

Spring 2017

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/

NAMI Marin General Meetings 2017

This is a no-fee event, open to the general public

Pharmacogenetic Testing: a New Tool

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

Pharmacogenetic testing is a new tool that can help to improve treatment for mental illness. This testing may help a psychiatrist make better prescribing decisions based on a patient's unique genetics. It may also help to decrease adverse drug events. Learn about insurance coverage/cost and privacy.

Speakers: Adam Nelson, MD, DFAPA. Dr. Nelson is a Marin psychiatrist and former President of the Northern California Psychiatric Society.

Location: 555 Northgate Drive, San Rafael, 94903.
Free Parking: in the lot behind the building and along the street.

Case Managers: How They Help Families

Monday, May 15, 7:00 - 8:30 p.m.

Learn about the variety of ways that case managers may be able to help families such as:

- relief from some of the caregiving burden
- "non-parental" support for loved ones
- coaching and reinforcement for recovery habits and lifestyle

Speakers: some of our families and local private case managers. For case management resources in our community, contact our HelpLine.

Location: (note change) Connection Center, 3240 Kerner Blvd., San Rafael. In the Canal area, at the far side of the Mi Pueblo food center parking lot.

Non-Profit Org.
U.S. Postage Paid
San Rafael, CA
Permit No. 641

**NAMI Marin & Marin Behavioral Health Services Invites You to a Workshop
Communication and Problem-solving Skills to Help Families Coping with Psychosis**

May 18, 2017, 9:00am - 5:00pm

This day long workshop will be oriented to 'CBT informed caring' to help family members in regular contact with their relative with schizophrenia manage everyday problems and improve communication.

Who should attend:

- family members
- case managers, clinicians and other caregivers who are interested in improving their work and understanding family member issues.

Objectives of the workshop are:

- Increased understanding of psychosis/ schizophrenia, crisis and support systems
- To help yourself/loved one make sense of the situation
- Have a basic awareness of Cognitive Behavioral Therapy (CBT) informed caring techniques for psychosis
- To be able to identify one technique that you could potentially implement with the person you are caring for.

Instructors:

A team of international CBT for psychosis experts led by Dr. Doug Turkington from England. CBT is recognized internationally as a first line of treatment, in addition to medication, for persons with schizophrenia. CBT is effective for early intervention, to help with medication resistant patients, and to assist patients manage their symptoms and promote long-term recovery.

This workshop is part of a 3 day conference (2 days for mental health providers & 1 day family workshop).

The following topics will be addressed:

- Key principles of caring for a loved one with a psychotic disorder including main principles of 'befriending' a proven communication strategy that can be quite helpful for dealing with distress over voices and delusions.
- How to deal with stress and conflict in the family
- How to increase positive interactions and shared 'pleasant events' in the family
- How to improve communications
- Helping to normalize and reduce stigma over psychosis
- Making sense of what is happening
- Helpful discussions about medicine
- Helping people cope with voices and delusions
- How to deal with the 'negative symptoms', loss of interest and motivation, loss of enjoyment and pleasure, etc.

This workshop will include demonstrations of some caring interventions that are helpful. Family members will have a chance to get help through role-plays demonstrating effective interventions, with audience participation and questions very much encouraged.

Where: Connection Center, Marin Health and Wellness Campus
3240 Kerner Boulevard, San Rafael CA 94901

Parking: free in surrounding lot

Cost: \$50.00. If the registration fee poses a hardship for your family, please contact us at namimarinoffice@gmail.com

To Register: enroll at www.namimarin.org or call the NAMI office for assistance.

NAMI Marin

An affiliate of NAMI

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Dear Members, Friends, and Supporters,

I am honored to have been elected to serve as your President for the upcoming year. NAMI Marin is on a roll and I am proud to shepherd us through this next phase.

We run seven well-established free programs that bring information, support and relief to more than 1,000 families in Marin. But we are not satisfied with that. One in five Americans is affected by mental illness. In our county of more than 250,000 people, we are not reaching enough of you. Our goal is to broaden community awareness so that families in need know that we are the first place to turn in the event of a mental health crisis.

