



General Meeting

1300 S. El Camino Real
San Mateo
Silicon Valley
Community Foundation

Wednesday, March 24

6:00p Gather/Snacks/Announcements
7:00p - 8:30 Speaker and Q&A

**Dialectical Behavior
Therapy (DBT) and
Cognitive Behavioral
Therapy (CBT)
for OCD and BPD**

Presenters:

Scott Granet, LCSW,
adult & adolescent psychotherapist
in Redwood City, and a Co-Founder
of the OCD Foundation of the San
Francisco Bay Area
Crystal Hutchinson, MA, MFT,
and **Leah Ladouceur, BSW**, of
the Cordilleras Suites, a residential
program in Redwood City serving 49
residents, and incorporating DBT.

DBT and CBT are systematic "talk"
therapy approaches which have
been used successfully to treat
Obsessive-Compulsive Disorder
(OCD), Borderline Personality
Disorder (BPD), and many other
conditions, including mood, anxiety,
personality, eating, substance
abuse, post-traumatic, and psy-
chotic disorders. Our speakers are
expert practitioners who will explain
how DBT and CBT work, what
results can be expected, and what
resources are available locally.

Budget Action Alert For Mental Health

Your help is needed!

The State Legislature is considering whether to put the Mental Health Services Act (Prop. 63) before voters to divert funding away from effective community mental health services in order to help address the state's budget deficit in 2010-11. As you recall from last year, 65% of California voters already rejected Proposition 1E, which would have redirected \$226 million away from the Mental Health Services Act. This year, the Governor proposes to redirect twice that amount (\$452 million) for two years, and to put another initiative in front of voters in the June statewide election. Additionally, if California doesn't receive nearly \$7 billion in new federal funds, the Governor proposes to divert another \$847 million away from the Mental Health Services Act.

This decision will be made by the Legislature during the next few weeks. We urge mental health consumers, families, service providers, poverty and civil rights advocates, law enforcement, educators, business leaders, and private citizens to tell the Legislature you oppose this proposal. If this proposal is adopted, the progress MHSA is making at reducing costly hospitalizations, incarceration, homelessness, school failure, and out-of-home placements will end.

HOW YOU CAN HELP:

- Write a letter to the Assembly and Senate Budget Committees, as well as to the Assembly Members and Senators who represent your community.
- Get *Sample Letters* under "Grass Roots Advocacy" on CMHDA's State Budget Web Page: <http://cmhda.org/go/PublicPolicy/StateBudget.aspx>
- To find out which Legislators represent you and your community, simply enter your zip code here: <http://www.leginfo.ca.gov/yourleg.html>
- Just as a large number of letters on an issue matters to elected officials, large crowds in the Capitol building are important and symbolic: The number of people who make public comment will visually represent to Legislators the importance of an issue. Gather and speak!
- Visit the Assembly Members and Senators who represent you and your community to make your points in person.

Letters should be written immediately: The Senate Budget Committee has already discussed the proposal, but has not yet voted. To read CMHDA's description of the Governor's State Budget Proposals: <http://cmhda.org/go/LinkClick.aspx?fileticket=CUBwic897s8%3d&tabid=60>

Thanks so much for your participation in this. There is no health without mental health!

Sincerely,

Sharon S. Dunas, MFT, President, NAMI Westside LA
www.namila.org / ssdunas@namila.org

Notice of Annual Meeting

The March 24, 2010 General Meeting serves as NAMI-SMC's annual meeting for election of 2010 officers and board members. The nominating committee has recommended the following slate of officers and directors for 2010 and asks for all NAMI-SMC members in good standing to vote on this slate during the business portion of the General Meeting prior to the featured presentation.

