CHANGE IN CALIFORNIA MEDI-CAL LAW HELPS NAMI FAMILIES

What is the change in the law that affects me or my family?
The Medi-Cal Estate Recovery law in CA has become much better for families, as of January 1, 2017.

What is Medi-Cal Estate Recovery?
When a patient, (generally over age 55) uses Medi-Cal, to pay for the cost of his/her medical care, the State is entitled to be reimbursed for those costs from the patient’s assets after death.

This payback is known as a “Medi-Cal Estate Recovery Claim”, which means that any property owned by the deceased patient first, has to be used to pay back the CA Department of Health Care Services (CDHCS), before any inheritance passes to an heir or relative.

What are the changes?
The new law makes four key changes:

1. Recovery is completely prohibited from the estate of a deceased Medi-Cal patient who is survived by a spouse, registered domestic partner, a minor child or a disabled or minor children.

2. Recovery is completely prohibited from the estate of a deceased parent received.

3. CDHCS previously applied the waiver only to help the disabled child, and not to any non-disabled siblings. Now, the law is clear that if there is any disabled child, there can still save the home for a non-disabled child.

4. A claim against a home of modest value shall be waived based on a hardship application and exemption. Modest value means a home whose fair market value is 50 percent or less of the average price of homes in the county where the homestead is located, as of date of the decedent’s death.

What do these changes mean?
Mostly they mean that a Medi-Cal patient in nursing home who owns a home at death, can save that home to leave to heirs and family instead of the previous situation where it might have been necessary for the heirs to sell the home in order to repay the claim of the State of CA for the care that the deceased parent received.

How does this change in the law help me and/or my mentally ill family member?
If parents need to use Medi-Cal to pay for their own care in a nursing home, their options to leave their home, to their child by survivorship or by beneficiary designation, none of your property can be claimed by the State.

NAMI Marin General Meetings 2017
January 23, 7 p.m. - 8:30 p.m.
Marin General Hospital Behavioral Health: Current Services and Vision for the Future

NAMI Marin General Meetings 2017
February 20, 7pm - 8:30 pm
Private Case Managers: How They Help Families

Meet some of the private case managers available to provide a variety of services for loved ones experiencing mental illness and substance use disorders. Services vary and may include:

1. Advocacy and support at appointments
2. Outings to reduce social isolation
3. Reinforcing recovery behaviors and goals
4. Bridging communications/activities among family members
5. Other services

No charge, Everyone Welcome!
Location: Note change in venue
Same building as the NAMI Marin office, in the ground floor conference room.
Free Parking: in the lot behind the building, along the street and across the street near the Sears Tire Center.

Winter 2017
Dear Members and Friends,

On behalf of the NAMI Marin Board of Directors, thank you for all the ways you have supported our services in the past year, whether it was by recommending our programs to others in need, volunteering your time and expertise, or giving financial support. We are deeply grateful!

Your support has enabled us to accomplish a lot in the past year or so. Here is just a partial list:

- Broadened public awareness of our programs so we now reach more than 1,000 families with a goal of doubling that reach
- Started a Speakers Bureau presenting to community groups such as Rotary and CHP
- Transitioned to a monthly e-newsletter and 3 seasonal print newsletters and expanded distribution across Marin
- Developed the framework to participate in our first Marin Human Race last year and look forward to participating again in 2017
- Bolstered our teacher ranks and added a fourth 12-week Family-to-Family class in collaboration with Rodef Shalom
- Trained additional In Our Own Voice presenters in preparation for program expansion
- Established a monthly speaker luncheon for our dedicated volunteers
- Advocated for the adoption of evidenced-based therapies throughout the County and established a grant dedicated to these services

Last but not least, we have continued to make our organization more professional by adopting best practices learned from other NAMI affiliates and hiring a fundraising expert to make sure that our revenue will sustain the growth to which we aspire. We are also excited that we are now poised to recruit a professional non-profit Operations Director in the New Year.

On behalf of the NAMI Marin Board of Directors, thank you for your support.

Gratefully,

Beverlee Kell
President, Board of Directors

NAMI Marin Services
NAMI Marin Services are free

HelpLine 415-444-0480 x 0
Do you struggle with finding resources? Speak with a family member who can help you navigate access to support, treatment and recovery. Take a short-cut to finding help and hope. Trained family members are available Monday-Friday, 1-3pm, otherwise leave a message.

