

**Time to Renew Your NAMI Membership?**  
Your membership expiration date is on the label of this newsletter. To join/renew online visit [www.namimarin.org/join/](http://www.namimarin.org/join/)

**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**

Learn about Marin General Hospital Behavioral Health Services (BHS). Once construction of the new hospital is completed, more space may become available for services. Please join us in welcoming:

- Larry Cunniffe, LCSW, Manager of Outpatient BHS
- Heather Carlberg, MD, Medical Director, BHS
- Stephan Allison, MD, Medical Director, Inpatient BHS
- Robin Bitner, MD, Medical Director, Intensive Outpatient BHS

**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:

- Advocacy and support at appointments
- Outings to reduce social isolation
- Reinforcing recovery behaviors and goals
- Bridging communications/activities among family members
- Other services

No charge, Everyone Welcome!

Location: Note change in venue

555 Northgate Drive, San Rafael, 94903

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.

Non-Profit Org.  
U.S. Postage Paid  
San Rafael, CA  
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**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. For persons dying after January 1, 2017, only assets in the person's "Probate Estate" are subject to recovery. This means that upon your death, if all of your assets are held in a Trust, or in joint tenancy, or in accounts which are distributed upon death by survivorship or by beneficiary designation, none of your property can be claimed by the State.
2. 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 child. Previously, there was estate recovery on assets that the widow(er) inherited, or limits on the protections for disabled or minor children.
3. In a fairly rare situation where the heirs are subject to a lien on their inheritance, the interest rate on the lien has been clarified, and the rate cannot exceed simple interest at 7 percent per year.
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



*Matt Tasley & Maggie Alacer with darling son Aloysius!*

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 or to the child's Special Needs Trust are improved in three ways:

1. If a child refuses to be evaluated for disability, or cannot prove that he or she is disabled, under the new law, parents can still save the home for a non-disabled child.
2. 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 be no claim against anyone.
3. One can avoid Estate Recovery by doing routine estate planning, and so there is less need to prove specific hardship in order to avoid a claim.

## NAMI Marin

An affiliate of NAMI

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As of January 1, 2017

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**General Meetings**  
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**Speakers Bureau**  
Debra Belaga

**In Our Own Voice**  
Kay Browne

## 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 very excited that we are now poised to recruit a professional non-profit Operations Director in the New Year.

Gratefully,



Beverlee Kell  
President, Board of Directors

NAMI Marin Print Newsletter, Winter 2017  
Editor: Beverlee Kell  
Submissions: namimarinoffice@gmail.com  
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## 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 why your loved one 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.

#### San Rafael Family Support Group

2nd and 4th Tuesdays, 6-8pm. Enterprise Resource Center, 3270 Kerner Blvd, Ste. C, San Rafael. Kay Browne, MD & Jack Lieberman.

#### Novato Family Support Group

**1st & 3rd Wednesdays, 7-8:30 pm.** Novato United Methodist Church, 1473 South Novato Blvd, Novato. Adam Edell.

#### Español Family Support Group 1st & 3rd Thursday, 7-8:30pm.

Enterprise Resource Center, 3270 Kerner Blvd, Suite C, San Rafael. Gloria McCallister, 415-473-2261. (In collaboration with Community Action Marin & BHRS.)

### Speakers Bureau

We offer speakers for all types of events, by family members or In Our Own Voice presentations by trained speakers who share compelling personal stories about living with mental illness and achieving recovery. Debra Belaga, 415-444-0480.

### Library

Members may borrow from an extensive collection of self-help guides and books.

## 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 misperceptions 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, schizophrenia, 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. Most patients are not able to work during their course of treatment.

### Referrals ECT Treatment

Treatment referrals usually come from a patient's psychiatrist but self-referral is possible. Contact the ECT coordinator, Sarah Moxin, at 415-925-7587. ECT is usually covered by health insurance and the unit social worker will help coordinate this.

**To Learn More:** visit [www.ecttreatment.org](http://www.ecttreatment.org)



**REAL** LIFE. PEOPLE. CONNECTIONS.

The Mental Health Initiative at Rodef Sholom

### 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 - The Mental Health Initiative at Rodef Sholom is proud to announce our 2017 Speaker Series. All lectures are free and open to the public.

Please RSVP to [MHI@rodefsholom.org](mailto:MHI@rodefsholom.org). For more information please visit [www.rodefsholom.org/MHI](http://www.rodefsholom.org/MHI).

