

ENTERPRISE NEWSLETTER

May 2014

A PROCLAMATION FROM THE PRESIDENT OF THE UNITED STATES

NATIONAL MENTAL HEALTH AWARENESS MONTH 2014

Despite great strides in our understanding of mental illness and vast improvements in the dialogue surrounding it, too many still suffer in silence. Tens of millions of Americans face mental health conditions like depression, anxiety, bipolar disorder, schizophrenia, or post-traumatic stress disorder. During National Mental Health Awareness Month, we reaffirm our commitment to building our understanding of mental illness, increasing access to treatment, and ensuring those who are struggling to know they are not alone.

Over the course of a year, one in five adults will experience a mental illness, yet less than half will receive treatment. Because this is unacceptable, my Administration is fighting to make mental health care more accessible than ever. Through the Affordable Care Act (ACA), we are extending mental health and substance use disorder benefits and parity protections to over 60 million Americans. Because of the ACA, insurers can no longer deny coverage or charge patients more due to pre-existing health conditions, including mental illness. The ACA also requires health

plans to cover recommended preventive services like depression screening and behavioral assessments at no out-of-pocket cost. And under this law, we are expanding services for mental health and substance use disorder at community health centers across the country.

My Administration is also investing in programs that promote mental health among young people. We secured new funding to train teachers to identify and respond to mental illness and to train thousands of additional mental health professionals to serve students. And because it is our sacred obligation to give our veterans the support they have earned, we have increased the number of Department of Veterans Affairs (VA) mental health providers, enhanced VA partnerships with community providers, and improved Government coordination on research efforts.

We too often think about mental health differently from other forms of health. Yet like any disease, mental illnesses can be treated -- and without help, they can grow worse. That is why we must build an open dialogue that encourages support and

respect for those struggling with mental illness. To learn how you can get involved, visit www.MentalHealth.gov. Those seeking immediate help should call 1-800-662-HELP. The National Suicide Prevention Lifeline also offers immediate assistance for all Americans, including service members and veterans, at 1-800-273-TALK.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 2014 as National Mental Health Awareness Month. I call upon citizens, government agencies, organizations, health care providers, and research institutions to raise mental health awareness and continue helping Americans live longer, healthier lives.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of April, in the year of our Lord two thousand fourteen, and of the Independence of the United States of America the two hundred and thirty-eighth. BARACK OBAMA



Volunteer Appreciation Dinner!

On Tuesday, May 20th, we are once again having our annual Volunteer Appreciation Dinner to honor those that help keep Enterprise Resource Center thriving and successful! The dinner will again be held at San Rafael Joe's, 931 4th Street, San Rafael. We will meet at approx. 5:00 and order around 5:30pm. **You must** RSVP in the ERC office if you plan to attend.

There will be good food and a fun event!

Enterprise Anniversary At New Location Celebrates 6 Years!

Six years ago the Enterprise Resource Center and the Linda Reed Activity Club moved into the new Wellness Center on Kerner Blvd. On Tuesday, **May 20th**, there will be cake served to again celebrate our years at the Wellness Campus.

May is **Mental Health Awareness Month** (see front page). On May 20th Enterprise will have various activities to raise awareness about stigma and recovery including music, food and dance. Also, Chris Kughn of MHSUS will be coming by to talk with us at noon.

For more information call: (415) 457-4554



**The Theller
Gallery Hours:**
6-9pm Thursday
5-8pm Friday



Community Institute for Psychotherapy

Throughout the month of May, CIP is offering **free** consultations and assessments for families, adults and children. Referrals are welcome. Additional sessions are available on a sliding scale basis. CIP is located at 1330 Lincoln Avenue, San Rafael. Appointments can be made at (415) 459-5999 ext. 102. For more information about CIP services, visit www.cipmarin.org



Bay Model Visitor Center

On April 9th, Cheryl, Robin, Florence, Michael, Robby & Amber went to the Sausalito Bay Model for pleasure and education. It was a beautiful day and after visiting the model we had a picnic lunch and went to the nearby beach.

Background:

The Bay Model is a three-dimensional hydraulic model of the San Francisco Bay and Delta areas capable of simulating tides and currents. The Model is over 1.5 acres in size (a little over a football field), and represents an area from the

LINDA REED ACTIVITY CLUB OUTING

Pacific Ocean to Sacramento and Stockton including the San Francisco, San Pablo and Suisun Bays and a portion of the Sacramento-San Joaquin Delta.

The model provides scientists, educators and citizens interested in San Francisco Bay and the Bay-Delta Model, a unique opportunity to view the complete bay-delta system at a glance. The Center gives an introduction and provides an overview of the system.

In addition, The Bay Model offers a unique opportunity to learn about the

geography, topography, ecology, and the human and natural history of the San Francisco Bay and Delta. The dynamic nature of the model allows people to observe tidal action and visualize currents and eddies, as they would actually occur in the Bay and Delta.



National Alliance on Mental Illness

NAMI WALK- 10th Anniversary

Saturday, May 31st, 2014

Lindley Meadow, Golden Gate Park, SF

NAMIWALK 2014 marks the Bay Area's 10th anniversary of walking for mental health. Nine Bay Area NAMI affiliates work together to create this amazing event. The 2014 sponsoring NAMI county affiliates are Alameda, Alameda South, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara, Santa Cruz and Solano. These affiliates will share proceeds from the

walk which will be used locally to underwrite and support much needed Bay Area programs.

