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NAMI Marin Monthly eNewsletter - July 2016

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## General Meeting

**Summer Recess: July & August**  
**The next General Meeting is September 19.**

For more information call or visit NAMI Marin

415-444-0480 [www.namimarin.org](http://www.namimarin.org)



## **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



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



**Clients and their families are invited!**

**July 13, 2016**  
**Bangkok Thai Express**  
**857 4<sup>th</sup> Street**  
(Between Cijos Street and Lootens Place)  
**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.



*Marin's Voice*  
*On Mental Illness and Recovery*

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[NAMI Marin Spring/Summer 2016 Newsletter](#)

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**NAMI CALIFORNIA  
CONFERENCE 2016  
BURLINGAME, CA**

San Francisco Airport Marriott Waterfront  
1800 Old Bayshore Highway

August 26-27, 2016



Each year, the NAMI California Board and Staff examine important trends, exciting best practices and new treatments as well as other activities in Mental Illness, and feedback gathered from previous conferences.

The 2016 NAMI California Conference introduces tracks that represent key topic areas and critical information:

- Criminal Justice
- Strengthening NAMI
- Family and Consumer
- Advocacy
- Transitional Age Youth

[Register online or download the registration form.](#)

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**NEW NAME**

Marin County Mental Health and Substance Use Services (MHSUS) is changing its name and will now be known as

Marin County **Behavioral Health and Recovery Services (BHRS)**.

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**Family Support Group  
Behavioral Health and Recovery Services (BHRS)**

Free drop-in group held Thursdays, 7-8:30pm  
250 Bon Air, Greenbrae, 1st Floor Conference Room

1st Thursday	Angela Tognotti, MFT - Supervisor Odyssey Team Jessy Wennick, NP Angela Cassidy, MFTI - Outreach and Engagement Clinician
2nd Thursday	Todd Paler LMFT, Program Manager Crisis Continuum Jennifer Echo, NP Angel Cassidy MFTI – Outreach and Engagement Clinician
3rd Thursday	Linsey Maldonado-Sciutti & Anne Lauver, Family Partners Angel Cassidy MFTI – Outreach and Engagement Clinician
4th Thursday	Jesse Wennik, NP - Nurse Practitioner (July only) 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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**Counseling and Peer  
Support Available**



**CommunityActionMarin**

Community Action Marin provides crisis planning counselors offering peer support for clients who have a history of mental illness. The main purpose of crisis planning is helping clients avoid a psychiatric crisis; but if one does occur, our goal as peer counselors is to help clients be better prepared to handle it.

Some of the key information recorded in a crisis plan are medical history to help clinical staff deescalate a crisis, symptoms and warning signs that indicate a crisis may be ahead, and treatment preferences from PES staff. In addition, clients can document their choices for medication and treatment facility.

Finally, after the client crisis plan is completed the crisis planning counselors take the plans to Marin General to insert them into the client's medical records. Counselors then do follow up meetings with clients to track outcomes. They are also in contact with county case managers and Buckelew RSS managers for client referrals.

If you feel as though you may benefit from a crisis plan or know someone who may please feel free to contact crisis planning program supervisor Cesar Leiva at (415) 306-3289, [cleiva@camarin.org](mailto:cleiva@camarin.org), or counselor Deborah Sawicki at (415) 497-9092, or counselor Andrew Frierson at (415) 847-1112.

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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 x2033  
or Melanie Lopes at ext 205.

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**POSITIVE PARENTING IN**



**CHALLENGING TIMES**

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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**CommunityActionMarin**

*1108 Gallery*



*“Works on Paper”*

*By Rogers Glennon*

Opening Reception - July 8th

5–8pm

*Music*

*By Ron Corral & Steve Listug*

1108 Tamalpais, San Rafael

**Gallery Hours**

**Thursday & Friday 5-8pm**

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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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**To suggest a particular topic or speaker for our  
General Meeting,  
contact Beverlee Kell at [namimarinoffice@gmail.com](mailto:namimarinoffice@gmail.com)**

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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)

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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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555 Northgate Drive, #280  
San Rafael, California 94903  
US

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**vertical  
response**  
A DELUXE COMPANY  
Free Email Marketing >>