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NAMI Marin GENERAL MEETINGS 2016

Recess: No General Meetings in November & December

For more information call NAMI Marin 415.444.0480

Suggest a topic or speaker at namimarinoffice@gmail.com.

NAMI MARIN FAMILY-TO-FAMILY PROGRAM 2017

Course Starts January 10

Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program, shown to significantly improve the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

Class Schedule

12 Tuesdays from 7:00-9:30PM.

Hosted at 555 Northgate Drive, San Rafael, 94903

Registration is required and space is limited to 24 people.
To learn more or to request a place, call the NAMI Marin office at
415-444-0480, ext. 0.

[Read More >>](#)

NAMI Marin FAMILY SUPPORT GROUPS

Drop-in, no cost. Family, friends and caregivers welcome.

San Rafael Family Support Group

The second and fourth Tuesdays of the month, 6:00-8:00PM.

Co-facilitators: Kay Browne, MD and Jack Lieberman.

Enterprise Resource Center, 3270 Kerner Blvd., Building A, Suite C, San Rafael.

[Google Map Link](#).

Novato Family Support Group

The first and third Wednesdays of the month from 7:00-8:30PM.

Facilitator: Adam Edell.

United Methodist Church, Room 7, 1473 South Novato Blvd, Novato.

[Google Map Link](#).

Español Central Marin Family Support Group

The first and third Thursdays of the month.

Facilitator: Gloria McCallister.

Call 415-473-2261 for time and location.

OTHER NAMI Marin SERVICES

Learn about all our programs and services, including our HelpLine, Speakers Bureau and print newsletters.

Visit www.namimarin.org

NAMI Marin VOLUNTEER OPPORTUNITIES



Join NAMI's Family of Volunteers

When you volunteer, you become part of our volunteer community and help provide our unique services for families. We have diverse volunteer needs and will connect you with work that is gratifying. If you are not able to volunteer, please donate to help us achieve our mission of providing support, education, skills and advocacy for families. To learn more about opportunities, contact namimarinoffice@gmail.com or call 415-444-0480 and leave a message for Peg Super, our Volunteer Coordinator. Click here for the [NAMI Marin Volunteer Application](#).

NAMI Marin ADVOCACY

Voice your opinion on how Mental Health Services Act (Prop 63) funds should be spent in Marin County for 2017 - 2020

Community input is being sought at 3 public meetings for the MHSA Plan 2017-2020. See flyer for dates and locations [share the flyer](#) – these are open community meetings with child care available.

- Thursday, Nov. 10, 6:30 - 8:30pm Mill Valley Community Center
- Tuesday, Nov. 15, 6:00 - 8:00pm Novato Youth Center
- Monday, Dec. 5, 10 - 12pm Albert J. Boro Community Center, canal, San Rafael

Our county BHRS needs to hear from you on how to improve mental health and substance use services in Marin County. Speak out about what our county mental health system needs based on your own lived experience.

Stand strong for the change we need:

- evidenced-based treatments, including illness management skills training. *Diabetics get training on how to manage their blood sugar, folks with psychosis and mood disorder should have access to wellness training.*
- evidenced-based education for families.

- specialized treatments and therapies for psychosis, including early psychosis which most other Bay Area counties have already implemented.
- evidenced-based assisted outpatient treatment "Laura's Law"
- increase of evidenced-based substance use disorder treatments and continued integration
- staff training in evidenced-based treatments and therapies
- data collection to determine if services are effective
- monitoring effectiveness of services

HELP make sure our community mental health system continues toward a modern, welcoming system that provides effective, evidenced-based services and supports families as part of the team.

County Mental Health Services Update

Use the link below to listen to the archived update on Behavioral Health and Recovery Services/BHRS (*formally Community Mental Health and Substance Use Services/CMHSUS*) by Suzanne Tavano, PhD, Director of BHRS at the October 25th Board of Supervisors Meeting.

[Link to Suzanne Tavano's presentation to the Board of Supervisors](#)

In February 2017, BHRS is due to give a progress report on the outcomes for some of the people who would have otherwise qualified for a Laura's Law model of engagement & treatment, had it been implemented.

[Read the IJ's front page story by Rick Halstead on this meeting.](#) The BOS were presented with 10,000 Marin resident signatures supporting implementation of Laura's Law! Many of our members worked hard to collect these signatures.

OUR COMMUNITY PARTNER UPDATES

CHADD of Marin Speakers Meeting

Date: Thursday, November 17, 7:00 - 8:30pm

Topic: Update from the 2016 annual CHADD International Conference in LA
Information for families, parents, teens and adults affected by ADHD.

Speakers: Holly Seerley, MFT and Beverlee Kell, NAMI Marin & CHADD Board Member

Location: Corte Madera Town Center mall. 770 Tamalpais Drive, Suite 201. Just off freeway 101 at Tamalpais Drive/Paradise Drive exit, in the mall to the west. Enter south end of mall, look for # 770 on the right, enter glass lobby and take elevator to second floor.

CHADD Meetings are drop-in and everyone is welcome. Meetings are free for CHADD members and a \$5 donation is appreciated of non-members.

Visit chaddnorcal.org for calendar of all Bay area meetings.

Positive Parenting in Challenging Times

This is a free weekly (52 weeks a year!) drop-in style class

When: Every Tuesday, 6:30 - 8:00 pm

Where: 3230 Kerner Blvd. near Bellam, San Rafael, CA 94901

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.

Please RSVP so we can be ready for you! To register, call and leave a message indicating: your name, phone number, email address, and the ages of your children if you will need child supervision.

Michelle Kemp, MSW 415-368-5221

Leticia McCoy 415-716-2746

Family Partners, Community Action Marin - Mental Health Services

Free Spanish Language Parenting Class Series

When: Every Wednesday, 6:00-7:30 pm

Where: 3230 Kerner Blvd near Bellam, San Rafael, CA 94901

This is a free weekly, series of classes. You may start at any point in the series.
To register, call and leave message indicating: your name, phone number, email address,
and the ages of your children if you will need child supervision.

Marisol Muñoz-Kiehne, PhD (“Doctora Marisol”) 415-473-6787

We provide a dinner for the adults and a snack for the children.
Free child care provided by an experienced child care provider.
The classes and the child supervision are free and everyone is welcome.

Family Partners, Community Action Marin - Mental Health Services

Hearing Voices Network - Bay Area

Do you experience voices, visions, special messages, unusual beliefs or extreme states of consciousness? What do these experiences mean to you? How do we live with and decrease distress from these experiences?

Please join the free, drop in weekly Voices, Visions and Different Realities groups.

The support groups are co-facilitated by people who have lived experience with the mental health system. More importantly, we are counting on you to shape the direction the group takes in providing support for each other.

[Read More >>](#)

[Link to Flyer](#)

[County BHRS Family Support Group](#) - Open to All families

Parent [Mindfulness-Based Stress Reduction](#) Group

[Seeking Safety Group For Women](#)

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555 Northgate Drive, Suite 280, San Rafael, CA 94903

415-444-0480 www.namimarin.org

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