Stephen A. Way – Co-President
Terry Flinn – Co-President
Mike Stimson – Vice Pres/Treas
Ruan Frenette – Secretary
Carol Gosh
Melinda Henning
Steve Robison
Sharon Roth
Margaret Taylor
Patricia Way
Greg Wild



**Kick-Off Luncheon is March 25
in Pleasanton - see pg 3**

NAMI Provider Education Offered

Wednesdays, April 7-June 9 • 9am-12 noon
30 CME continuing education credits

This free course is appropriate for Mental Health and AOD professionals, para-professionals, case managers, residential care givers, front office staff, RNs, psychologists, outreach workers, vocational and job counselors, psychiatrists and all others serving individuals with serious mental illnesses and their families. Call the NAMI office for more information: 638-0800.

NAMI Peer-to-Peer Scheduled

Wednesdays, March 3 - May 5 • 2:30 - 4:30
The Source (Heart and Soul)
500 E 2nd Ave, San Mateo

The next NAMI San Mateo Peer to Peer Education class will introduce the third edition of this evolving curriculum put together by persons with mental illness for persons with mental illnesses, such as Schizophrenia, Bi-polar Disorder, Depression, Obsessive Compulsive Disorder and other disabling mental conditions.

NAMI has developed a course of study based on current knowledge and understanding of brain disorders and their treatment. A safe environment is created where those who are ready to try learning something new about themselves and others can share openly from where they are in this moment. Though some of the content is taught via lecture, most of the benefit comes from the exchange that takes place when persons of common interest join together to relate in new and different ways, regaining a sense of adequacy and self-confidence.

If you feel ready to take this class, please call NAMI San Mateo for more information, 650-638-0800, or come to the first meeting. Class size is limited. Once enrolled, you are qualified to attend the next nine Wednesday afternoon meetings. Bus transportation is convenient and readily available for anyone without a car.

San Mateo County Crisis Center
650-579-0350

1-800 Suicide (1-800-784-2433)

Chat Room for Teens

Open Monday-Thursday, 4:30pm to 9:30pm
www.onyourmind.net

What Every Parent Needs To Know About Youth Substance Abuse

Wednesday, March 10 • 2:30pm to 4:30 pm
The War Memorial Community Center, Activity Room
6655 Mission St, Daly City

Speaker: **Leo Capovilla**, San Mateo County Sheriff's Office Gang Intelligence Unit

Come join us to learn:

- Substance Use Prevention
- Abusing Prescription Medicine
- Signs that a youth is using/abusing drugs

Refreshments— Snack— Raffle

Interpretation Services Available

Questions? Contact Neil Urquidez 650-301-8490 or Carmenza Rodriguez, Unit Chief 650-301-8692

Presented by North County Youth Behavioral Health & Recovery Services



Wellness Recovery Action Plan For Families

March 19 • 9AM to 10:30AM
Inspired at Work in Belmont

Please sign up with Suzanne Aubry, Director of Family Services and Support, 650-573-2673. No cost for the class—space is limited to 15 participants. Light refreshments will be served. This year, WRAP yourself in wellness!

Hoarders

Do you know anyone who is a troublesome hoarder or pack rat? Please join us for this informative meeting.

Wednesday, March 3 • 11:30 - 1:00 pm
Redwood Shores Library, 399 Marine Parkway
Redwood Shores

Guest Speaker: Scott M. Granet, LCSW, Director of the OCD-BDD Clinic of Northern California. There is a \$5 lunch fee, drinks are provided. Please RSVP to Farris Hix to ensure lunch by calling 650-780-7345.

Family liaisons for San Mateo County BHRS are Suzanne Aubry at 573-2673 and Claudia Saggese (habla Español) at 573-2189.

2010 Special Needs Trust Seminar

Wednesday, March 24, 2010 • 1:00 - 3:00 P.M.
Crowne Plaza Cabana Hotel
4290 El Camino Real, Palo Alto

This is a community seminar on "Special Needs Trusts"- tens of thousands of California families have disabled children. Some are afflicted with autism, while people of all ages suffer from a range of physiological and mental limitations. This free seminar will explain to interested families how they can leave any amount of money to a Special Needs Trust without disturbing eligibility for vital government benefits. Without this trust, inherited assets are quickly dissipated and the disabled child or adult has no "safety net." Mr. Gilfix will explain how these trusts operate:

- Public Benefits Retained
- How SNTs fit with Revocable Living Trusts
- Choice of a SNT Trustee
- What SNT funds can and cannot be used for

Info: 650-493-8070 or www.gilfix.com.

