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CONTENTS

STARTING POINT FOR NON-EMERGENCY SERVICES
Crisis prevention

MENTAL HEALTH CRISIS

MENTAL HEALTH SERVICES/RESOURCES
Psychiatric Services

FAMILY & PEER SUPPORT EDUCATION

ALCOHOL & DRUG RECOVERY

HOUSING

VOCATIONAL RESOURCES & BENEFITS COUNSELING

LEGAL

VETERANS

SUPPORT GROUPS
NAMI Support Groups
BHRS Family Support Groups

NAMI RESOURCES

ADDITIONAL INFORMATION
NAMI MARIN HELPLINE RESOURCE DIRECTORY

This list of services does not represent an endorsement by NAMI Marin

Notes:

Marin Behavioral Health and Recovery Services (BHRS) formerly Marin County Mental Health & Substance Use Services

The County Access Line is the BHRS Access Line: 888-818-1115.

Eligibility for Marin Behavioral Health and Recovery Services (BHRS) requires Medi-Cal (not a Medicare program) and a persistent and severe mental illness.

Those with “mild or moderate” mental illness are served by Beacon Health Options. Medi-Cal benefits are administered by Partnership Health Plan of CA. 800-863-4155. www.partnershiphp.org/.

Crisis Stabilization Unit (CSU) formerly Marin County Psychiatric Emergency Services (PES)

Buckelew Counseling Services formerly Family Service Agency
# ACRONYMS

<table>
<thead>
<tr>
<th>ACRONYM</th>
<th>FULL NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIR</td>
<td>Alliance in Recovery</td>
</tr>
<tr>
<td>AOT</td>
<td>Assisted Outpatient Treatment</td>
</tr>
<tr>
<td>BHRS</td>
<td>Behavioral Health and Recovery Services (Formerly MHSUS)</td>
</tr>
<tr>
<td>CAM</td>
<td>Community Action Marin</td>
</tr>
<tr>
<td>CARE</td>
<td>Community Alternative Response Team</td>
</tr>
<tr>
<td>CBT</td>
<td>Cognitive Behavioral Therapy</td>
</tr>
<tr>
<td>CIP</td>
<td>Community Institute for Psychotherapy</td>
</tr>
<tr>
<td>CIT</td>
<td>Crisis Intervention Team</td>
</tr>
<tr>
<td>CHADD</td>
<td>Children and Adults with ADHD</td>
</tr>
<tr>
<td>CMHS</td>
<td>Marin County Community Mental Health Services</td>
</tr>
<tr>
<td>CSU</td>
<td>Crisis Stabilization Unit (Formerly PES)</td>
</tr>
<tr>
<td>DBT</td>
<td>Dialectical Behavioral Therapy</td>
</tr>
<tr>
<td>ECT</td>
<td>Electroconvulsive therapy</td>
</tr>
<tr>
<td>ERC</td>
<td>Enterprise Resource Center</td>
</tr>
<tr>
<td>FSA</td>
<td>Family Service Agency (renamed Buckelew Counseling Services)</td>
</tr>
<tr>
<td>HHS</td>
<td>Health and Human Services</td>
</tr>
<tr>
<td>HOPE</td>
<td>Helping Older People Excel</td>
</tr>
<tr>
<td>IHHSS</td>
<td>In Home Health Support Services</td>
</tr>
<tr>
<td>IIOOV</td>
<td>In Our Own Voice</td>
</tr>
<tr>
<td>MAIL</td>
<td>Marin Assisted Independent Living Program</td>
</tr>
<tr>
<td>Abbreviation</td>
<td>Description</td>
</tr>
<tr>
<td>--------------</td>
<td>-------------</td>
</tr>
<tr>
<td>MCC</td>
<td>Marin Community Clinics</td>
</tr>
<tr>
<td>MHSUS</td>
<td>Mental Health and Substance Use Services (Changed to BHRS)</td>
</tr>
<tr>
<td>NAMI</td>
<td>National Alliance on Mental Illness</td>
</tr>
<tr>
<td>PART</td>
<td>Prodrome Assessment Research and Treatment program</td>
</tr>
<tr>
<td>PES</td>
<td>Psychiatric Emergency Services (Changed to CSU)</td>
</tr>
<tr>
<td>PLAN</td>
<td>Planned Lifetime Assistance Network</td>
</tr>
<tr>
<td>PREP</td>
<td>Prevention &amp; Recovery in Early Psychosis Program</td>
</tr>
<tr>
<td>PTA</td>
<td>Promise to Appear</td>
</tr>
<tr>
<td>ROI</td>
<td>Release of Information</td>
</tr>
<tr>
<td>RSS</td>
<td>Residential Support Services Program</td>
</tr>
<tr>
<td>SNT</td>
<td>Special Needs Trust</td>
</tr>
<tr>
<td>SSDI</td>
<td>Social Security Disability Insurance</td>
</tr>
<tr>
<td>SSI</td>
<td>Supplemental Security Income</td>
</tr>
<tr>
<td>STAR</td>
<td>Support and Treatment After Release</td>
</tr>
<tr>
<td>SUD</td>
<td>Substance Use Disorder</td>
</tr>
<tr>
<td>TAY</td>
<td>Transitional Age Youth</td>
</tr>
<tr>
<td>VI</td>
<td>Vulnerability Index</td>
</tr>
<tr>
<td>WRAP</td>
<td>Wellness Recovery Action Plan</td>
</tr>
<tr>
<td>YES</td>
<td>Youth Empowerment Services</td>
</tr>
</tbody>
</table>
STARTING POINT FOR NON-EMERGENCY SERVICES

