



General Meeting

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

Wednesday, Sept. 22

6:30p Gather/Snacks/Announcements

7:00p - 8:30 Speaker and Q&A

Recovery is Real!

Presenter:

Lori Ashcraft, Ph.D.

Executive Director, Recovery
Opportunity Center in Arizona

We are extremely fortunate to have Lori Ashcraft as our guest speaker for this meeting. An inspirational advocate for true recovery since the late 1960s, Lori has worked to create a variety of successful programs in several states that empower people to succeed in accomplishing their goals, and to reconnect to themselves, to others, and to meaning and purpose in life.

Check

www.recoveryinnovations.org

and

www.recoveryopportunity.org

and join us to learn what it takes to make recovery real.

NAMI San Mateo General Meetings are free and open to the public. We welcome all who support our mission to improve the quality of life for people with mental illnesses and their families.

Smoking Cessation - Tidbits from our July Meeting

Treating Tobacco Dependence in Clinically Depressed Smokers: Effect of Smoking Cessation on Mental Health Functioning

By Judith J. Prochaska, PhD, MPH; Sharon M. Hall, PhD; Janice Y. Tsoh, PhD; Stuart Eisendrath, MD; Joseph S. Rossi, PhD; Colleen A. Redding, PhD; Amy B. Rosen, PsyD; Marc Meisner, MD; Gary L. Humphlet, PhD; and Julie A. Gorecki, MA

We analyzed data from a randomized trial of 322 actively depressed smokers and examined the effect of smoking cessation on their mental health functioning. Only 1 of 10 measures at 4 follow-up time points was significant: participants who successfully stopped smoking reported less alcohol use than did participants who continued smoking. Depressive symptoms declined significantly over time for participants who stopped smoking and those who continued smoking; there were no group differences. Individuals in treatment for clinical depression can be helped to stop smoking without adversely affecting their mental health functioning. (Am J Public Health. 2008;98:446-448. doi: 10.2105/AJPH.2006.101147)

Failure to treat tobacco use in mental health and addiction treatment settings: A form of harm reduction?

By Judith J. Prochaska, UCSF, 401 Parnassus Ave. TRC 0984, San Francisco, 94143

In mental health and addiction treatment settings, failure to treat tobacco dependence has been rationalized by some as a clinical approach to harm reduction. That is, tobacco use is viewed as a less harmful alternative to alcohol or illicit drug use and/or other self-harm behaviors. This paper examines the impact of providers' failure to treat tobacco use on patients' alcohol and illicit drug use and associated high-risk behaviors. The weight of the evidence in the literature indicates: (1) tobacco use is a leading cause of death in patients with psychiatric illness or addictive disorders; (2) tobacco use is associated with worsened substance abuse treatment outcomes, whereas treatment of tobacco dependence supports long-term sobriety; (3) tobacco use is associated with increased (not decreased) depressive symptoms and suicidal risk behavior; (4) tobacco use adversely impacts psychiatric treatment; (5) tobacco use is a lethal and ineffective long-term coping strategy for managing stress, and (6) treatment of tobacco use does not harm mental health recovery. Failure to treat tobacco dependence in mental health and addiction treatment settings is not consistent with a harm reduction model. In contrast, emerging evidence indicates treatment of tobacco dependence may even improve addiction treatment and mental health outcomes. Providers in mental health and addiction treatment settings have an ethical duty to intervene on patients' tobacco use and provide available evidence-based treatments.

Tobacco Use Among Individuals With Schizophrenia: What Role Has the Tobacco Industry Played?*

Judith J. Prochaska, Sharon M. Hall, and Lisa A. Bero, Dept of Psychiatry, UCSF; Dept of Clinical Pharmacy and Institute for Health Policy Studies, UCSF

Rates of tobacco use among individuals diagnosed with schizophrenia have been estimated as high as 80%. A variety of hypotheses have been proposed to explain the high rate of tobacco use among this vulnerable group. This study examined the

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CRC Picnic



Thursday, September 2

Oak Area at Flood Park in Menlo Park

The date for the CRC Wellness and Recovery Resource picnic has changed! The new date is Thursday, September 2, 2010. It will be from 11:00 AM to 2:00 PM at the Oak Area at Flood Park in Menlo Park. There will be activities for all. If you have a resource that would be beneficial to the resource fair please contact Zachary Comtois at 650-573-2618 or zcomtois@co.sanmateo.ca.us.