Patient Prescription Drug Assistance Programs

If you have a loved one, acquaintance, or community member who needs medication but can't afford it, support him or her in enrolling in one of these programs. **RxAssist** (www.rxassist.org), 401-729-3284, provides information about patient-assistance programs. **Partnership for Prescription Assistance** (www.pparx.org), 888-477-2669, gives general and specific information on drug programs. **Together Rx Access** (www.togetherrxaccess.com), 800-444-4106, provides a discount drug card that many pharmacies accept. It is for legal U.S. Residents without public or private prescription coverage. The card is free and provides 25-40 percent discounts on more than three hundred drugs.

And this from NAMI.org: Some pharmaceutical companies offer medication assistance programs to low-income individuals and families. These programs typically require a doctor's consent and proof of financial status. They may also require that you have either no health insurance, or no prescription drug benefit through your health insurance. Please contact the pharmaceutical company directly for specific eligibility requirements and application information. See the comprehensive list at:

http://www.nami.org/Content/ContentGroups/Helpline1/Prescription_Drug_Patient_Assistance_Programs.htm



Saturday, May 22, 2010

SF Bay Area NAMIWALK
Speedway Meadow, Golden Gate Park
San Francisco

Did you know that the dollars you raise when you join the NAMIWalk help underwrite the free NAMI programming in our county? The 2010 NAMIWalk is NAMI San Mateo's largest fundraiser of the year. Registration is free at www.namiwalkSFbay.org

The official Kick-Off lunch will be held on Thursday, March 25 from 11:30am-1:30pm.

The Kick-Off luncheon is free for our team captains, anyone who wants to create a Walk team or learn more about event sponsorship and the many opportunities to participate in NAMIWalk! Come join us at FAZ's restaurant in Pleasanton and find out how being a NAMIWalk Team Captain is a terrific way to raise awareness about mental illness. What does a Team Captain do? A team captain registers their team and asks their friends and family to walk with them at this fun and important event.

Special Kick-Off Guest: Peggy Kennedy, NAMIWalk Team Captain and Author of *Approaching Neverland: A memoir of Epic Tragedy & Happily Ever After*.

It's a great time to pick up your team captain materials, get exciting information about this year's walk, and honor our 2009 top team captains! RSVP to reserve seating at 800-556-2401 or laurie@namiwalkSFbay.org.

For more information on the NAMI Walk or to volunteer: www.namiwalkSFbay.org or info@namiwalkSFbay.org 800-556-2401

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Need help with SSI issues?

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Call Joe Hennen at 650 802-6578

Renew Your Membership

Thank you if you've sent in your membership renewal to our fabulous affiliate - we really appreciate it! If you haven't renewed your membership yet, please complete the form on the back of this newsletter and send it in with your membership fee, or respond to the reminder being sent via mail to renew with an addressed envelope included. Thanks again!

What If Your Bipolar Disorder Is Making Work Harder?

From NAMICA.org - Psychology Today by Joni E. Johnston, 1/18/10

“I was diagnosed with bipolar disorder six years ago. I've never told any of my employers or shown them any signs that I'm aware of and I've always gotten great performance reviews. Lately, though, the stress at my current tech job is so high, it's brought on a pretty hard "bipolar episode" that's been difficult to bounce back from. I was considering telling my supervisor about my disorder, because apparently telling her that I have too much work and pressure isn't sinking in.”