*The following resources are for family members living in Marin

County Access Line  888-818-1115. Entry point for referral to all types of services, including mental health and substance use; for county and private providers.

Marin County Information and Assistance  415-457-4636. Aging and Adult Services provides a multi-disciplinary system of services and supports for older adults and persons with disabilities to promote quality of life and independence.

Marin Center for Independent Living  415-459-6245. To assist persons with all types of disabilities to achieve their maximum level of sustainable independence as contributing, responsible and equal participants in society.

Assisted Outpatient Treatment  (Laura’s Law)
Especially for those who refuse treatment
See eligibility requirements at [https://www.marinhhs.org/assisted-outpatient-treatment](https://www.marinhhs.org/assisted-outpatient-treatment)

NAMI Marin HelpLine  415-444-0480. Trained family members offer support and help with navigating the services using our extensive list of local resources.


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. All of Marin County. Severe Mental Illness. Team I can go most anywhere to meet with homeless. Includes West Marin.
C.A.R.E. Team II - 415-847-6798. Central San Rafael Area
PREPARE FOR A CRISIS

Crisis Prevention Program  415-497-9092
Counseling and peer support to help avoid / prepare for crises. Free, requires appointment.
Supervisor: Deborah Sawicki; Counselor: Andrew Frierson:  415-847-1112

Suicide Prevention & Community Counseling  415 499-1100.

Suicide Prevention and Crisis Chat and more
https://www.wellspacehealth.org/services/behavioral-health-prevention/suicide-prevention
See website for many suicide related services.

Psychosis: First Aid Guidelines for Loved Ones  goo.gl/ZAHNYR

Guidelines for Effective Communication with 911 Dispatch
Download and study scripts. https://bit.ly/2Eo0ZEz
MENTAL HEALTH CRISIS

Crisis Intervention 415-473-6666
Crisis Stabilization Unit (CSU) formerly Psychiatric Emergency Services (PES)
County service for everyone, regardless of insurance. [Mark Solomons – 415-473-4182]

Mobile Crisis Response Team
415-473-6392. Can do a 5150 evaluation 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 415-499-1100, part of Grief Counseling 415-499-1195
(national) 800-273-8255, 24 hours

Center for Domestic Peace Domestic Violence. For female victim 415-924-6616
For male victim 415-924-1070. Spanish speaking 415-924-3456.
www.centerfordomesticpeace.org
MENTAL HEALTH SERVICES & 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.

