

AMI Newsletter



ALLIANCE FOR THE MENTALLY ILL
of San Mateo County
(Formerly P.A.S.)

P.O. Box 3333
30 West 39th Avenue
San Mateo, Ca. 94403
(415) 573-5345

NOVEMBER 1983

IN THIS ISSUE: * CHANGE IN NOV. MEETING DATE:
NOW WEDNESDAY, NOV 16TH
* REMINDER: FUNdraiser ON NOV. 29TH
* RESOURCE GUIDE FOR COUNTY

NOV. MEETING....

THIRD Wednesday
Nov. 16, 8:00 P.M.
San Carlos City Hall, 2nd floor.
666 Elm St.

Sandy Lehman, Unit Chief of Day Treatment and Continuing Care of Region IV is the speaker.

Come hear Sandy describe her program. Of course, there will be questions and answers.

We changed the meeting from the usual 4th Wed, so that you and yours would have a chance to be together on the night before Thanksgiving.

FUNraiser ON NOVEMBER 29TH

Don't forget our fundraising lunch on Tuesday, November 29th. It's at Mercury Savings, 99 El Camino, Menlo Park, 11:30 AM.

Mercury Savings is donating the room AND the lunch, so that all the proceeds can go to AMI. The donation is \$5.00, and there will be prizes. Prize donations will be gratefully accepted, either a nice new something, or a nice antique something.

Pick up some tickets at the Nov. meeting or call 591-1176 and arrange for them with Terry Walker.

A new slate of officers and committee chairmen will be presented on the 16th:

Betty Pugh, President
Terry Walker, Vice President
Thelma Miller, Corr. Secretary
Sue Miller, Rec. Secretary
Marilyn Hagberg, Treasurer.
Committee chairmen are:
Norma Guasperi, Membership; Terry Walker, Legislative; Marilyn Hagberg, Library; Maryellen Hessel, Newsletter; Tony Hofman, Newsprinter; Dorothy Mierau and Helen Heuerman, Newsletter Mailing; Tony Hofman, Cordilleras; Sue Miller, Mental Health Advisory Board; Program, Geneva Niese.

IDEAS FOR OUR TENTH?

Our big anniversary is coming up April 10th. We were started on that date ten years ago...the first parent group in the country to be founded as advocates for the mentally ill. That's special. We were the first of the hundreds of groups that were to follow and to coalesce as the Alliance for the Mentally Ill.

If you have ideas about how we might celebrate, call our president, Betty Pugh at 369-5321. We won't promise not to ask you to help.

RESOURCE GUIDE TO SAN MATEO COUNTY

The Mental Health Association and the Cordilleras Patients' Forum have compiled a guide to help recovering patients and their families. They have kindly given us permission to reproduce it here in abbreviated form. It might be a useful two pages to tuck in your telephone book.

ALCOHOL PROBLEMS:

1. AA, 1941 O'Farrell St., Suite 7
San Mateo, CA 573-6811

CONTINUING CARE

1. Long Term Care Division of San Mateo Co. (includes Case Management and the Public Guardian's office).
573-3900

DAY TREATMENT CENTERS

1. Region I, 45 Southgate, Daly City
994-3030
2. Region II, Peninsula Hospital
Burlingame 697-4061
3. Region III, Chope Hospital, San
Mateo, 573-2487
4. Region IV, 411 Middlefield Rd.
Redwood City, 363-4136

DRUG PROBLEMS

1. Narcotics Anonymous 893-2636
2. Methodone Maintenance 363-4401
3. Serenity Inc. 368-1437

EDUCATION

1. Canada College 364-1212
2. College of San Mateo 574-6165
3. Skyline College 355-7000

EMPLOYMENT AND TRAINING

1. Career Preparation Center
South County 365-2116
North County 755-2603
2. Department of Rehab 571-1311
3. Unemployment (EDD)
North 588-4200
South and Central 341-6111
4. Regional Occupational Program
Daly City 755-8225
Millbrae 588-9138
Redwood City 367-8081

5. Vocational Services 573-3583
6. Women's Re-Entry Programs
364-1212 Ext.465.

EMERGENCY HOUSING

1. Gospel Mission, 6th St. near
Howard. San Francisco. Meal, 3
nights lodging. 495-7366.
2. Night Ministry (San Francisco)
Limited emergency housing. 986-1464.
3. Lifeline Mission, 917 Folsom
near 5th, San Francisco, Meals,
Shelter. Closed Wed. 392-2220.