What advice would you give this person? Here's what I would imagine some people would say:

The employment lawyer: “Sure; I've got your back. The recent amendment to the Americans with Disabilities Act clearly covers bipolar disorder, even if your medication is controlling your symptoms. Mental illness is covered under the ADA and under HIPAA. Go to HR, tell them the issue, and that you don't trust that your boss will handle the news well and that you think it could be gossip fodder. It will be up to them to find the best way to approach your boss, make sure that the pressure is taken off you, and make sure that the information about your medical problems are not made public. If you get fired or laid off for ANY reason in the next two years, you march straight to my office. And document EVERYTHING in the meantime. You never know when you will need it.”

The fellow bipolar sufferer: NO WAY! Want to know why? Because:

“I told mine and ever since then he has been keeping a record of anytime I miss work or am late or any little thing.”

“People outside of this disease just don't get it.”

“One of my coworkers told upper management about her mental issue and some how it was leaked back to the staff and people would whisper behind her back when things hadn't been going good for her on any given day.

“Months ago during an after hours phone conversation, I acknowledged my condition. It was the first time I had ever told anyone I had worked with. I felt like I had made a huge step and I just knew the outcome would be beneficial for me. After my disclosure, my colleague would make comments like, “Did you forget to take your medicine?” or “Isn't it time to see the shrink?”

The idealist: “Definitely. It's a perfect world and you should be able to say to your boss, “I'm bipolar and have not been able to sleep in several days and that's why I was a little bit late this morning.” It's honest, respectable, and true. While you're at it, why don't you share some literature about bipolar with your boss? It's a chance to do your part to erase some

of the stigma around mental illness. If you're doing a good job, that's all that matters.”

The realist: If you're having trouble doing your job or desperately need an accommodation, you need to tell somebody something before you do serious damage to your career. However, be very careful about disclosing your diagnosis. What's covered under the A.D.A.A., and what's actually enforceable, can be two different things. Your best bet? Go to your HR department first. Make sure you are prepared (emotionally and otherwise) for the legwork involved in providing appropriate documentation and discussing personal issues with your HR rep. Explain that you need his or her assistance because continued stress is placing your health at risk and you don't feel you should have to violate your privacy to get the situation straightened out. Make sure you document your discussion with him or her, and that you are both clear about what the next steps will be. Then follow up. As far as how much you tell your boss, that's up to you. People are not as sensitive to mental illnesses as we would hope, so you may want to be less than open about it. You could tell your boss you're dealing with some medical issues, leaving out the specifics of your illness. Your HR department, and your therapist, should be able to offer you some good advice about specifically what to say.

If you're thinking about full disclosure, you might also ask yourself:

- * How long have you been at your company? The longer you've been with your organization – and your manager – the less likely it is that s/he will overreact to your need for assistance.
- * What kind of performance evaluations have you received? A proven track record at work is the biggest weapon in the fight against stigma. Never disclose your illness during a hiring interview.
- * What's your relationship like with your boss? Do you trust him/her? Has s/he shown compassion to other employees?
- * What's your corporate culture? Do the senior managers demonstrate an “our employees are our most valuable asset” mindset or a “whatever it takes to get it done” philosophy?
- * What is your goal? Is it to get personal support from your boss and coworkers (leaving you vulnerable to their reactions) or to take a courageous stand for all sufferers of bipolar (giving you personal satisfaction no matter the response)?

The best preparation for tomorrow is to give your best today. When it comes to dealing with bipolar disorder in the workplace, though, what's best can change on a dime. Prepare for those changes by knowing your rights, having an ongoing support system, and balancing a healthy dose of optimism with a clear view of reality.

