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NAMI MARIN GENERAL MEETINGS 2016

Conjoint NAMI Marin and CHADD of Marin Meeting

ADHD and the Focused Mind

Monday, October 17, 7:00 p.m - 8:30 p.m.

Sarah Cheyette, MD, a Neurologist from the Palo Alto Medical Foundation who treats children and adults, Benjamin Cheyette, MD, PhD, an Associate Professor of Psychiatry at UCSF, and Peter Johnson, a seventh-degree black belt in Karate - will be on-hand to discuss their approach to the treatment of ADHD described in their new collaborative book, 'ADHD & The Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence. Their book aims to provide parents with an easy-to-understand approach to changing their children's mindset and behavior by introducing simple, powerful concepts to keep their child motivated.

Their presentation will include an explanation of the basics of ADHD—its common behavioral symptoms, the biology behind it, and what research has revealed about it – as well as issues faced by many adults with ADHD and parents of children with ADHD when considering prescription medications and other approaches to treatment. They will describe an easy-to-understand treatment approach they have developed for changing children's and adults' mindset and behavior in ADHD through the simple, powerful concepts based on the athletic mind-set and training. "Just as athletes improve their athletic skills through proper coaching and training, ADHDers have mental skills they can improve through proper coaching and training," the trio explains. "Both ADHDers and athletes need to identify

challenges, set goals, and train hard with a coach. A person with ADHD who does this can break away from a cycle of underachievement or outright failure to become a world-class success story!" Although their therapeutic approach employs athletic training as a framework, it is not intended solely for athletes - anybody with ADHD can improve their ability to focus, reduce their tendency to procrastinate, and cultivate their planning skills by developing this mindset regardless of their level of interest in sports or prior experiences in athletics. To learn more visit <http://psych.ucsf.edu/news/new-book-uses-coaching-techniques-behind-top-tier-athletes-help-children-adhd>.

About the authors

Sarah Cheyette graduated cum laude in Cognitive Neuroscience from Princeton University and received her medical degree from the UCLA David Geffen School of Medicine.

Following specialty training in pediatrics at Cedars-Sinai Medical Center in Los Angeles and in pediatric neurology at Seattle Children's Hospital she settled with her family in the San Francisco Bay Area. She practices at the Palo Alto Medical Foundation where she focuses on treating ADHD in both children and adults. Her husband, Ben Cheyette is also a graduate of Princeton University and the UCLA School of Medicine where he earned an MD as well as a PhD in Molecular Biology. He then pursued simultaneous specialized training at the University of Washington in clinical psychiatry and in the basic research of signaling biology. He is now an Associate Professor at UCSF where he sees patients as part of the Psychiatry Consult-Liaison service at the Parnassus Heights campus and runs an NIH-funded laboratory exploring the molecular bases of mental illnesses at the Mission Bay campus. Peter Johnson received his BA from Hayward State University, has been teaching martial arts in his own dojo (martial arts school) in San Bruno since 1993, and currently holds a seventh degree black belt in karate. His philosophy is that martial arts is not simply about acquiring physical skill but is more importantly about acquiring a drive for excellence in all areas of life. He has witnessed first-hand how athletic training, and specifically coaching and training in the martial arts, has help many of his students with mental health challenges, including ADHD, excel in the dojo and beyond in other spheres of their lives.

"ADHD & The Focused Mind" is available from Square One Publishers online at Amazon.com , Barnes & Noble.com, and at local bookstores nationwide. Personally autographed copies will be available for purchase at the event.

No charge, Everyone Welcome.

Connection Center, Room 110 on the Marin County Wellness Campus.
3240 Kerner Blvd, in the canal area in San Rafael. (Take the "loop" of Francisco Blvd E, left on Irene St, left on Kerner Blvd. The Wellness Campus is on the right, just before Bellam Ave.) Building at the far side of the Mi Pueblo food center parking lot.

For more information call NAMI Marin 415.444.0480 Recess: No General Meetings in November & December.