VITAE 13th Annual Charity Golf Tournament

Benefits NAMI SMC

September 9, 2010

Poplar Creek, 1700 Coyote Point Drive
San Mateo



Golf, Dinner and Awards Ceremony

Emcee Mitch Juricich,

"Hooked on Golf" TV and Radio Personality

For more information and to RSVP (by August 6, please!) contact Paul Hockett, Hawk@vitaearchitecture.com or call 415-356-6400 x 124 or call NAMI-SMC Co-President: Steve Way at 650-572-2528

Hero Awards

Wednesday, September 15 • 1:30 - 3:30 PM

San Mateo Library, 55 West 3rd Ave, Oak Room

San Mateo County Change Agent Housing Committee proudly presents "The Third Annual Housing Heroes Awards." Questions? Call Mary: 650-573-2306

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

NAMI CA State Convention

August 27 - 28, 2010

Marriott in Burlingame



The theme for this year's NAMI California Annual Conference is "Lighting The Way To Recovery Together."

To begin the new registration process go to <http://www.namicalifornia.org/>. Hotel reservations can be made by calling 888-228-9290 - ask for the specially negotiated rate of \$112, good thru August 18. Consumer scholarships awarded on a first come, first served basis. Please call 916-567-0163 or email catheryn.mercado@namicalifornia.org for an application or exhibitor information.

Volunteers are needed to work at the conference! We also need help working the NARSAD Artworks table - a fun and easy place to see your NAMI friends and meet new ones! If you're interested please call our NAMI office 638-0800 and let us know when you're available and what you'd like to help with. Thank you!

2010 Art Showcase

San Mateo County Aging and Adult Services is gearing up for the 2010 Art Showcase. Submissions are due on September 1st (call if you're a little late), so this is a very early notice to any artists with disabilities residing in San Mateo County who'd like to participate.

This year, SMCAAS is very excited that NAMI San Mateo County is joining as a co-sponsor of the Art Showcase.

Please let me know if you have any questions about the Art Showcase. Thanks in advance for your interest and support!

Craig M. McCulloh, Community Program Specialist III

Staff Liaison to the SMC Commission on Disabilities

San Mateo County Aging and Adult Services

(650) 573-2480 (voice); (650) 573-2220 (TDD); (650) 372-0729 (FAX)

Be a Compeer Friend



Compeer San Mateo County connects stable persons with mental illness with a friend in the community, usually for a couple of hours every couple of weeks. They are looking for more friends - could you spare some time to share some friendship? Contact Inge at contact@compeersanmateo.org or call 650-355-8083 for more information.

UCSF-Research Study

Do you need help with transition services for your son or daughter (ages 14-25)? A team from the University of California - SF and Support for Families of Children with Disabilities is conducting a study about teenagers and young adults with chronic disabilities and transition to adulthood. Learn more about the study by contacting Lucy Fisher, RN, PhD or Kate Topolski at 415-476-4659.

NAMI Walk Update

To date:

167 Teams

1873 registered walkers!

2000+ people attending

We are so close...\$343,000 raised to date! Only \$7000 away from our goal of \$350,000! To donate see www.nami.org/walkTemplate or send checks to:

NAMIWalk SF Bay Area
2010 N. First St. #535
San Jose, CA 95131

Remember to put your walker name and affiliate on the memo line of the check so we know who to credit.

NAMI SMC Receives Portion of Sequoia Healthcare District Grant

On June 15th, NAMI co-president Steve Way gratefully accepted a portion of the \$30,000 Caring Community Grant awarded NAMI San Mateo from the Sequoia Healthcare District. Sequoia Health Care District, through the district's grant-making program, seeks to leverage district assets and make significant contributions to the health of the community. Grants are made on a competitive basis to nonprofit organizations and governmental agencies concerned with the healthcare needs of the residents of the southern part of San Mateo County.

NAMI San Mateo specifically requested and received grant funding to assist with educational programs, support and outreach activities...all of which are offered throughout the county at no cost to those receiving the services. The ultimate goal is to demystify and de-stigmatize serious mental illness in youth and adults.