Supported by the Laszlo N. Tauber Family Foundation

### Continued on Page 1

### 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. Then 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\\_Form\\_OLS\\_reviewed.pdf](http://www.dhcs.ca.gov/services/Documents/4017_Form_OLS_reviewed.pdf)

*Copyright © 2017 by Patricia Tobin. Ms. Tobin is an attorney in San Rafael, CA specializing in Estate Planning, planning for Medi-Cal and other government programs, Wills, Trusts, Probate and advising family Trustees.*

*Pmt1111 @comcast.net. We express our gratitude to Pat Tobin, Estate Planning Attorne, in San Rafael for this excellent article. She can be reached at 415.847.0547.*

### 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."*

*"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."*

## NAMI Marin HelpLine Resource Directory (partial list)

Call our HelpLine at 415-444-0480 for additional resources and support  
*This list of services does not represent an endorsement by NAMI Marin*

### Starting Points for Non-Emergency Services

**NAMI Marin HelpLine** 415-444-0480 x 0.  
 Trained family members offer support and help with navigating the services using our extensive list of local resources.  
**County Access Line** 888-818-1115.  
 Entry point for referral to all types of services, including mental health/substance use, for county and private providers.  
**Marin Online Community Resource Guide**  
[marinhhs.org/community-resource-guide](http://marinhhs.org/community-resource-guide)

### Alcohol and Drug Recovery

**County Access Line** 888-818-1115.  
 Entry point to referrals for both county and private providers.  
**SAMSHA.gov** 800-662-4357  
 Treatment locator and wealth of information.  
**Low Income/Sliding Scale:**  
**Family Service Agency** 415-491-5700,  
[fsamarin.org](http://fsamarin.org)  
**The Helen Vine Recovery Center** (detox)  
 415-492-0818. A 26-bed co-ed detox program.  
**Center Point** 415-456-6655 cpinc.org  
 Residential & outpatient programs for teens, adults.  
**Marin Treatment Center** 415-457-3755  
[marintreatmentcenter.org](http://marintreatmentcenter.org) Outpatient services.

### Children and Teens

**Sunny Hills Transitional Age Youth (TAY)**  
 415-870-9298 sunnyhillsservices.org  
 615 B Street, Suite1A, San Rafael (drop-in)  
**Family Works Therapy and Life Skills Center**  
 415-492-0720 familyworks.org  
**Matrix Parent Network & Resource Center**  
 800-578-2592 matrixparents.org, Education/advocacy for disability education rights.  
**Parents Place, Jewish Family & Childrens Services** 415-491-7959,  
[parentsplaceonline.org](http://parentsplaceonline.org), San Rafael.

### BHRS

**Adult Case Management Intake**  
 415-473-2100.  
**Alliance in Recovery (AIR)** Substance use recovery. Mandy Miller 415-473-6768.  
**HOPE Program** for seniors over age 60.  
 415-473-4306.

### Family Partner Adult System of Care

415-473-4382.  
**Family Partner Children's System of Care**  
 415-473-7814.  
**Odyssey Team-** Homeless Outreach Program  
 415-473-3240.  
**STAR** Treatment After Release From Jail  
 415-473-2725. County program for felons.  
 Other programs appear throughout this list.

### 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.marinhhs.org/family-support-meetings](http://www.marinhhs.org/family-support-meetings)  
**CHADD** 415-789-9464 chaddnorcal.org  
 Family/Adult support/education for AD/HD, learning/organizing.  
**DBT Center of Marin** 415-459-5206.  
[dbtmarin.com](http://dbtmarin.com) Monthly drop-in family support & psychoeducation group. First Tuesday, 7-8:30pm.  
**Family Partnership Program**  
[www.camarin.org/mental-health/](http://www.camarin.org/mental-health/)  
**CSU** (formerly PES) Family Partner -  
 Anne Lauver, 415-473-4182  
**Adult** Linsey Maldonado-Sciutti, 415-473-4382  
**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

### Housing

**NAMI Marin Housing Directory**  
[goo.gl/pHzflh](http://goo.gl/pHzflh) Call NAMI Marin  
 HelpLine 415.444.0480 x 0.  
**Buckelew Housing** for BHRS clients/those who meet the criteria. Contact the Access Team at 888-818-1115.  
**Elpidia House** 415-499-8613,  
[www.elpidahouse.org](http://www.elpidahouse.org), - Residential Treatment.  
**Housing First** - 415-457-8182 x 105. For those living homeless in Marin for more than 5 years.  
 Colin McDonnell, Ritter Center.

**In Home Support Services** 415-473-7118.  
 Low-income. Assist to live independently.

### Legal Assistance

**Lawyer's Referral Services** 415-499-1813  
**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.  
**C.A.R.E. Team I**, 415-847-1266.  
**C.A.R.E. Team II**, 415-847-6798.  
 Central San Rafael Area  
**C.A.R.E. Team III**, 415-302-0753. Novato

### Peer Activities & Support

**Beyond Hunger** 415-459-2270,  
[www.beyondhunger.org](http://www.beyondhunger.org),  
 Eating Disorder programs.  
**California Quit Smoking HelpLine**  
 1-800-662-8887 [www.nobutts.org](http://www.nobutts.org)  
**Enterprise Resource Center (ERC)**  
 415-457-4554. [camentalhealth.net](http://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.  
**YMCA** Friendly atmosphere. Fee scholarships [ymcasf.org](http://ymcasf.org). North San Rafael.  
**Private Case Managers** Socialization, companionship, outings. Call NAMI HelpLine.

### Psycho-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.  
**Community Institute for Psychotherapy**  
 415-459-5999 [www.cipmarin.org](http://www.cipmarin.org), Individual, family and couples counseling. Sliding Scale.  
**Family Service Agency** 415-491-5700,  
[fsamarin.org](http://fsamarin.org) Individual and group counseling.  
 San Rafael, Sausalito. Sliding Scale.