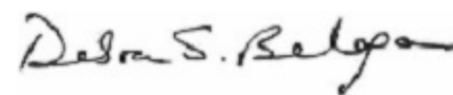
So, how do we accomplish this goal? We are exploring the expansion of existing programs and potential new ones. We are enhancing procedures to get the word out about our free services. We are reaching out to community partners to help us with this effort. We are going out into the community through our Speakers Bureau. We are heightening our public profile. **But we also ask for your help to get the word out. Please tell others about us!**

May is Mental Health Month. We have two special events planned. On May 13, we will lead the charge once again at the Human Race at the Marin Civic Center. It is a run/walk to benefit non-profits in Marin. This is the most important fund-raiser we sponsor. NAMI Marin is entirely supported by private and family donations. We do not receive any government funding. Please come out, bring friends and family, and join us at the Human Race.

Then, on May 16-18, we are sponsoring a 3-day conference on Cognitive Behavioral Therapy for Psychosis led by an internationally-acclaimed team of experts. This program was the brainchild of NAMI Marin and is made possible by a fund established by NAMI Marin in memory of a young psychologist who dedicated his life to helping those with serious mental illness. We are excited that Marin County Behavioral Health and Recovery Services has agreed to co-sponsor the program with us. The first two days focus on training for providers and the third day is primarily for families. We hope you will sign up to attend.

Thank you for the support you provide in so many different ways. We could not do what we accomplish without the help of our supporters.

Gratefully,



Debra Belaga
President, Board of Directors



NAMI Marin Services

Our services are no-fee

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 website 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. **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.
- **Espanol Family Support Group**
1st & 3rd Thursdays, 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.)

Volunteer Family

Share your time and expertise to strengthen NAMI and become part of our friendship and support circle of volunteers. Contact Peg Super, 415.444.0480

Speakers Available!

Speakers Bureau

We offer speakers for events as diverse as community groups, libraries, and law enforcement. These presentations can include the following topics: mental health policy, elimination of stigma, NAMI Marin's services, advocacy for mental health and so much more.

In addition we offer In Our Own Voice presentations, see description below. To book speakers, contact Debra Belaga at 415.444.0480



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."

WE HAVE A DREAM

Our January general meeting update on Marin General Hospital (MGH) Behavioral Health Services (BHS) was an uplifting event! We heard from 3 young, inspired psychiatrists who are the Medical Directors and our long time NAMI friend **Larry Cunniffe, LCSW, Manager of Outpatient Services** who kindly organized this panel. They shared their dream of improving access to mental health services in Marin across the continuum of care.

Dr. Heather Carlberg, MD, Medical Director, BHS, described how they have formed a group and are partnering with the hospital and county to try to build programs. They will expand substance abuse services and plan to offer an evening outpatient program. The County has hired an addiction specialist, Jeff DeVito. They are also working to keep patients out of jail and coordinating with the jails is a big issue.

Robin Bitner, MD, Medical Director of Intensive Outpatient (IOP) explained their plan to recruit and imbed psychiatrists in primary care settings where it is less stigmatizing for patients to receive treatment. This would expand access to outpatient psychiatric care in Marin, where almost no psychiatrists are contracted with Medicare or private insurance.

Stephan Allison, MD, Inpatient ("Unit A") Medical Director, said they feel the need for more **sub-acute beds** (also called "crisis residential" or "step down") is a greater priority than more **acute** beds. (There is no plan to build more acute beds in the new MGH hospital.) Unit A is for short-term acute stabilization. Some 20-30% of Unit A beds are taken up by patients who are stabilized and waiting transfer to sub-acute care. The county has only one 10 bed sub-acute unit, Casa Renee, for 2 week stays but it is for Medi-Cal only. Kaiser has 4 facilities like Casa Renee, for 15-30 day stays.

Dr. Allison described additional barriers to discharging a patient may include the severe shortage of:

- IMD beds (locked facilities)
- Sober living facilities
- Long-term Residential care (only Medi-Cal covers it)
- Plain housing.

