NAMI Marin is dedicated to improving the lives of individuals and families living with mental illness, through advocacy, education and support.

- Mental health affects everyone regardless of culture, race, ethnicity, gender or sexual orientation.
- 1 in every 5 adults in America experience a mental illness.
- Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.
- One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

(source: www.nami.org)

Ways to Seek Support:
- Talk with your doctor
- Seek support from friends and family
- Learn more about mental illness
- Call NAMI Marin 415-444-0480

Sheri Johnson, PhD, is a Professor of Psychology and the Director of the clinical science training program, University of California Berkeley Psychology Department. She spoke at our January 15, 2018 General Meeting. Read more about Dr. Johnson below and join us for our next General Meeting.

Dr. Johnson is the director of the Cal Mania (CALM) program for mood management skills at the University of California Berkeley. She has conducted research on psychological facets of bipolar disorder over the past twenty years. Recent work includes findings that emotion-related impulsivity predicts suicidality more robustly than depression or other standard risk factors. Most recent work involves creativity in bipolar disorder.


Dr. Johnson’s research interests include: psychobiological triggers and psychological vulnerability in bipolar disorder, with a focus on the reward system. Creativity and accomplishment in bipolar disorder. Emotion-related impulsivity: mechanisms and outcomes.

“People with bipolar disorder describe themselves as more reactive to rewards and goals in their life, and more prone to positive moods, even when they are asymptomatic. More importantly, these basic traits help understand the processes through which mania unfolds. We find that the level of reward sensitivity, as well as recent increases in goal engagement, both predict increases in mania over time among people with bipolar disorder. We have also found that life involving goal attainment predict increases in mania. Currently, we are conducting two studies to understand creative accomplishment in bipolar disorder.”
EXECUTIVE DIRECTOR:
KELLI FINLEY

BOARD OF DIRECTORS:
DEBRA BELAGA
PRESIDENT
ROBERT REISER
TREASURER
PEG SUPER
SECRETARY
KAY BROWNE
SUE ROBERTS
JACQUELINE JANSSEN

PROGRAM COORDINATORS:

HELPLINE:
MARILYN GOLDEEN &
AMY BARAD

FAMILY SUPPORT GROUPS:
KAY BROWNE

ADVOCACY:
ROBERT REISER

FAMILY-TO-FAMILY:
CHAJA KIRSCH & PEG SUPER

GENERAL MEETINGS:
BEVERLEE KELL

VOLUNTEERS:
MARILYN GOLDEEN &
AMY BARAD

SPEAKERS BUREAU:
DEBRA BELAGA

IN OUR OWN VOICE:
KAY BROWNE

Become a member!
Join online or call us to find out more
at 415-444-0480

MAKE A MEANINGFUL CONTRIBUTION
BY VOLUNTEERING WITH US

We are always looking for compassionate, dedicated
volunteers who have a passion for supporting others and
building community. If you have an interest in NAMI
Marin’s mission and have the time to volunteer, please call
our office at 415-444-0480.

To help us continue providing free mental health services
to the community of Marin, please considering donating at
www.namimarin.org.

National Suicide
Prevention Lifeline
1-800-273-8255

www.suicidepreventionlifeline.org
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

In Our Own Voice

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 include hospitals, jails and community members.

“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.”

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 above. To book speakers, contact Debra Belaga at 415.444.0480
Family to Family Education

Next class begins in September.

The free 12 week course, NAMI's Family to Family Education Program, is offered to family and friends of people with mental illness.

The course is taught by trained, experienced, family member volunteers.

Reservations are required.

TOPICS INCLUDE EVIDENCE-BASED INFORMATION

About Major Mental Illnesses including:

- Major Depression
- Bipolar Disorders
- Schizophrenia

 Principles of Support

- We will see the individual first, not the illness.
- We recognize mental illnesses are brain disorders.
- We aim for better coping skills.
- We find strength in sharing experiences.
- We reject stigma in ourselves and others.
- We won’t judge anyone’s pain as less than our own.
- We forgive ourselves and reject guilt.
- We embrace humor as healthy.
- We accept we cannot resolve all problems.
- We expect a better future in a realistic way.
- We will never give up hope!