Link: <http://www.psychologytoday.com/blog/the-human-equation/201001/bipolar-disorder-work-dont-ask-dont-tell>

 **NAMI SAN MATEO COUNTY MONTHLY MEETINGS** for family members (*call 650-638-0800 for more information*)

Cordilleras MHR Center Family Support Meeting, 200 Edmonds Road, Redwood City, 367-1890

1ST MONDAY, 6:30-8pm (2ND Monday if 1ST Monday of the month is a holiday)

Penney Mitchell & Clara Diaz, NAMI SMC facilitators; Carolyn Rapiet, MFT; Crystal Hutchinson, MFT; Leah Ladouceur, BSW

Parents of Youth Support Meeting, NAMI SMC, 1650 Borel Pl, Ste 130, San Mateo, 638-0800

2ND MONDAY, 7-8:30pm. K. Manuel, and L. Ziegler, facilitators

San Mateo Medical Center, 222 W. 39th Ave. and Edison, Board Room (elevators left of the main entrance, 2nd floor, left down to the end of the hall)

1ST & 3RD TUESDAYS, 6:30-8:00pm. Norma & Al Guaspari/Terry & Polly Flinn, NAMI SMC facilitators; L. Frattaroli, Ed.D.

South County Support Meeting, Mental Health Clinic, 802 Brewster St., Redwood City, 363-4111

2ND TUESDAY, 6-7:30pm. Clara Diaz, NAMI SMC facilitator; Liz Downard RN, MSN

Coastside Support Meeting, Coastside Mental Health Center, 225 S. Cabrillo Hwy, Suite 200A, Half Moon Bay, 726-6369

2ND MONDAY, 7-8:30pm. Marie Koerper, NAMI SMC facilitator; Mary Em Wallace, RN, NP, MFT, Ph.D.

Jewish Family & Children's Services, 913 Emerson St., Palo Alto, 688-3046. Family and friends are welcome.

4TH TUESDAY, 7:00 pm. Sharon & Ron Roth, NAMI SMC facilitators; Laural Woodard, LCSW

OTHER MEETINGS

Asian-Language Family Support, Cantonese-speaking families meet at 310 8th Street, Oakland

3RD SATURDAY, 10:00a.m.-Noon. Call (510) 451-6729 for more information.

Coastside Dual Diagnosis Group, development for clients in all stages of recovery.

THURSDAYS, 4-5pm. 225 S. Cabrillo Hwy #200A, Half Moon Bay. 726-6369 for information.

Chinese Families Mental Health Alliance, Ed Koo (415) 352-2047

Chinese Speaking Family Support Group, free for (and in) Cantonese/Mandarin speaking family members.

THURSDAYS, 6-7:30 pm, 1950 Alameda de las Pulgas, San Mateo. Call (650) 261-3701 or (650) 573-3686.

Chinese-Speaking - NAMI Santa Clara County, Alliance for Community Care, 2001 The Alameda & San Jose

1ST THURSDAY, 7-8:30p.m. Call 408-938-6773 x222 for more info.

Consumer Support Groups, The Source, San Mateo. Call 650-343-8760

DBSA Mood Disorder Support Group for persons with uni- and bipolar disorder. 4153A El Camino Way, Palo Alto

1ST, 2ND and 3RD WEDNESDAYS, promptly 6:30-8:30 pm. Info: www.DBSPaloAlto.org. Katherine Lerer, Facilitator

DBSA for persons with unipolar or bipolar depression. Family members welcome.

EVERY TUESDAY, 7-9pm San Mateo - College Heights Church, 1050 W. Hillsdale Blvd. Fred Wright, 299-8880

Dual Diagnosis Group for Consumers, no charge.

MONDAYS, 2:30 pm. The Source, 500 A Second Ave., San Mateo. Call 650-343-8760 for more information.

Filipino Family Alliance for Mental Health, call Roderick de Silva at 836 1700.

Food For Thought, College of San Mateo students gather to support, converse and build connections. Info: 574-6487

TUESDAYS and THURSDAYS, 12-1pm, CSM in Building 14, Room 205

H.E.L.P. for those coping with a mental illness and/or those in a supporting role, Menlo Park Pres., 950 Santa Cruz Ave.