**Behavioral Health and Recovery Services (BHRS)** formerly the Marin County Mental Health & Substance Use Services  888-818-1115
[marinhhs.org/bhrs](http://marinhhs.org/bhrs)

**HOPE Program**  415-473-4306, for seniors over age 60

**Odyssey Team**  415-473-3240, Homeless Outreach Program.

**STAR (Support and Treatment After Release) Program**  415-473-2725,
Treatment after release from jail. County program for people with felony convictions.

**Family Partnership Program**
Provides emotional support, psycho-education and guidance/referrals within county mental health system for families and family members dealing with mental health issues; they also do some 1:1 counselling.  marinhhs.org/family-partnership-program  Contracts with BHRS.
Program Director for Family Partnership Program  415-473-7814, Dawn Hensley

- Crisis Stabilization Unit - 415-473-4182, Mark Solomons, Family Partner
- Adult system of care - 415-473-4382, Lindsey Maldonado-Sciutti, Family Partner
- Adult bilingual Spanish - 415-473-2261, Gloria McCallister  Mon–Thurs
- Youth and Family Services
  - 415-368-5221, Michelle Kemp , Family Partner
  - 415-473-4169, Maria Garcia, Biilingual Spanish Family Partner
  - 415-716-2746 Leticia MCCoy, Family Partner
  - 707-290-1899 Debbie Dominquez- Wiggins, biilingual Spanish Family Partner
Integrated Community Services 415-455-8481 connectICS.org. Employment, independent living skills, recreational and referral services, estate planning referrals, special needs trust referrals, private case manager referrals. Mental health, learning disabilities, brain injuries.

Youth Empowerment Services (YES) Full Service Partnership (FSP)
Program for high risk youth through age 18 who have serious mental health and substance use issues.
Please contact Brian Robinson (415) 473-7462 for additional information. https://www.marinhhs.org/youth-empowerment-services-yes-full-service-partnership-fsp

Marin General Hospital-Behavioral Health Outpatient Services 415-925-7674.

Buckelew Counseling Services [formerly Family Service Agency of Marin] 415-491-5700; Intake 415-457-5716; Administration 415-457-6964 buckelew.org/programs
Child, Youth, Adult, Family Counseling. Medi-Cal or private pay. Sliding Scale. San Rafael, Sausalito.

Beacon Health Options formerly Beacon Health Strategies 855-765-9703
Referral source for Health Care Services
goodtherapy.org – Therapist referral service

Community Institute for Psychotherapy

Managing Voices and Negative Thoughts Medi-Cal accepted. 415-497-0651, bucherir@usfca.edu 2nd Tuesday, 12-1pm, Enterprise Resource Center, 3270 Kerner Blvd, San Rafael. Free.
MENTAL HEALTH SERVICES & RESOURCES (cont.)

Caminar Olivios  Private, comprehensive mental health care
Olivos, a division of Caminar for Mental Health, is an innovative, well organized model that
closes the treatment gap. For over 50 years, Caminar, a nonprofit, and Olivos, its parent
organization, have been leaders in providing services for people with mental, physical and
developmental disabilities. We work with individuals in various stages of recovery -- from those
with highly acute serious mental illness, to those dealing with the life-long effects of trauma, to
those seeking to improve their mental health and wellness and strive to reach their full
potential. CONTACT INFO: INFO@CAMINAROLIVOS.ORG PHONE: (415) 264-8186
YOUTH SUPPORT

**Access: Medi-Cal for Children: Early Periodic Screening, Diagnostic and Treatment (EPSDT)**
473-3068
This team provides assessments and referrals for children and adolescents who are full-scope Medi-Cal eligible and are in need of mental health services

**Children and Youth Medication Clinic**
Access Line: (888) 818-1115
Under direction of the Mental Health and Substance Use Division Medical Director, a half time child psychiatrist, two part time psychiatrists

**Family Partnership Program**
A key component of mental health services is the Family Partnership Program, contracted through the Community Action Marin (CAM) agency. Family Partners provide emotional support to families of clients.