HELP LINE

415-444-0480

The NAMI Marin HelpLine operates weekdays from 1:00-3:00pm for support and resource information. HelpLine staff are family members who have a special understanding of the needs of those living with a mental illness and their families. We support you in navigating the vast landscape of mental health services with a supportive and compassionate ear.
My experience with mental illness might be similar to some people's experiences with mental illness, but in other ways it is probably different. I suffer from anxiety and depression, which is actually common among the population. However, from my experience, when I suffer from anxiety and depression, it doesn’t seem like it’s that common. In fact, it feels quite isolating. My anxiety is pretty broad, in the sense that I tend to worry about a lot of things. And on the other hand, it is more specific and intense with other things, such as major transitions, food, germs, social situations, and physical sensations. Some of my anxieties with food and germs can bring out OCD-like behaviors. The most prevalent somatic symptom of anxiety that I get is abdominal pain, and when it gets really bad, I have to lie down in order for the pain to go away.

My depression can be described as complicated and messy. Over the past few years, I have lost interest in many things that I used to enjoy a lot, and I deal with feelings of hopelessness and wondering if I will ever get better. Similar to my anxiety, I tend to feel more depressed during transitions, such as heading back to college after summer or winter break. Additionally, I feel like I can be misunderstood a lot, which makes me feel incredibly disconnected from other people, my friends, and at times, even my own family. And sometimes, I just feel really sad yet I cannot explain why. And for a long time, I have wondered why I feel so depressed at certain times of the year, or why I get depressed after certain activities that are not even that significant. This feeling of not knowing why makes my mind spiral uncontrollably.

But arguably, the biggest challenge that accompanies my anxiety and depression is that I don’t tell people about it. I mostly discuss these problems with my therapist, doctor, mother, and maybe 1 or 2 friends. Other than that, I don’t talk about it with other people for the fear that they will judge me and not take me seriously. So, most of the time, I just keep my thoughts and feelings to myself, and fight my battles silently from within. Some of my fears are rational – some people don’t know how to respond when a friend tells them they suffer from mental illness because they aren’t familiar with it, and that is understandable. Unfortunately, other people will shut you out when they find out that you have a mental illness, because they will assume that you are crazy or are always in a bad mood. And with all of this, my world becomes very, very small.

Slowly, I'm getting better. Currently, I'm in graduate school working towards a master's degree (my desired profession requires one). I've been going to therapy for the past 5 years, and I've been on medication for about 2 years and counting. I sometimes wonder when I will no longer need to go to therapy and when I will no longer need medication to feel less depressed. I even question at times, “Why me? Why do I have irrational fears and why do I feel depressed so often? What did I do to deserve this?” While these are valid questions to ponder, I have to accept that medication and therapy are what I need right now. And who knows, maybe I will need medication and therapy for several years to come, but that is okay. As long as I keep taking my medications, going to therapy, getting up and out of bed every day, and surrounding myself with people that I love and activities that I enjoy, then I will be alright.

At NAMI Marin we know that dealing with mental illness can feel incredibly isolating. We aim to be a supportive community where we can collectively fight against stigma and do all that we can to expand access to support. We want to create a world where when feelings of depression and deep sadness arise our worlds don’t become smaller but we are enveloped into a larger community.
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

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 Health Plan of CA through its mental health services administrator, Beacon Health Strategies, at: 855.765.9703

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 sunnyhillservices.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 matroparents.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
Call NAMI Marin HelpLine 415.444.0480 x 0

Buckelew Housing for BHRS
415.473.6186

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.nobuttts.org
Enterprise Resource Center (ERC)
415.457.4554
centalhealth.net

Warmline 415.459.6330
Peer phone support.

YMCA Friendly atmosphere.
Fee scholarships ymcaofs.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

Community Institute for Psychotherapy
415.459.5999
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 buchern@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
marinchtclinic.org
Medical, dental, behavioral health care.