EVERY THURSDAY, 6:45-8:30pm, MPPC Garden Court (optional dinner starts at 6, donations accepted). Contact Fred & Jane Pramann, 968-5459 or Betty Mitchell, 949-2134

HOPE (Hope, Offering, Prayer and Education), for those with mental illness and/or in supporting roles.

1ST and 3RD TUESDAY, 6:30pm, First Pres Church, 1500 Easton Dr., Burlingame. Call 355-5352 or 347-9268 for info.

Japanese Education & Support Group, call (415) 474-7310 for information

Jewish Support Group, for those with mental illness and families and friends, Beit Kehillah, 26790 Arastradero Rd., Los Altos

2ND WEDNESDAY, 6:15-8:30pm. For information, contact Carol at (408) 858-1372.

Kaiser, South San Francisco (Kaiser members only), contact Betty Taylor, 742-3755

EVERY OTHER MONDAY, 4-5pm

Spanish-Speaking Family Support Group, Central Mental Health, 1950 Alameda de las Pulgas, San Mateo

3RD THURSDAY, 6:30-8:00p.m. Facilitator: Gloria Gutierrez, 573-2076

Stanford University Support Groups, Psychiatry Bldg., 401 Quarry Rd at Arboretum

Persons With Schizophrenia - 1ST & 3RD MONDAYS, 1-2pm, Room 2210, info: 723-6678

Family and Friends of Persons With Schizophrenia - 1ST & 3RD MONDAYS, 7-9pm, Room 1211, info: 723-6678

Telecare, for family and friends of residents. 855 Veterans Blvd, Redwood City, 817-9070

2ND WEDNESDAYS, 5:30-7pm

Women Living With Their Own Mental Illness, Redwood City - *sliding scale fees apply for this meeting.*

MONDAYS, 6:30-8 pm. Contact Deborah at 363-0249, x111.

Thanks Vitae Charity Golf Tournament!

We received donation proceeds from the 2009 Vitae Charity Golf Tournament recently. The golf tournament is one of our largest donation sources and we greatly appreciate it. Thank you, Vitae Architecture and Paul Hockett, for this generous donation and for a wonderful event. We look forward to the next Vitae Charity Golf Tournament - date to be determined.

Different People, Different Voices

Michael and Mary Van Fleteren have compiled an anthology of autobiographical essays of 23 contributing authors who are persons with a mental illness. This publication, *Different People, Different Voices*, addresses social justice issues pertaining to mental illness, including homelessness, poverty, improper or inadequate medical care, unemployment and discrimination.

In this publication Michael and Mary held a national writing contest in which they coordinated efforts with NAMI affiliates across the nation. They also held writing workshops at community mental health outlets and at clubhouses.

Author John Laue, a 1960's graduate of UC, Berkeley, reveals an alluring memoir of his mother who spent her adult years in a state mental hospital. John discusses his own struggles as he tries to come to terms with his mother's fate as it appears in her hospital records. Another contributing author, Mary Ellen Groat, depicts the incarceration of her husband followed by her unsuccessful attempt to obtain employable credentials through university studies. Subsequently, she loses her children to Child Protective Services. These events all occur while Mary Ellen is afflicted with mental illness. Sarah Coyne, a young contributing author, divulges her life as a teenager with mental illness that includes several failed attempts at suicide while engaging in drug abuse.

In addition, three interviews of homeless veterans of Middle Eastern conflicts provide insight into mental illness pertaining to war. Another author, Cynthia Rayne, writes a true story of family members who all struggle with mental illness. Her father commits suicide by drinking a caustic solution. She struggles with depression while her brother tries desperately to support himself by silk screening t-shirts and selling them in an open air market. His life unfolds as a desperate attempt to stay out of a state hospital.

This book gives a voice to the voiceless mentally ill as it is authored by the mentally ill themselves as opposed to case studies written by healthcare professionals. *Different People, Different Voices* is available through Amazon.com or by visiting our website, www.outsiderpress.org. Your support in launching this publication would be deeply appreciated.