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

NAMI MARIN FAMILY SUPPORT GROUPS

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

San Rafael 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 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 Support Group

The first and third Thursdays of the month.

Facilitator: Gloria McCallister.

Call 415-473-2261 for time and location.

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

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](#).

OUR COMMUNITY PARTNER UPDATES

Mental Health First Aid

October 11 and 25 (must attend both days)
9:00am-1:00pm
San Geronimo Valley

Someone you know could be experiencing a mental illness or crisis. You can help them.

You are more likely to encounter someone – friend, family member, co-worker, neighbor, or member of the community – in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. [See flyer for details.](#)

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](#)

A Victory! Halloween Horrors Update

Knott's Berry Farm in California has completely shut down its stigmatizing "Fear VR: 5150" Halloween attraction—thanks especially to the efforts of NAMI Orange County. The story has been one of the top trending topics nationally on Facebook today.



[Read More >>](#)

Halloween Tips

NAMI state organizations and NAMI affiliates often face "Halloween horrors" in their own backyards involving attractions or costumes in stores. In those cases, here's what we recommend locally:

- Don't underestimate the power of one person or a group to make a difference!
- Contact sponsors, companies and store managers personally. Start a polite dialogue. Educate them. Ask them to remove the offensive parts of any attraction, advertisements or merchandise that mock mental illness.

[Read More >>](#)



Family Service Agency
- OF MARIN -

Dialectical Behavior Therapy (DBT) Skills Training Group

When: Wednesdays 10am to 12pm, beginning October 5, 2016
Where: Family Service Agency of Marin
555 Northgate Drive, San Rafael
Fee: Sliding Scale (\$20-45 per week); Medi-Cal is accepted

What is DBT?

DBT is a practical psychotherapy that combines basic strategies of cognitive behavioral therapy with mindfulness practices.

Who can benefit from DBT?

DBT Skills Training Group may be appropriate for you if you:

- Find it challenging to manage strong emotions.
- Have difficulties with relationships, intimacy and/or abandonment.
- Experience frequent mood changes.
- Engage in impulsive or self-destructive behaviors.

What does DBT Skills Training do?

DBT has been shown in numerous clinical trials to:

- Enhance motivation and desire to live your life fully.
- Enhance emotion management.
- Improve interpersonal relating and communicating.
- Decrease self-destructive behaviors.
- Enhance your ability to get through crises.

Group leaders: Avital Schlesinger, MFT Intern #88509; Serena Haworth, MFT Intern # 90841;
Dana Bloch MFT Intern # 92159

Direct Supervisor: Sarah Chapman, MFT #16780

Please call us at 415-491-5728 to arrange for an initial interview.



**DROP-IN OPEN HOUSE
CELEBRATING 7 YEARS OF SERVICE
TO THE COMMUNITY**

THURSDAY, OCTOBER 20, 2016 • 1 P.M. TO 6 P.M.

CELEBRATING OUR MEN & WOMEN

- who have successfully completed Probation!
- who have had their criminal records expunged!
- who have maintained steady employment for a minimum of 2 years!

**APPRECIATION RECOGNITION TO CHERYL FISHER
RETIRED LIEUTENANT - MARIN COUNTY SHERIFF'S DEPARTMENT**

BBQ

Free Haircuts by John Wallace & Tino Wilson

Find out about available resources – Local Agencies Staff will be available

- Getting Your Criminal Record Cleared – Adult & Juvenile
 - Restoring your Suspended Driver's License
- How to Clear up your Overdue, Excessive Traffic Fees & Fasttrak
- Child Support Advocacy • Cal Fresh Food Program • Medical Insurance
- Job Opportunities • Mental Health Services • Voter Registration • Legal Services

Felecia Gaston, Project Director 415.637.0563 • Performingstars@sbcglobal.net

[COUNTY BHRS FAMILY SUPPORT GROUP](#)

[FREE MINDFULNESS-BASED STRESS REDUCTION](#)

[SEEKING SAFETY GROUP FOR WOMEN](#)

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415-444-0480 www.namimarin.org

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Go to www.namimarin.org/emergency

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