Marin Community Clinics
415.448.1500
marin-clinic.org
Medical, psychiatric and dental services. 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 415.482.6906
M-Thur, 6-8:30pm. Medical, psychiatric Services. Be there by 4:30pm to get in lottery line. 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

UCSF Dept. of Psychiatry
415.476.7278
e-mail 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
connectIC.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
415.931.3070
www.pwdf.org
Education, advocacy, referral, legal representation for SSDI/SSI benefits, abuse, other.

VETERANS
Marin County Veterans Service Office
415.473.6193
email stte-phenos2@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/

Enterprise Resource Center (ERC)
415.457.4554
centalhealth.net

Warmline 415.459.6330
Peer phone support.

YMCA Friendly atmosphere.
Fee scholarships ymcaofs.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

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 buchern@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
marinchtclinic.org
Medical, dental, behavioral health care.

Marin Community Clinics
415.448.1500
marin-clinic.org
Medical, psychiatric and dental services. 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 415.482.6906
M-Thur, 6-8:30pm. Medical, psychiatric Services. Be there by 4:30pm to get in lottery line. 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

UCSF Dept. of Psychiatry
415.476.7278
e-mail 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
connectIC.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
415.931.3070
www.pwdf.org
Education, advocacy, referral, legal representation for SSDI/SSI benefits, abuse, other.

VETERANS
Marin County Veterans Service Office
415.473.6193
email stte-phenos2@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/
Sheri Johnson, PhD, is a Professor of Psychology and the Director of the clinical science training program, University of California Berkeley Psychology Department. She spoke at our January 15, 2018 General Meeting. Read more about Dr. Johnson below and join us for our next General Meeting.

Dr. Johnson is the director of the Cal Mania (CALM) program for mood management skills at the University of California Berkeley. She has conducted research on psychological facets of bipolar disorder over the past twenty years. Recent work includes findings that emotion-related impulsivity predicts suicidality more robustly than depression or other standard risk factors. Most recent work involves creativity in bipolar disorder.

Dr. Johnson has published a new book, Bipolar Disorder: A Guide for the Newly Diagnosed. Dr. Johnson's research interests include: psychobiological triggers and psychological vulnerability in bipolar disorder, with a focus on the reward system. Creativity and accomplishment in bipolar disorder. Emotion-related impulsivity: mechanisms and outcomes.

"People with bipolar disorder describe themselves as more reactive to rewards and goals in their life, and more prone to positive moods, even when they are asymptomatic. More importantly, these basic traits help understand the processes through which mania unfolds. We find that the level of reward sensitivity, as well as recent increases in goal engagement, both predict increases in mania over time among people with bipolar disorder. We have also found that life involving goal attainment predict increases in mania. Currently, we are conducting two studies to understand creative accomplishment in bipolar disorder."

---

Severe hoarding often disrupts one’s ability to cook, sleep, groom, and stay within one’s budget. It may be difficult to escape the home in a fire or other emergency and increases the risk of being evicted. This interactive session will provide a better understanding of and compassion for those whose lives are impacted by Hoarding Disorder.

**LEARN ABOUT:**
- The new DSM-V classification and co-occurring disorders
- The impact of hoarding behavior on one’s daily life and on their loved ones
- The burden that it may place on community resources
- The use of “harm reduction” to prevent eviction

**SPEAKER:**
Sue Zee Poinsett, MA
For the last 20+ years Sue Zee has worked as a Professional Organizer specializing in work with adults with ADHD and other mental health conditions. She became particularly interested in hoarding behavior in her work as an organizer. She is one of the founding members of the Marin County Hoarding Alliance and has been an active member since its inception. She began her career teaching in junior and senior high schools in the Los Angeles area. She moved on to a career as a mortgage broker and then earned a Masters Degree in Marriage, Family and Child Counseling.

**LOCATION:** San Rafael Corporate Center, 750 Lindaro St., San Rafael, CA 94901 (the building nearest Andersen Dr., between 2nd St. and Andersen Drive). Meeting room is off the lobby. Free parking lot (after 6pm) on west side of street.

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