General Meeting and Expert Speakers
Gain new insights into your loved one’s struggles and what can help. Third Monday evening of the month (except Aug, Nov, & Dec). Check our web-site calendar for location and speaker topic. Meet our members and connect with others who understand.

Family-to-Family Course
A twelve week class for family members, caregivers, partners and friends of someone with mental illness. Learn about the brain, psychiatric medications, communication skills, coping with crisis, stress, and learn about self-care. Winter course begins January 10, 2017. Spring course is scheduled to begin in April. Reservations are required, call 415-444-0480 x 0.

Family Support Groups
A confidential, drop-in support group for family members, caregivers, partners and friends of someone with mental illness. Learn about the brain, psychiatric medications, communication skills, coping with crisis, stress, and learn about self-care. Winter course begins January 10, 2017. Spring course is scheduled to begin in April. Reservations are required, call 415-444-0480 x 0.

Volunteer Announcements

Join the NAMI’s Family of Volunteers
We have projects and positions with a variety of time commitments. Attend our monthly volunteers luncheon and learn more about mental health services in Marin. To learn more about opportunities, contact namimarinoffice@gmail.com or call 415-444-0480 and leave a message for our Volunteer Coordinator Peg Super.

Help Us Expand our NAMI Programs
Become trained to teach one of our NAMI signature programs.

Help Host Public Tabling Events
Represent NAMI Marin at public education events. Work as a team to set up our table display and engage attendees in learning more about mental health and our programs and services.

Help Deliver quarterly print newsletters
Work with a team to deliver newsletters to drop sites in your area. Help spread the word about our programs and services. Develop new drop sites.

Help Develop our Social Media
Help manage our Facebook site and other social media sites. Post important news and manage commentary.

Help Maintain our Website
Help manage our website, add new postings and keep it updated and interesting!

Help Develop our Resources Directory
Help update or expand our Resource Directory that helps provide families with vital resources.
ECT Treatment Update

Adrienne Fratini, MD, a psychiatrist and the director of Marin General Hospital’s Electroconvulsive Therapy (ECT) Clinic, updated a large crowd at our September General Meeting on modern ECT. She provided examples of how dramatically helpful it has been for her patients. Her hope is that a better understanding of ECT will lead to this modality being used earlier for depression and other conditions. This could save patients years of suffering when other methods of treatment have not been effective.

How Does ECT Work?
Dr. Fratini explained that ECT resets the brain to produce more neurotransmitters of all kinds, including some which have not been identified yet. Brain neurons which aren’t producing enough neurotransmitter are stimulated to release more and to start firing normally again. Medications affect only a limited number of neurotransmitters, so ECT can potentially produce a greater response.

How has ECT changed?
The use of ECT has been limited by misconceptions about modern ECT technique and concerns about its cognitive effects. ECT is now done under general anesthesia using an electrical current, with much lower voltage. It induces a controlled seizure that lasts for less than 1 minute. Treatments are provided by a team including a psychiatrist, nurses and an anesthesiologist.

Who Can Benefit from ECT?
Dr. Fratini reported that ECT works well for severe, treatment-resistant depression (~70–80% success rate), depression with psychosis (~95% success rate), psychosis, schizoaffective disorder, mania, hypomania, and Bipolar Disorder. Patients with mania can often have a rapid response. It is generally not effective for Anxiety Disorder. She wishes that more young adults were referred to her, to potentially save them years of suffering.

Are there problems with ECT?
Long-term memory is usually not affected by ECT but there can be limited short-term memory loss. If this occurs it is usually manifested by amnesia for the period around the treatment. With current administration techniques, cognitive symptoms typically resolve after the course of treatment. A typical course of ECT treatment is 12-15 sessions over 5 weeks. Some patients respond to a shorter course. It is generally not effective for Anxiety Disorder. She wishes that more young adults were referred to her, to potentially save them years of suffering.

Refrerrals ECT Treatment
Treatment referrals usually come from a patient’s psychiatrist but self-referral is possible. Contact the ECT coordinator, Sarah Moorin, at 415-825-7587. ECT is usually covered by health insurance and the unit social worker will help coordinate this.