**Katie A. Implementation**
Katie A is a case that was brought on behalf of a young girl who experienced multiple placements and inadequate mental health services while in the foster care system.

**Parenting Classes**
Classes offered in 10-week series in the fall and spring, co-led by a clinician and Family Partner. There are separate groups for children up to age twelve and another for teenagers
**School Age Prevention and Early Intervention**
Community based organizations are working with schools (Kindergarten through eighth grade) to prevent mental health concerns, as well as identify and respond to mental health provider:
Bay Area Community Resources

**Shoreline School District**
171 Carlos Drive, San Rafael
415-444-5580

**Sausalito Marin City School District**
**Provider Marin City Community Services District**
610 Drake Ave, Sausalito
415-332-1441

**Sausalito Marin City School District**
**San Rafael City Schools**
6925 Chabot Rd. Oakland,
510-317-1426

**Substance Use Early Intervention and Outpatient Treatment Services**
Huckleberry Youth Programs
415-258-4944
Huckleberry Youth Programs provides Screening, Brief Intervention and Referral (SBIRT) services through the San Rafael

**Marin County Side by Side**
[https://www.sidebysideyouth.org/region/marin-county](https://www.sidebysideyouth.org/region/marin-county)
Side by Side is a Joint Commission accredited mental and behavioral health organization. They provide services related to behavioral and mental health, early intervention in schools, LBGTTQ issues, transitional housing and special education.
Ambassadors of Hope and Opportunity (AHO)  
http://www.ahoproject.org/  
415 381-7173  
Marin non-profit serving homeless teens and at-risk young adults ages 18 to 25.

Bay Area Community Resources (BACR)  
https://www.bacr.org/  
415 444-5580  
Brief substance abuse intervention for youth ages 13-18. Long term (6 months) family therapy for youth on probation. Mental health services include counseling, case management, trauma response, parent education, teacher consultation, and other assistance.
PSYCHIATRIC SERVICES

**Kaiser Psychiatric Services** 415-491-3000 Appointments & medication refills, San Rafael & Petaluma

**Marin City Health & Wellness** 415-339-8813 marincityclinic.org, Medical, dental, behavioral health care and recovery.

**Marin Community Clinics** 415-448-1500, marinclinic.org Medical, psychiatric and dental services. Larkspur, San Rafael & Novato.

**West Marin Health & Human Services Center** 415-473-3800. BHRS satellite clinic. 100 6th Street, Point Reyes

**Ritter Center** 415-457-8182 ext 111 16 Ritter St., San Rafael. Drop-in psychiatric assessment and counseling, vocational training, and medication management. “RISE program,” San Rafael Charlotte Stanton, Ritter Center.

**RotaCare Clinic** 415-482-6906 M-Thur, 6-8:30pm. Medical, Orientation every Tues. at noon. Psychiatric Services. Be there by 4:50pm to get in lottery line, San Rafael
Early Psychosis Programs in CA:
Are you looking for evidence-based Early Psychosis Treatment in California? Here's a quick list for your reference of the 12 services we have found so far. You can view the providers' full profile by searching "early psychosis" in the BHRN app which you can download at www.bhrnapp.com

- BEAM - San Francisco 415-614-5970
- CARE - San Diego 619-543-7745
- Early Psychosis Program - Alameda 510-318-6100
- Early Psychosis Program - Monterey 831-424-5033
- EDAPT - Sacramento 916-734-5076
- Inspire - Palo Alto 650-498-9111
- PREP - San Francisco 415-614-5970
- PREP - San Mateo 650-458-0026
- PREP - Stockton 209-603-5936
- REACH- San Jose 855-273-2248
- SOAR - Napa 707-253-0123
- UCSF Path Program - San Francisco 415-476-7278
SUPPORT GROUPS

NAMI 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 Tuesday
6-8pm

Novato Family Support Group
1st & 3rd Wednesday
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

BHRS Family Support Group
No cost, all families welcome, drop-in
Facilitators: County BHRS staff and Family Partners, CAM MH Services. The staff varies.