4. San Jose Rescue Mission
44 W. Julian, San Jose
Sign-in by 7. 408/297-8442

5. Redwood House
248 Redwood Ave. Redwood City
Must be referred by mental health
professional. 363-4435,

EMERGENCY VOUCHERS FOR FOOD AND SHELTER

1. County Sheriff 364-1811
2. Pacifica Police 355-4151
3. Millbrae 697-1212
4. San Bruno 589-6143
5. Daly City Police 574-6800
6. St. Anthony's 364-2522
7. St. Vincent's 589-8446
8. Salvation Army 344-3525

LEGAL AID AND INFORMATION

1. Private Defender's Office
2. Human Relations Comm. 363-4000
3. Patient's Rights Advocate
573-2635

MENTAL HEALTH CRISIS SERVICES

1. North County Mental Health
Mon thru Fri, 8 to 5. 994-3030
2. Peninsula Hospital Crisis Team
24 Hour Service
697-41061 Ext.539
3. Central County Mental
Health, Chope Hospital, 24 Hour Ser-
vice, 573-3535
4. South County Mental Health
Mon thru Fri, 8 to 5. 363-4111

5. Suicide Prevention

24 Hour Hotline

Belmont/South County 367-8000

San Mateo/North County 877-5600

Coastside 726-5228

RECREATION AND LEISURE

1. Friendship Centers, Mental Health Association. Brochure available. 344-6848.

2. Local resources available by contacting your local rec center, YMCA, YWCA.

SUPPORT GROUPS

RECOVERY INC. 408/377-7330

SUPPORT SERVICES/INFO AND REFERRAL

1. Mental Health Asso. 344-6848

SOCIAL SECURITY/GENERAL ASSISTANCE

1. North County, Social Sec. 956-3000
General Assistance 877-5620

2. Central, Social Sec. 692-0110
General Assistance 573-2881

3. Redwood City District, Social Sec. 327-3881, General Assistance 363-4534.

4. East Palo Alto, General Assistance 363-4175.

TRANSPORTATION

1. Greyhound 322-5361

2. BART 873-6748

3. SamTrans Main Office 872-6748
Schedule info from:

Woodside, Redwood City 367-1500.
Belmont, Burlingame, Foster City,
San Mateo, Millbrae, San Carlos
348-8858.

Brisbane, Pacifica, Colma, Daly
City, San Bruno, South San Fran.
871-2200.

Half Moon Bay, Princeton, El Granada,
La Honda, Pescadero 726-5541

Again, our thanks to the Mental Hlth. Association and the Cordilleras Patients Committee. Their work is tremendously useful to those who need to know the nitty-gritty. Another resource: our own AMI office. Call 573-5345.

HELP!

Your editor is writing a book on schizophrenia, which will be published by William Morrow in 1984. I would very much like to talk with relatives who have freely chosen, among all alternatives, to live with their chronically disabled relative, and who feel that they made a good choice...that is, the benefits to all were greater than any other alternative. Call Maryellen at 851-8765.

AFTERWORDS...

There used to be one easy prescription for the cure of schizophrenia: parentectomy. Cut out the noxious parental influence, and the patient will get well. Parentectomies should go down in medical history along with tonsillectomies: often unnecessary operations with attendant risks.

The difference between them is that nobody misses his tonsils.

by Maryellen Hessel

LAST MINUTE REPORT FROM CAMI

The new state director of mental health, Dr. Mike O'Conner, addressed the fall meeting of the California Alliance for the Mentally Ill in Redding on Oct 28 and 29th. Dr. O'Conner's goals for his department are very similar to those of our organization. In addition, he is concerned with building bridges between family groups, providers, and patients. One of his priorities is promoting research.

Family members who heard his talk were very favorably impressed. He will be a positive force in the CA scene, just as he was at Napa, where for six years, he did a job much appreciated by AMI members who came in contact with him.

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