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**NAMI Marin
e-Newsletter**

September 2016

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NAMI MARIN GENERAL MEETINGS 2016

ECT Treatment

September 19, 7:00PM - 8:30PM

Learn about Marin General Hospital's specialty behavioral health services:

- modern electroconvulsive therapy used to treat resistant depression, bipolar disorder and other conditions
- behavioral health outpatient programs

Speakers:

- Adrienne Fratini, MD, Director, MGH ECT service
- Larry Cunniffe, LCSW, Coordinator, MGH Behavioral Health Outpatient Programs

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.

ADHD and the Focused Mind

October 17, 7:00PM - 8:30PM

Conjoint Meeting: NAMI Marin and CHADD of Marin
Same location as September

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 and the Focused Mind'.

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

NAMI MARIN FAMILY-TO-FAMILY PROGRAM 2016

Starts September 13

Can join class up to 9/27, if any space available

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.

September 13th through November 29th

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 >>](#)

[Click here for the Family-to-Family flyer](#)

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.

ENTERPRISE RESOURCE CENTER & NAMI MARIN ANNUAL PICNIC

Another Great Picnic!

Another great picnic was enjoyed by many family & friends on September 2nd at Gerstel Park!

Thanks to the Enterprise Resource Center and co-sponsor NAMI Marin for another perfect picnic!

This year around 100 families and friends enjoyed this beautiful annual event in Gerstel Park. The yummy hamburgers and hot dogs were

cooked to perfection and thoroughly enjoyed by all. Many thanks to Tom Sciaroni and all our tireless, dedicated ERC friends who helped make this year's picnic a resounding success!



Special thanks to Sue and Phil Roberts who did all the food shopping, (including **a lot of** balloons), and delivered everything up the hill to the site! Sue was a champ throughout the day, making sure everyone had what they needed.

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 Marilyn Goldeen or Peg Super, our Volunteer Coordinators. Click here for the [NAMI Marin Volunteer Application](#).

OUR COMMUNITY PARTNER UPDATES

BHRS Family Skills Group for Early Psychosis

Thursdays, July 21st to Sept. 29th, 6-7:30pm

250 Bon Air Rd, Greenbrae, CA

Behavioral Health Recovery Service, 1st Floor Conference Room

Laura Sciacca, PhD and Jayme Peta, MA MS are beginning a new outreach and engagement group for families and friends of those experiencing initial (first episode) psychotic symptoms. The topics are geared towards families of those in early stages of recovery from psychosis but anyone who is interested in the information is welcome. Topics are psychoeducational (rather than a therapy/support group) and are based on the NIMH funded NAVIGATE program. Topics are psychoeducational (rather than a therapy/support group) and are based on the NIMH funded NAVIGATE program (<http://navigateconsultants.org>).

The group will be in the first floor conference room of 250 Bon Air Drive on Thursday evenings from 6 – 7:30PM. It is a sequential group so most will benefit from coming

to all 11 sessions. However, anyone interested is encouraged to attend any one, or more of the remaining weeks.

All Marin County residents are eligible; the group is free and there is no restriction by insurance.

[Read More >>](#)

Novel Housing Idea

Lilypad Homes is a Marin nonprofit that educates homeowners about the opportunity to add infill housing to the community through the creation of accessory dwelling units (ADUs). A new type of ADU called junior accessory dwelling units (JADUs) or junior second units (JSUs), offers homeowners a more affordable option.

[Read More >>](#)

Bipolar Study Group

The UC Berkeley Cal-Mania program is conducting a group treatment study for people diagnosed with Bipolar I. The LAUREL (Learning Affective Understanding for a Rich Emotional Life) is a 10-week group study, teaching skills for increasing daily experiences with positive emotions while maintaining wellness. This group will be most helpful for people who want to learn skills to experience everyday positives with skillfulness and an awareness that will promote a healthy balance to their emotional life.

[Read More >>](#)

Early Stage Schizophrenia Study

SF-Care, Inc, located in San Rafael, CA is part of a national multi-site treatment program and clinical research study for patients who are suffering from early stages of schizophrenia. The program is grant-funded by Johnson & Johnson to evaluate and treat patients who are within the first 2 years of schizophrenia or schizophreniform disorder.

The purpose of the study is to determine if long-acting and/or oral antipsychotic therapies along with comprehensive care and frequent monitoring may help these early stage patients to maintain high levels of functioning, symptom control, and meaningful lives.

Anyone who is within two years from their first psychotic break, can be seen right away. They will receive free medication for up to 2 years,

[Read More >>](#)

[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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