When: Every Thursday, 7-8:30 pm
Location/Parking: 250 Bon Air Rd., Greenbrae, on the Marin General Hospital campus. From Bon Air Rd. turn onto Schultz Memorial Dr. Turn into the Emergency Room parking lot on the right and park there. Then walk back out to Schultz Memorial Dr. and follow it up to the Community Mental Health Center Bldg. which is to the right of a green Access Team sign. You will see signs for the BHRS Support Group which is in a conference room just inside the entrance.
FAMILY AND PEER SUPPORT & EDUCATION

NAMI Marin Helpline  415-444-0480 ext 0, Mon- Thurs 1-3pm or leave message other times.

NAMI (National) Helpline  800-950-6264 10am to 6 pm EST, Mon-Fri.

NAMI Marin Family Support Groups, for by trained family members
Novato
1st & 3rd Wednesday 7-8:30 pm.
Novato United Methodist Church, 1473 South Novato Blvd, Novato - Adam Edell
San Rafael
2nd and 4th Tuesday 6-8pm
Enterprise Resource Center, 3270 Kerner Blvd, Ste. C - Jack Lieberman

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

Family Partnership Program see Mental Health Services and Resources
www.marinhhs.org

Hope Program  415-473-4306  For Seniors over age 60. Peer Counseling.

Children And Adults with AD/HD (CHADD) 415-789-9464 www.chaddnorcal.org,
Family/Adult support/education for AD/HD, learning/organizing.

Dialectical Behavior Therapy (DBT) Center of Marin 415-459-5206. www.dbtmarin.com
Monthly drop-in family support & psychoeducation group. First Tuesday, 7-8:30pm.

Grief Counseling  415-499-1195, Free 24-hour warmline

Institute on Aging Grief Services 415-750-4111. 3575 Geary Blvd., San Francisco.
Individual traumatic loss grief support
Free drop-in grief group. Saturday mornings 10:30-12 noon
8-week traumatic loss grief group
FAMILY AND PEER SUPPORT & EDUCATION (cont.)

**Side By Side** sidebysideyouth.org 415-870-9298
Child and Youth welfare organization with many programs, includes drop-in counseling, education, exercise, and others.

**Parents Place, Jewish Family & Children's Services** 415-491-7959, [www.parentsplaceonline.org](http://www.parentsplaceonline.org), San Rafael. Parenting skills/support, individual, family and group therapy, social skills groups, grief support groups, case management.

**Matrix Parent Network & Resource Center** 800-578-2592 [matrixparents.org](http://matrixparents.org), Education/advocacy for disability education rights.

**Family Works Therapy and Life Skills Center**
415-492-0720 familyworks.org

**Hospice by the Bay** 415 927-2273
Has a bereavement group for people who have lost loved one to suicide. Direct line – 415 526-5699

**NAMI Marin Family to Family** 415-444-0480
[For those with loved ones living with mental illness] – educational weekly meetings for twelve weeks.

**Enterprise Resource Center** (ERC)
[https://www.camarin.org/mental-health-programs](https://www.camarin.org/mental-health-programs)
Phone: 415-457-4554
Warm Line: 415-459-6330
Peer operated. 3270 Kerner Blvd., Suite C, San Rafael.
Offers Peer Companion Program, peer counselor training, peer counseling, crisis planning, bilingual advocate.
Walk in services
Mon – Fri 9am-4pm,
Sat & Sun – 10am-4pm
FAMILY AND PEER SUPPORT & EDUCATION
(cont.)

Empowerment Clubhouse Marin City
www.marincitycdc.org/empowerment-clubhouse
(415) 339.2839
441 Drake Avenue
Marin City, CA 94965
A recovery-oriented, strengths-based community mental health organization serving individuals recovering from mental illness. No cost and entirely voluntary, free, and available to any Marin County resident over 18 years of age living with a diagnosed mental health disorder.