Mary E. Van Fleteren, Executive Director and G. Michael Van Fleteren, Marketing Manager. Email: outsiderpress@gmail.com.

Planning For A Loved One With Special Needs

March 27, 10-Noon, Oakland
April 27, 5:30-7:30 p.m, San Francisco
May 22, 1-3 p.m, San Rafael
June 10, 5:30-7:30 p.m., Los Altos

Kevin Urbatsch with guest Dan Cutter invites you to a FREE seminar. Topics to be covered will include: Setting up Life-time Plans for Loved Ones with Special Needs, Maximizing Government Benefits, Using Special Needs Trusts and Memorandums of Intent, and Limited Conservatorships

RSVP today—seating is limited. For more information call Ryan Garwin at 415-593-9944.

2010 NAMI National Convention Celebrate the Fourth In Our Nation's Capital

June 30 - July 3, Washington DC

What better place to celebrate the Fourth of July than in our nation's capital! Washington's celebration of Independence Day opens with day-long performances on the National Mall by some of the country's top musicians and ends with a spectacular fireworks display over the Washington Monument accompanied by a live performance by the National Symphony Orchestra. And, it's ALL FREE!

We've planned our 2010 National Convention program to end on the evening of July 3rd (with our annual banquet) which gives you all day on the Fourth to enjoy the sights and sounds of one the country's best celebrations. And, the Hilton's discounted NAMI convention hotel rates of \$155/single and \$165 double are good through July 6. Visit <http://www.nami.org/template.cfm?section=convention>.

NAMI CA State Convention

August 20 - 21, 2010
Marriott in Burlingame

This year's NAMI California State Convention will be held in Northern California. NAMI CA is welcoming all to participate in the convention committee since it's in our back yard. If you're interested in participating, please let the NAMI San Mateo office know you are interested, and contact Coleen Peters at 661-747-9001.

Jail Chaplain

Spiritual counseling for incarcerated persons - Marty at St. Vincent de Paul Society - 650-366-9847

Fish Oil Can Head Off First Psychotic Episodes

From *The Los Angeles Times* by Melissa Healy, 2/1/10

In the lives of young people at high risk for developing serious mental illness, heading off that first psychotic episode can mean a world of difference. A new study has found that for a year after it was completed, 12 weeks of dietary supplementation with Omega-3 fish oil reduced progression to full-blown psychosis in a large group of adolescents and young adults. The study subjects were young people who did not yet meet the criteria for full-blown mental illness, but whose grip on reality had begun to come loose, prompting them to seek psychiatric care.

At the same time, Omega-3 long-chain fatty acids--found in a range of ocean-going fish and edible sea life--improved many of the symptoms that identified these young patients as likely schizophrenics and bipolar disorder sufferers. Among the 81 young patients under observation for psychosis in an Austrian hospital, those taking fish oil supplements for two weeks showed fewer signs of disorganized or delusional thinking, more motivation, and better overall functioning than those in a comparison group, who got psychotherapy alone.

For as long as a year after their diets were supplemented by 12-weeks of fish oil capsules, patients in the intervention group continued to function better, have fewer symptoms, and were less likely to suffer a psychotic episode than those who did not get the fish oil. Roughly 5% of those on fish oil went on to develop full-blown psychosis during the study period, versus 28% of those who got psychotherapy alone.

Psychiatrists are actively debating how--and how aggressively--to treat patients with so-called "pro-dromal" signs of mental illness, or symptoms that are considered warning signs of full-blown illness to come. Studies, among them some funded by the companies that make antipsychotic medications, have found preliminary evidence that prescribing antipsychotic medication for early symptoms can head off full-blown psychosis. But, for adolescents especially, even brief use of the medications in question poses significant risks of weight gain and metabolic changes--not to mention the stigma associated with identification as a patient with a chronic mental condition.

In a measure of relative effectiveness, the present study found that fish oil supplements--which come with a wide range of unrelated health benefits (among them cardiovascular disease prevention) and no more serious side effects than "fish burps," were as effective at preventing psychotic episodes as antipsychotic medications.