BHRS contacts: Claudia Saggese, Family Liaison (habla Español)
573-2189 & Suzanne Aubry, Dir. Family Service and Support, 573-2673

Provider Education Program (Free of Charge)

September 8 - November 10 • 9am-12n
San Mateo

Fall class is scheduled for 10 weeks beginning Sept. 8, 9am-12n except Oct. 6th will be held Oct. 4th. We welcome Mental Health and AOD professionals, para-professionals and all others serving individuals with serious mental illnesses and their families.

Pre-registration is required. 30 hours of CME's pending approval for qualified attendees. Contact: NAMI San Mateo County 650-638-0800 or namismc@sbcglobal.net

Comments from recent graduates: "I would tell my colleagues that it is like no other course they have taken...it has a multi-faceted approach and they will learn what consumers and family members would like us to do to better help them." "Refreshing take on mental illness from those closest to it."

Peer-to-Peer Class

September 8 - November 10 • 2:30 - 4:30 PM

Ten consecutive Wednesday afternoons
The Source (Heart and Soul), 500 E. 2nd Ave., San Mateo
(at Claremont Street and 2nd Avenue)

Peer to Peer is a *free* interactive learning program for anyone with a serious mental illness wishing to establish and maintain wellness and recovery. It is taught by peer mentors who are experienced at living well with mental illness.

Contact the NAMI office at 650-638-0800 or email us at namismc@sbcglobal.net.

Family to Family Education Class

September 7 - November 23
San Mateo

NAMI SMC is offering the Family To Family Education Class for parents, spouses, children and other family members of persons with a mental illness. Learn about facts and skills to help you and your family cope. There is no charge, class meets one night a week for 12 weeks for 2.5 hrs per night.

Advance registration required, class size is limited and fills quickly. To register call the NAMI office 650-638-0800 or email us at namismc@sbcglobal.net.

Para clases en español, por favor contactarse con Claudia Saggese al 650-573-2189.



In Loving Memory

Eve Oliphant

April 5, 1925-January 5, 2010
"Loved All — Served All"

Eve Oliphant, one of NAMI's leading founders, died at the end of June at the age of 90. She was the subject of the PBS documentary, *When Medicine Got It Wrong*, about NAMI's dramatic origins as a grassroots movement.

Oliphant addressed the World Congress on Psychiatry in 1977, calling on the profession to recognize the role and needs of families in treatment and recovery—and criticizing the medical establishment for still embracing the textbook theory of the "schizophrenogenic mother," which blamed families for mental illness.

"We failed to understand why parents of a child with leukemia were treated with sympathy and understanding, while parents of a child with schizophrenia were treated with scorn and condemnation," she declared.

Phyllis Vine, editor of MIWatch.org, called Oliphant "outspoken, spunky, and fearless" in leading marches, letter writing campaigns and lobbying of elected officials. As a leading advocate, she participated in the 1979 meeting in Madison, Wisconsin, where NAMI was founded.

From the Madison meeting, individuals and families affected by mental illness rose out of isolation, anxiety and anger to become a force to be reckoned with at local, state and national levels.

Along with Harriet Shetler, another leading NAMI founder who died earlier this year, Oliphant would be one of the first to say, "There's still much work to be done." NAMI thanks her legacy.

Philip Florea

We at NAMI were saddened to hear of the passing of Philip Florea, son of Lois Florea. Philip passed away at the VA Hospice on June 5th. He would have celebrated his 59th Birthday on July 4th. His struggle with mental illness is at an end after 40 years. We wish to express our sincerest sympathies to Lois and her two daughters. Lois was a faithful volunteer at AMI and then NAMI since the 1970s. NAMI appreciates the donations that have been received in Philip's memory.

Can We Talk?

Wednesday, October 20
Crowne Plaza Hotel, Burlingame

Can We Talk? is a one-day conference among county mental health systems and their partners in the Greater Bay Area to address the progress and barriers to successful consumer and family member employment. Recognizing that consumer and family employment is a critical strategy to transform a historically unresponsive system to one which promotes wellness and recovery through inclusion of the consumer & family member voice, this one-day conference will bring together those who have participated and want to participate in dialogue and action to promote our success and address our challenges.

Will you join us? We can't have this conversation without you - the clinicians, supervisors, administrators, consumers/families and other team members-who play essential roles in consumer & family member employment. We are issuing a call for workshops of 90 minutes in length that address one or more of these topic areas:

- Successful strategies for welcoming consumers and family members into the workplace: What is working?
- Seeking common ground among consumers and family members and other team members: What lessons has your agency or program learned?
- Honoring and valuing differences between consumers, family members and clinical staff.
- Joint advocacy between consumers and family members.