To Learn More: visit www.ecttreatment.org

Even in Marin: Exploring Addiction in our Protected Community with David Sheff and Nic Sheff

Thursday, February 16, 7:00 - 9:00 PM, Sanctuary Hosted by Congregation Rodef Sholom 170 N. San Pedro Rd., San Rafael, CA 94903

“What had happened to my beautiful boy? To our family? What did I do wrong?” Those are the wrenching questions that haunted every moment of journalist David Sheff’s journey through his son Nic’s addiction to drugs and tentative steps toward recovery. Join David and Nic for an engaging conversation on addiction and recovery in families, and learn what you can do to address substance abuse in our Marin community.

REAL LIFE. PEOPLE. CONNECTIONS.
The Mental Health Initiative at Rodef Sholom

Does this new law mean that my child is completely protected if I have to go to a Nursing Home?
No. There is still a major risk for parents who want to leave an inheritance for their child. The risk is this, if a parent has to go to a nursing home, any life savings may have to be completely spent down to $2,000.00 before the parent can qualify for Medi-Cal to cover the monthly cost of $8500.00 for his or her nursing home care.

All the parent’s funds which have been saved for the child or earmarked for a Special Needs Trust may be totally depleted to pay for the cost of the parent’s care. When all assets are exhausted, the parent will qualify for Medi-Cal, and in that case, both the parent and the child will have only Medi-Cal or other public benefits for their care, and neither will have access to a “nest egg”. At minimum, to prevent this, the parent should have a sophisticated Durable Power of Attorney for Finances, to allow a trusted representative, other than the child, to engage in Two-Generation Estate and Medi-Cal planning.

What should I do to protect myself or my family?
If you or a family member use or might ever use Medi-Cal covered inpatient nursing home or home care services, you should:

1. Review the name or title on all property, including real estate, bank accounts and brokerage accounts, especially any assets held in joint tenancy and balance factors such as tax, community property, control and Medi-Cal estate recovery to determine the best result.
2. Review every life insurance policy, annuity, IRA, Retirement plan to be sure that there is a named designated beneficiary, and alternates.
3. Be sure you have an adequate estate plan, including a broad Power of Attorney for Finances and if appropriate, an effective and properly funded Living Trust.
4. If any document(s) is not adequate, you or any involved family member should make a new one while the maker has mental capacity to understand and sign such a document. Note some pitfalls: It is common that homeowners who refinanced their homes, were required to remove the home from their Trust, and the house was never retitled back into the name of the Trust; and it is also common that “Do-it-Yourself” Trusts have not been properly funded.

How can I find out if my family is at risk for estate recovery?
The new law requires the state to provide a current or former beneficiary or their authorized representative a copy of the amount of Medi-Cal expenses that may be recoverable. There is a $5.00 fee for this, and information how to request this is found at: http://www.dhcs.ca.gov/services/Documents/4017_FormROLS_reviewed.pdf

Contact us to schedule an In Our Own Voice Presentation for your organization!

NAMI In Our Own Voice is a unique public education program in which presentations consist of two trained speakers sharing their compelling personal stories of living with mental health challenges and achieving recovery. Hearing from people with lived experience is powerfully inspiring and motivating. Audiences range from individuals living with mental health challenges, students of all ages, law enforcement officials and faith community members to veterans and service providers.

“I learned more about mental health conditions from these generous people than any book I have read.”

“You make me think of two definitions of compassion; the first, generosity, and the second, to engage in Two-Generation Estate and Medi-Cal planning.

"This was incredible. The presenters were wonderful and so brave! This will help me be much more understanding and compassionate to people with mental illness.”
Alcohol and Drug Recovery Services

Family Support NAMI Marin Family Support Groups, by trained family members, see page 3. NAMI (National) HelpLine 800-950-6264 10am to 6 pm, ET, M-F.

BHRS Family Support Group, by staff and Family Partners, CAM MH Services. No cost, all families welcome. www.namimarin.org/family-support-meetings

DBT Center of Marin 415-459-5206.

Ddbtrain.com Monthly drop-in family support & psychoeduction group. First Tuesday, 7-8:30pm.

Family Partnership Program www.camarin.org/mental-health/ CSU (formerly PES) Family Partner - Anne Lauver, 415-473-4182

Adult Bilingual Spanish - Gloria McCallister, 415-473-2261

Adolescent and Adult Counseling Youth - Michelle Kemp, 415-368-5221, Leticia McCoy 415-473-3649.