Hours of Operation:
Monday through Friday,
10:00 am to 2:00 pm

YMCA 415–492–9622, ymcasf.org, Friendly atmosphere. Fee scholarships
1500 Los Gamos Drive, North San Rafael
Socialization. Companionship, outings.


National Eating Disorder Association:
800-931-2237 Hours: 9:00 AM - 9:00 PM (ET) Mon-Thurs; and 9:00 AM to 5:00 PM (ET) Fri For 24/7 crisis support, text 'NEDA' to 741741
https://www.nationaleatingdisorders.org

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

Warmline 415–459–6330. Peer phone support. 1 – 9 pm

Institute on Aging Friendship Line 800–971–0016. Peer phone support available nationwide.
Anova (Sonoma, Contra Costa) Anova is Northern California’s most trusted provider of educational, behavioral, and therapy services for children and teens (ages 5 through 22) diagnosed with high functioning autism, social and emotional challenges, learning differences, and other neuro-developmental impairments. (707) 527-7032 https://www.anovaeducation.org

ALCOHOL & DRUG RECOVERY

County Access Line (and BHRS access line) 888-818-1115. Entry point to referrals for both county and private providers.

Substance Abuse And Mental Health Services Administration (SAMHSA) 800-662-4357 samhas.gov Treatment locator and wealth of information.

Behavioral Health & Recovery Services (BHRS)
Road To Recovery [formerly Alliance in Recovery (AIR)] 415-473-2555 Mental health and substance abuse (dual diagnosis). (moderate to severe)


The Helen Vine Recovery Center (detox)

Center Point 415-456-6655 cpinc.org Residential & outpatient programs for teens, adults. San Rafael.

Marin Treatment Center 415-457-3755 marintreatmentcenter.org Outpatient services. Sliding scale

Children and Teens
Side By Side Transitional Age Youth (TAY) 415-870-9298 sidebysideyouth.org 615 B Street, Suite 1A, San Rafael (drop-in) No fee
Alcoholics Anonymous 415-674-1871 (24 hours) www.aasf.org
San Francisco and Marin County, over 250 meetings listed

Bayside Marin Treatment Center for Mental Health Disorder & Substance Abuse
874-434-0107 baysidemarin.com  San Rafael. No sliding scale

**LGBTQI SERVICES**

**The Spahr Center** 150 Nellen Avenue, Suite 100, Corte Madera, CA 94925, 415.457.2487
Youth programs and services, LGBT senior discussion group, parent support group, mental health counseling, information, education and training, community resources.
https://thespahrcenter.org

**Gaylesta** The Psychotherapist Association for
Gender & Sexual Diversity https://www.gaylesta.org
HOUSING

NAMI Marin Housing Directory: Call NAMI Marin HelpLine for updated information. 415.444.0480 x 0.

Buckelew Housing for BHRS clients/those who meet the criteria. Contact the Access Team at 888-818-1115.


Housing First - 415-457-8182 x 105. For those living homeless in Marin for more than 5 years. Colin McDonnell, Ritter Center.


Mill Street Center 415-457-9651, 190 Mill St., San Rafael. Shelter

Ritter Center 415-457-8182, 16 Ritter St., San Rafael www.rittercenter.org

Homeward Bound of Marin 415-382-3363, www.hbofm.org Operates Mill Street Center, New Beginnings Center in Novato, Transition to Wellness, The Next Key Center, Fourth Street Center, Fireside Apartments, Warner Creek Senior Housing. Some of these places are for Homeless adults, for those leaving the hospital, seniors, and vets. Housing specifically for mentally ill people in Palm Court and the Voyager Carmel Center. See the website for details of each program.

Casa Rene
Casa Rene, offers those in need of short term residential mental health services a calm and comforting place to get well. Buckelew staff provides counseling, medication support and
therapeutic activities in a home-like setting, for up to 30 days. Referral through Marin County Psychiatric Emergency Services only. For more information, call (415) 457-6964.