**Managing Voices and Negative Thoughts**  
 415-497-0651, email bucherir@usfca.edu  
 2nd Tuesday, 12-1pm, Enterprise Resource Center, 3270 Kerner Blvd, San Rafael. Free.

### Psychiatric Services

**Kaiser Psychiatric Services** 415-491-3000  
 Appointments & medication refills.  
 San Rafael & Petaluma  
**Low Income/Sliding Scale:**  
**Marin City Health & Wellness**,  
 415-339-8813 [marincityclinic.org](http://marincityclinic.org), Medical, dental, behavioral health care.  
**Marin Community Clinics** 415-448-1500  
[marin-clinic.org](http://marin-clinic.org) Medical, psychiatric and dental ser-vices. Larkspur, San Rafael & Novato. Low income.  
**Ritter Center** 415-457-8182 16 Ritter St., San Rafael. Drop-in psychiatric assessment and medication management.  
**RotaCare Clinic** M-Thur, 6-8:30pm. Medical, psychiatric Services. Be there by 4:50pm to get in lottery line. 415-482-6906, San Rafael  
**West Marin Human Services Center**  
 415-473-3800. BHRS satellite clinic.  
 100 6th Street, Point Reyes.

### Psychosis- Early Intervention

**Strong Minds Project**  
[strongmindsproject.org/](http://strongmindsproject.org/) Online education & support.  
**Psychosis:** First Aid Guidelines for Loved Ones. [goo.gl/ZAHNYR](http://goo.gl/ZAHNYR)  
**UCSF Dept. of Psychiatry** 415-476-7278.  
 email [ltzel.lopez@ucsf.edu](mailto:ltzel.lopez@ucsf.edu) May be waiting list.  
**PART Program** [partprogram.ucsf.edu/](http://partprogram.ucsf.edu/)  
 Research & treatment for ages 12-35. Medi-Cal accepted.  
**PATH program** [psych.ucsf.edu/path](http://psych.ucsf.edu/path) for ages 12-35. Medi-Cal not accepted.

Medi-Cal and Medi-Cal/Medicare beneficiaries diagnosed with a serious mental illness are eligible for Specialty 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**  
**College of Marin, Student Accessibility Services (SAS)** 415-485-9406. For students recovering from mental health issues. Learning Center, Room 115.

### Integrated Community Services

415-455-8481 [connectCS.org](http://connectCS.org) Employment, independent living skills, recreational and referral services.  
**Buckelew Employment Services**,  
 415-456-9350 Pre-employment counseling, vocational training, job development, placement, and job coaching.  
 Orientation every Tues. at noon.  
**SSI/Medi-Cal Benefits Fast track**  
 415-457-8182 x 103. "RISE program,"  
 Charlotte Stanton, Ritter Center.

### Veterans

**Marin County Veterans Service Office**  
 415- 499-6193.  
 email [sste-phens2@co.marin.ca.us](mailto:sste-phens2@co.marin.ca.us)  
 Sean Stephens. 10 N. San Pedro Rd, #1010  
**Veterans Crisis Line** 800-273-8255 x 1,  
 or online chat at [veteranscrisisline.net/](http://veteranscrisisline.net/)

### Mental Health Crisis

**Psychiatric Emergency Services (PES) has a new name: Crisis Stabilization Unit (CSU)**  
 415-473-6666. County service for every- one, regardless of insurance.  
 415-473-4182. Ann Lauver, Family Partner

### Mobile Crisis Response Team

415-473-6392. Can 5150 and transport to CSU (formerly PES). Daily 1- 9 pm.

### Local Police Department

Call 911 and ask to be connected to your local police. Ask for a Crisis Intervention Team Officer (CIT) and request a 5150 evaluation.  
*Stay calm and be prepared.*

### Marin General Emergency Room

415-925-7200.

### Novato Community Hospital Emergency Room

415-209-1350.

### Kaiser Medical Center Emergency Room

415-444-2400.

### Suicide Hotline

800-273-8255.

### Center for Domestic Peace

*Domestic Violence.* For female victim 415-924-6616, Spanish 415-924-3456. For male victim 415-924-1070. [www.centerfordomesticpeace.org](http://www.centerfordomesticpeace.org)

### Prepare for a Crisis

### Peer Crisis Planning Program

Counseling and peer support to help avoid/ prepare for crises. Free, requires appt. 415- 306-3289.  
 Cesar Leiva; 415-497-9092,  
 Deborah Sawicki; 415-847-1112, Andrew Frierson.

### Guidelines for Effective Communication with 911 Dispatch

Find guide at [namimarin.org](http://namimarin.org)

### Suicide Prevention & Community Counseling

415 499-1100.

### Jail

### Marin County Jail Mental Health Team

415-473-6648.

### Marin County Prisoner Services

415-473-7268. Inmate visiting assistance. Release/Authorization Forms and Inmate Mental Health Information Form at [namimarin.org](http://namimarin.org).