Youth Bilingual Spanish - Rosa Lopez, 415-240-6920, Maria Garcia 415-473-4169

Adult Bilingual Spanish - Gloria McCallister, 415-473-2261, Mon thru Thurs, 10-3pm

Grief Counseling Free 24-hour Warmline 415-499-1195

In Home Support Services 415-473-7118.

Low-income. Assist to live independently.

Legal Assistance Lawyer’s Referral Services 415-489-1813

Public Guardian’s Office 415-473-6186

Adult Protective Services 415-473-7118

Non-Crisis Outreach Teams

Non-Crisis Mobile Outreach Program for mentally ill people who are homeless or at risk of being homeless.


Central San Rafael Area


Eating Disorder programs.

California Ddu Smoking HelpLine 1-800-662-8887 www.nobutts.org

Enterprise Resource Center (ERC) 415-457-6554, camentalhealth.net

Peer operated.

3270 Kerner Blvd., Suite C, San Rafael.

Offers Peer Companion Program, peer counselor training, peer counseling, crisis planning, bilingual advocate.

Warmline 415-459-6330.

Peer phone support.

YMAC Friendly atmosphere. Fee scholarships available.

YMAC 415-382-2229.

Private Case Managers Socialization, companionship, outings. Call NAMI HelpLine.

Psyche-therapy/education Marin General Hospital-Behavioral Health Outpatient Services 415-925-7674.

Partial Hospitalization/Intensive Outpatient Services: DBT, CBT, Life Skills, Case Mgt, Psychotherapy & Planning Groups. Medi-Cal accepted, if secondary, Greenbrae.


Family Service Agency 415-491-4900.

Inpatient and outpatient programs for teens, depression, anxiety.

The Helen Vine Recovery Center for women and their families.

Marin General Hospital 415-382-2229.

Partial Hospitalization/Intensive Outpatient Services: DBT, CBT, Life Skills, Case Mgt, Psychotherapy & Planning Groups. Medi-Cal accepted, if secondary, Greenbrae.


Family Service Agency 415-491-4900.

Individual and group counseling.

Patient First Aid Guidelines for Managing Voices and Negative Thoughts email Itzel.lopez@ucsf.edu May be waiting list.

Services: DBT, CBT, Life Skills, Case Mgt, Psychotherapy/education

YMCA Friendly atmosphere. Fee scholarships available.

Medi-Cal accepted.

PATH program psychiat.ucsf.edu/for ages 12-35. Medi-Cal not accepted.

Medi-Cal and Medi-Cal/Medicare beneficiaries diagnosed with a serious mental illness are eligible for Sychiatric Mental Health Services when Marin Behavioral Health and Recovery Services (BHRs) completes an assessment and determines medical necessity criteria for intensive levels of care are met. The BHRs Access Line is: 888-818-1115.

Medi-Cal beneficiaries who experience a mild to moderate need for mental health services can access services provided by Partnership HealthPlan of CA through its mental health services administrator, Beacon Health Strategies, at: 855-765-9703.

Vocational Resources & Benefits Counseling

Marin County One-Stop Center, 2nd Tuesday, 12-1pm, Enterprise Resource Center, 3270 Kerner Blvd, San Rafael. Free.

Psychiatric Services

Kaiser Psychiatric Services 415-491-3000 Announcements & medication refills. San Rafael & Petaluma

Low Income/Siding Level: San Rafael.

Marin Community Clinics 415-448-1500 marin-cme.org Medical, psychiatric, dental and behavioral health care.

Marin County Clinics 415-448-1500 marin-cme.org Medical, psychiatric, dental and service-styles.

Larkspur, San Rafael & Novato. Low income.

Roter Center 415-475-8162 16 Ritter St., San Rafael. Drop-in peer support, assessment and medication management.

RotaCare Clinic M-Thur, 6-8:30pm Medical, psychiatric Services. Be there by 4:30pm to get in line. 415-482-6086, San Rafael.

West Marin Human Services Center 415-473-3800. BHRs clinic line. 100 6th Street, Point Reyes.

Preparation - Early Intervention

Strong Winds Project strongwindsproject.org Online education & support.

Psychic First Aid Guidelines for Loved Ones. goo.gl/ZAHNYR

UCSF Dept of Psychiatry 415-476-7278, email tetlapo@ucsd.edu May be waiting list. PART Program partnp.org.ucsf.edu/ Research & treatment for ages 12-35.

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