For information contact kdempsey@co.sanmateo.ca.us

PLAN of California

Planned Lifetime Assistance Network offers two Master **Special Needs trust** plans for California families with funds to bequeath (minimums \$150,000 and \$300,000). These trusts provide for contract with PLAN for oversight (both fiduciary and personal support services) without endangering public entitlements.


San Francisco contact: Baron Miller 415-522-0500
Los Angeles contact: Carla Jacobs 888-574-1258

Asian Mental Health Resources

Visit the Culture To Culture Foundation's directory at: www.asianmentalhealth.info. Its Chinese-American mental health network program is at: www.camhn.org.

Family Support Group Leaders Needed

A training for Family Support Group facilitators is starting soon - please call our office for information and to sign up to be a facilitator - your efforts will be greatly appreciated. Please call 638-0800 - we encourage your participation!

 **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 Rapiere, 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.

VA Hospital, 3801 Miranda Ave, Hosp Bldg 101, 2nd floor, Room A2-200, Palo Alto

1ST, 2ND and 3RD WEDNESDAYS, promptly 6:30-8:30 pm. Katherine Lerer, Facilitator, DBSAPaloAlto@gmail.com.

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.

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

Obsessive-Compulsive Foundation of SF Bay Area, information: 415-273-7273; www.ocd-bayarea.com

3RD SATURDAY, 1:30-3:30pm, Seton Medical Center, 1900 Sullivan Ave., 2nd Fl. Conf room near cafeteria, Daly City

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: 324-3330

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.

Hearing Voices

by Roberta Kaye, NAMI San Francisco, May Meeting subject

Section I

Our speakers, Robin Buccheri RN, DNSc, MHNP and Louise Trygstad RN, DNSc, CNS are psychiatric nurses and professors at the University of San Francisco. Through their research they developed a 12 session course and treatment manual that provides strategies for management of persistent auditory hallucinations. The voices, sounds and/or thoughts experienced may vary in frequency, volume, content and distress. The course begins with an individual interview, the sessions are highly structured and supportive, and there is a different strategy discussed at each meeting.

The Treatment Manual's behavior strategies for managing distressing voices:

- 1) Self-monitoring---paying attention to what makes the voices better or worse
- 2) Talking with someone---engaging with another helps
- 3) Listening to music/radio---having an iPod helps, because the choices are personal
- 4) Watching TV or something else that is enjoyed and does not make for anxiety
- 5) Saying "stop" and ignoring the voices or refusing to do what one is told to do
- 6) Using an earplug
- 7) Using relaxation exercises built into a routine
- 8) Keeping busy, helping others
- 9) Taking prescribed medications
- 10) Avoiding drugs and/or alcohol

Course outcomes are evaluated at the end of the 12 sessions in a structured interview with each participant to determine his or her experience with anxiety, depression, and on an "unpleasant voices scale" (one to ten). The identity and content of voices can be observed across gender and race as can the level of distress, location, number and frequency of voices heard.

Outcomes at the end of the course show that participants are more in control, less distressed, anxious and depressed. Improvements are maintained after one year but ongoing support groups help.

Section II

Robin Buccheri, RN and Louise Trygstad, RN attended The First World Congress On Hearing Voices in Maastricht - The Netherlands September 2009 organized by Intervoice: www.intervoiceonline.org. Their report follows:

- 1) The "Hearing Voices Network" consists of support groups run by "voice hearers" whose recovery philosophy is to accept not banish the voices. The World Congress focus is on the relationship between childhood trauma and voices rather than on genetic susceptibility to schizophrenia.

Telling one's story is considered part of the recovery process. Childhood trauma has a wide range from that experienced pre-memory to sexual abuse.