Link: http://latimesblogs.latimes.com/booster_shots/2010/02/fish-oil-can-head-off-first-psychotic-episodes.html

Research Studies

For questions regarding your rights as a research subject, call 650-723-5244.

- On **bipolar I disorder** and how moods relate to thinking, \$25/hr. Stanford.RewardsStudy@gmail.com or 725-5970
- On **bipolar I disorder**: brain imaging study that pays \$25/hour. Call 725-5970.
- On **bipolar offspring** - children 9-17 years old with depression or ADHD and mood problems, who also have a parent with BD. Call 725-6760.
- On **families with bipolar disorder**, psychoeducational therapeutic techniques. Call 725-6760
- On **caregivers** to a relative with schizophrenia, completed via Internet or mail, email Rebecca at rsshulman@yahoo.com
- On **genetics and early-onset depression**, reimbursed \$75, call 736-0481 or 877-407-9529.
- On **unipolar depression**, earn \$20/hr, call 723-0804
- On **adults with bipolar to assess the effectiveness of lithium as part of optimized treatment plan**, call 498-4801 or email shill@stanford.edu.
- On **bipolar 1 or schizoaffective bipolar**, earn \$100 at San Francisco VAMC and UCSF, call 800-730-4022.
- On **psychotic depression**, receive FDA-approved investigational new drug and \$400, call Stanford at 723-3305.
- On **depressive schizoaffective**, both treatment and non-treatment studies, earn \$100-\$200, 724-0070
- On **dysphoric hypomania** study with Seroquel for Bipolar II, earn \$25/visit, call 498-4968 or www.bipolar.org
- Olanzapine (Zyprexa) in **Bipolar Disorder Exacerbations**, call 498-4968
- On **help with weight loss, overall physical and mental health** for patients with **schizophrenia** call 650 723-6678.
- Lamotrigine (Lamictal) as an add-on treatment for **Bipolar I in children and adolescents**. Call Stanford at 725-6760.
- **Brain imaging study** of emotion regulation in **adolescents with mania**. Call Stanford at 725-6760.
- **Feelings and Beliefs Study** at Stanford. \$30 comp. for 3 hours. Call or email for eligibility - emobe_1@yahoo.com/650-498-6128.
- On **depression in older adults** age 65+, earn \$140, please contact 415-476-7046.

Visit <http://sanmateo.networkofcare.org> for online information for individuals, families and agencies concerned with mental health and emotional wellness.

Please Become a Member Of NAMI San Mateo County

1650 Borel Place, Suite 130, San Mateo, CA 94402

- Regular Member (\$45 to \$99)*
- Sustaining Member (\$100 to \$499)*
- Patron Member (\$500 to \$999)*
- Benefactor Member (\$1,000 or more)*
- Mental Health Consumer (\$10)
- Renewal or New Membership Amount Enclosed: \$ _____

Change Address
(print new address below, include bottom half of page with old address)

* A portion of your membership donation is sent to National NAMI and to NAMI California

Name _____

Address _____

City/State _____ Zip _____

Phone (_____) _____ E-mail _____

How did you hear about NAMI? _____

- Please check all that apply: I/we am/are
- Family
 - Consumer
 - MH Professional
 - Business or Agency
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Your membership in NAMI San Mateo County is tax deductible to the extent allowed by law. Thank you for your support.

Stop the Loss of MHSA Funds

See page 1

Peer-to-Peer and Provider Classes Start

See page 2

Hoarders

March 3 - See page 2

What Every Parent Needs To Know About Youth Substance Abuse

March 10 - See page 2

WRAP For Families

March 19 - See page 2

Special Needs Trust Seminar

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NAMI Walk Kick-off Luncheon

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NAMISMC is a United Way Participating Agency, account #930843 0

NAMI San Mateo County

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Time Value

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