All conserved clients that require residential care are having to be placed outside Marin. The team agrees with families that clients should be treated close to home. "The best treatment is outpatient, keep patients out of the hospital" said Dr. Allison. When ask about the large numbers of clients who have no insight and refuse treatment, they feel the problem is with the lack of continuum of services. Private insurance rarely pays for sub-acute care. Medicare may refuse to pay for an entire hospitalization. They spend a lot of time struggling with insurance companies.

Even though the conversation was a painful review of the lack of services across the continuum of care that most NAMI families are well aware of, it was uplifting to hear these problems discussed so candidly and to know these community partners have started working together to reduce them. "We think we are treating more Marin patients. We're growing from the inside out, and need a system for everyone."



MARK YOUR CALENDAR MAY 13, 2017 HUMAN RACE



Support us Now!



We currently serve more than 1000 families in Marin, but we know that 1 in 5 Americans suffer from mental illness and 1 in 25 suffer from serious mental illness. In a county with a population of more than 250,000, that means that about 50,000 are affected an 10,000 by serious mental illness. We need your help advancing our mission!

Support us at the Bay Area Human Race on May 13, 2017 at the Marin County Civic Center Fairgrounds. Go to www.goo.gl/w9aRAJ to donate to Team NAMI Marin.

Mail a check made out to Bay Area Human Race and **NAMI Marin** designated on the memo line to:
**NAMI Marin at 555 Northgate Drive, Ste 280
San Rafael, CA 94903**

Call Sue Roberts at 415.497.2379 for assistance to register as a fundraiser (free) or as a walker/runner (CVNL fee applies).

Visit the grounds (free) and cheer on our team!

**Hang out at our booth.
Connect with NAMI friends.**

Thank you to our Race Sponsors:



Corrections from our Winter newsletter "Change in California Medi-Cal Law Helps NAMI Families":

- Page 5, Pat Tobin, Estate Planning Attorney can be reached at 415.847.0547 or PMT1111@comcast.net
- Page 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".

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 x0

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

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

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 Outpatient services.

Children and Teens

Sunny Hills Transitional Age Youth (TAY)

415.870.9298 sunnyhillsservices.org
615 B Street, Suite 1A, 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, 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 Thursdays,

7-8:30pm 250 Bon Air Road, Greenbrae Mental Health Bldg. Grd floor conference rm. No-fee, drop-in. 415.473.6805

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 Monthly drop-in family support & psychoeducation 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** 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 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

Elpida House 415.499.8613,

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 415.989.1616

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, Eating Disorder programs.

California Quit Smoking HelpLine

1(800)662.8887 www.nobutts.org

Enterprise Resource Center (ERC)

415.457.4554 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. North San Rafael.

Private Case Managers Socialization,

companionship, outings. Call NAMI HelpLine.

Psychotherapy/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, Individual, family and couples counseling. Sliding Scale.

Family Service Agency 415.491.5700,

fsamarin.org Individual and group counseling. San Rafael. 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, Medical, dental, behavioral health care.

Marin Community Clinics 415.448.1500

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/ Online education & support.

Psychosis: First Aid Guidelines for

Loved Ones. goo.gl/ZAHNYR

UCSF Dept. of Psychiatry 415.476.7278

email ltzel.lopez@ucsf.edu May be waiting list.

- **PART Program** partprogram.ucsf.edu/

Research & treatment for ages 12-35. Medi-Cal accepted.

- **PATH program** psych.ucsf.edu/path for

ages 12-35. Medi-Cal not accepted.

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 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.

People with Disabilities Foundation

education, advocacy, referral, legal representation for SSDI/SSI benefits, abuse, other. San Fran. 415.931.3070 www.pwdf.org

Veterans

Marin County Veterans Service Office

415.473.6193

email 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/

BHRS Eligibility

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

Mental Health Crisis

Psychiatric Emergency Services (PES) has a new name: Crisis Stabilization Unit (CSU)

415.473.6666 County service for everyone, 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). M-F 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

Prepare for a Crisis

Peer Crisis Planning Program

Counseling and peer support to help avoid/prepare for crises. Free, requires appt.

Cesar Leiva, 415.306.3289;

Deborah Sawicki 415.497.9092;

Andrew Frierson 415.847.1112

Guidelines for Effective Communication with

911 Dispatch

Find guide at 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.