- 2) There is hope that a person with voices/negative thoughts can find more comfortable management, ability to live with the voices and support knowing that they are not alone.
- 3) Voices and negative thoughts are defined as sounds others do not hear either identified or not, known or unknown, one or many and are sometimes just sounds.
- 4) Voices can be pleasant and, if so, are left alone.
- 5) Approximately 50% of those who hear voices also hear commands to harm oneself or others. It is then necessary to determine whether they mean to act on those commands, have a past history of acting on those commands, have a plan and have the means.
- 6) Those who hear voices or negative thoughts are helped by observing the essence of the Serenity Prayer that is, accepting what we cannot change, having the courage to change what we can and the wisdom to know the difference. One can learn to practice and live despite the experience.
- 7) Families and friends can help through developing knowledge, providing support for the "voice hearer" and by accepting them as they are. They can learn what is helpful or comfortable and what is not, talk to them, be there with them, and spend time doing something that is comfortable and familiar.
- 8) Several things do not help: criticism, nagging, excessive caffeine, lack of sleep, sugar, drugs, alcohol, excessive stimuli (crowds, buses, grocery stores) and not enough stimuli when too often alone.
- 9) Professionals can educate themselves and make inquiries about the experience, talk openly and honestly, use the Unpleasant Voices Scale (1-10), learn and teach strategies.

Behavioral Management For Persistent Auditory Hallucinations Course

This 10-session course has been researched and taught many times, mostly for persons with schizophrenia who are outpatients. It is adaptable to inpatient and other settings and is currently being disseminated throughout the VA as a best practice.

It is offered to any mental health professional with group experience wishing to teach the course by its developers, Dr. Robin Buccheri and Dr. Louise Trygstad of the University of San Francisco School of Nursing.

The developers do not charge for sharing their material and are willing to communicate with you to help you in teaching the course and do ask that you complete an evaluation form after teaching the course. For a reference list and information about the course for those who would like to teach it, please email louisetrygstad@hotmail.com

obacco industry's efforts to establish and promulgate beliefs about schizophrenic individuals' need to smoke and the hazards of quitting. The current study analyzed previously secret tobacco industry documents. The initial search was conducted during January–July 2005 in the Legacy Tobacco Documents Library. The search yielded 280 records dating from 1955 to 2004. Documents indicate the tobacco industry monitored or directly funded research supporting the idea that individuals with schizophrenia were less susceptible to the harms of tobacco and that they needed tobacco as self-medication. The tobacco industry promoted smoking in psychiatric settings by providing cigarettes and supporting efforts to block hospital smoking bans. The tobacco industry engaged in a variety of direct and indirect efforts that likely contributed to the slowed decline in smoking prevalence in schizophrenia via slowing nicotine dependence treatment development for this population and slowing the rate of policy implementation vis-à-vis smoking bans on psychiatric units.

Treatment of Smokers with Co-Occurring Disorders: Emphasis on Integration in Mental Health and Addiction Treatment Settings

Sharon M. Hall and Judith J. Prochaska, Psychiatry Dept, UCSF; email: shall@lppi.ucsf.edu, jprochaska@lppi.ucsf.edu. *Annu. Rev. Clin. Psychol.* 2009. 5:409–31. *The Annual Review of Clinical Psychology is online at clinpsy.annualreviews.org* This article's doi: 10.1146/annurev.clinpsy.032408.153614. Copyright 2009

Summary and Conclusions - In summary, smoking rates are high among individuals with substance abuse and mental health disorders. Motivation for quitting in these groups appears to approximate that of the general population, and treatment strategies are available that benefit them, at least for adults. The data for adolescents are extremely sparse. The relationship of nicotine and tobacco abstinence and relapse to other symptomatology—be it psychiatric or alcohol and drug related—is not yet resolved, but the evidence is tipped somewhat toward lack of a relationship between tobacco abstinence and relapse. Nevertheless, with individual clients, clinicians would be well advised to be alert for possible interactions and to modify treatment appropriately. Much remains to be done to facilitate the integration of smoking-cessation services in mental health and drug abuse treatment settings, including developing system-wide interventions and influencing insurers to provide comprehensive and extended coverage of smoking-cessation services. Finally, mental health and substance abuse settings may provide new venues for prevention because they allow access to populations with high cigarette smoking rates.

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 rsshtulman@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 650-324-3330.
- 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.

Jail Chaplain

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

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Need help with SSI issues?

Call Joe Hennen at 650 802-6578

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Please Become a Member Of NAMI San Mateo County

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

- Regular Member (\$45 to \$99)*
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How did you hear about NAMI? _____

- Please check all that apply: I/we am/are
- Family
 - Consumer
 - MH Professional
 - Business or Agency
 - Friend

Your membership in NAMI San Mateo County is tax deductible to the extent allowed by law. Thank you for your support.

CA State Convention - Aug 27-28

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

NAMI San Mateo County

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