVE MUSIC OASIS**

9 MAIN STREET, BELVEDERE TIBURON

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RESERVATIONS ENCOURAGED, SPACE LIMITED, NO COVER CHARGE



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BOSSA NOVA, JAZZ & BLUES**

**SERVINO'S WILL DONATE 15% OF  
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ROOM TO NAMI**

**MISSION STATEMENT:**

**NAMI Marin is dedicated to improving the lives of individuals and families living with mental illness, through advocacy, education and support.**

*We help... we listen...*

*we understand (we've been there)...*

*we help families cope... we support...*

*we advocate changes to laws and services for the mentally ill. We are people like you.*

**[namimarin.org](http://namimarin.org)**

**Karen swings bossa (in English and Portugese) jazz standards & blues.  
Check out audio & video samples: [www.karensudjiansings.com](http://www.karensudjiansings.com)**

**Accompanied by Alex Markels-guitar; Jack Prendergast- bass  
SPECIAL GUEST: David Kell—saxophone**



**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)

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**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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