VOCATIONAL RESOURCES & BENEFITS
COUNSELING

College of Marin, Student Accessibility, San Rafael & Petaluma Services (SAS) 415-485-9406. www.marin.edu/sas
For students recovering from mental health issues. Learning Center, Rm 115

Integrated Community Services 415-455-8481 connectICS.org Employment, independent living skills, recreational and referral services, estate planning referrals, special needs trust referrals, private case manager referrals. Mental health, learning disabilities, brain injuries.

Buckelew Employment Services 415-456-9350 Pre-employment, vocational training, job development, placement, and job coaching. Orientation every Tuesday at noon. [manager Yolanda Markquez x 146; Janet Moore x 149; Rachelle Pierre x 148]

People With Disabilities Foundation
Education, advocacy, referral, legal representation for SSDI/SSI benefits, abuse, other. San Francisco. 415-931-3070 www.pwdf.org
LEGAL

www.Legalmatch.com – lawyer referral service

Marin Bar Association
415-989-1616 marinbar.org
[$35 per one referral; no fee if: Vet, over 65 years old]
Public Guardian’s Office 415-473-6186

Adult Protective Services 415-473-2774

Pooled Special Needs Trust Information
(Planned Lifetime Assistance Network) Proxy Parents Foundation
proxyparentfoundation.org

Legal Aid of Marin
1401 Los Gamos Drive Suite 101
San Rafael, CA 94903
Phone: 628 253-5755

Law Office of Baron L. Miller
Special Needs Trusts

Protect and preserve assets set aside for a loved one who lacks the ability to handle her own finances, or who would lose crucial public benefits if given control of these assets.

1388 Sutter Street, Suite 710
San Francisco, CA 94109
baron@baronmillerlaw.com
415-522-0500

Law Office of Patricia Tobin
Special Needs Trust Information and LPS Conservatorship Information
802 B Street, San Rafael, CA 94901
Phone: 415-847-0547

JAIL

Marin County Prisoner Services
415-473-7268. Inmate visiting assistance.
Tues, Weds, Thurs – 6am-3:30pm  Fri – 6am-1pm

Marin County Jail Mental Health Team 415-473-6648.


Inmate Mental Health Information Form https://bit.ly/2T7NzXo

Family Authorization Form https://bit.ly/2Te520x
VETERANS

Marin County Veterans Service Office
415- 499-6193, 10 N. San Pedro Rd, #1010  Mon – Thurs, 8:30 am – 4 pm
stephens2@co.marin.ca.us Sean Stephens

Veterans Crisis Line & Suicide Prevention  800-273-8255 x 1
or online chat at veteranscrisisline.net/
OTHER NAMI RESOURCES

Volunteer Family  Share your time and expertise to strengthen NAMI and become part of our friendship and support circle of volunteers. Contact our Offices at 415-444-0480

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, articles and classics, 415-444-0480

Family To Family. 415-444-0480, to sign up for the next class, reservations are required.

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.

Topics Include Evidence-Based Information About Major Mental Illnesses including:

Major Depression
Bi-Polar Disorders
Schizophrenia
Panic Disorder
Obsessive Compulsive Disorder
Information about commonly used psychiatric medications
Coping skills and crisis management
Communication and listening techniques
Problem solving skills
Relapse and recovery information
Self-care around worry and stress
ADDITIONAL RESOURCES

**Matrix Parent Network & Resource Center** 800-578-2592 matrixparents.org
Education/advocacy for disability education rights.

**UCSF Dept. of Psychiatry** 415-476-7278.
PART Program partprogram.ucsf.edu/
   Research & treatment for ages 12-35.
PATH program psych.ucsf.edu/path
   Treatment for ages 12-35. Medi-Cal not accepted.

**Adult Case Management Dept.** 415-473-2100 via County Access Line

**San Rafael Police Dept. Mental Health** Mental Health Outreach Liaison for the San Rafael.
Works with homeless and mentally ill population.
Police Department. Emergency 911, non-emergency (415) 485-3000