NAMI Walks Nationwide - In 2013, 87 NAMI Walks events raised almost \$10 million to support local programs and initiatives that improve the lives of persons affected by mental illness

Come join our Walking Warrior team with team

leader, Marisa Smith, and have fun walking in Golden Gate Park with good people and supporting a good cause. There is no registration fee for the Walk. Sign up sheet is located in the Enterprise Lobby. There will be free round-trip transportation from the Marin Civic Center and the Whistlestop entrance. See NAMI Board in ERC lobby.

ERC OUTING TO CHINA CAMP

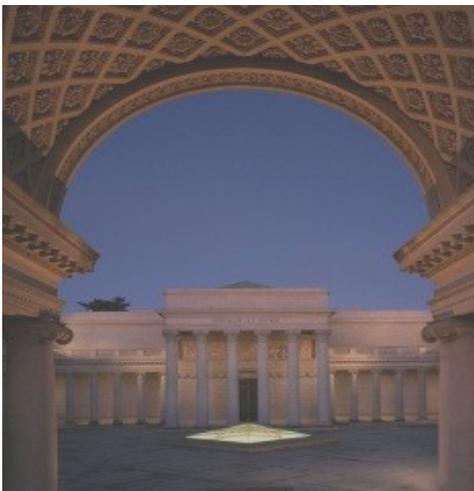


Poli, Bless, Michael, Kate

Hopping into the van, we scooted off to China Camp to enjoy the sunshine and the breathtaking views. We all sang along to an old tune on the radio as we drove to our picnic. Everyone was hungry and ready to eat when we arrived so we set up our picnic on the hill, with a sweeping view overlooking the bay and beach areas. Michael and Bless went for a nice walk along the beach, while Polly, Charles and I stayed behind and enjoyed the scenic view. After clean-up, we ventured down to China Village to check out all the old buildings. One of the buildings was the visitors center, where we signed the guest book, the 'ERC Gang'. Everyone enjoyed the day... it was perfect, the sun was bright and shiny with a warm breeze scampering across the hillside.

INTIMATE IMPRESSIONS

Intimate Impressionism, on view at the Legion of Honor through August 3rd, showcases approx. 70 impressionist and Post-impressionist landscapes, seascapes, still lifes, interiors, and portraits from the collections of the National Gallery of Art in Washington D.C.



LEGION OF HONOR

“Intimate Impressionism”

National Gallery of Art

San Francisco



ENTERPRISE RESOURCE CENTER

FIELD TRIP

MONDAY, JUNE 9, 2014

YOU MUST SIGN UP AT ERC OR CALL 457- 4554

Please arrive at 10:00 a.m.

Lunch provided

“GROUPS MADE EASY”

My name is Terry Fierer and I facilitate a group about facilitating groups. We meet the third Wednesday of every month at the Enterprise Resource Center from 3:00 to 4:00. This group is sponsored by the Marin County Consumer Subcommittee on WET (Workforce, Education, and Training) Funds and is the result of passage of California 63, also known as the Mental Health Services Act.

I taught peer counseling classes for over 5 years and not only taught group facilitation as part of the curriculum, but also learned a great deal about group dynamics as the instructor. To me, an effective peer facilitator is like a basketball (or choose your own sport) referee. They have a necessary role to play, but the less you really notice them, the more the natural flow of the

event can occur. Facilitators must make sure that everybody is aware of and will abide by the group agreements (like confidentiality, no cross talk, etc.) and that everybody has the opportunity to participate if they want, and that the group is a place where everyone feels safe.

Our format is relatively straightforward but flexible. We do a brief check-in to see how everybody is doing and if anybody has any real pressing issue, and then check-in about the groups we are facilitating, thinking about facilitating, or any other group-related issues that a member might have. Most of the time, a topic or two emerges which we can discuss, learn more about, and/or problem solve. Additionally, I always am prepared with a topic or two that we can get into if time permits. Importantly, we are a friendly bunch and usually we also have a little fun!

We have regular members as well as members who come occasionally or



infrequently. We are always interested in new members and their contributions. (Even a question can turn into a valuable contribution!). We have scheduled this group at a convenient time—it comes one hour after Jamie Lavender’s group on dual diagnosis and immediately precedes the monthly peer counselor’s meeting that volunteers should be attending. Please, come and join us and increase your knowledge and skill set. Appropriately, we will be in the Group Room at the Enterprise.

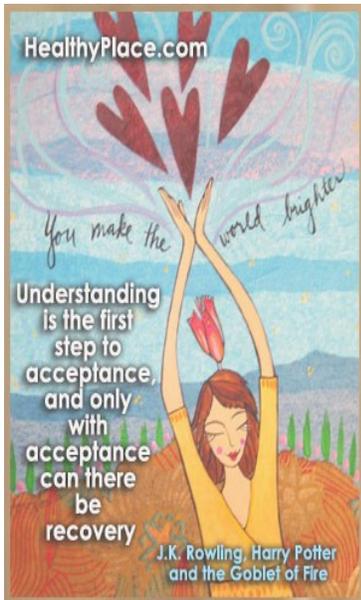
Hope to see you soon!!

Terry Fierer, M.A.

Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.

~Margaret Meade

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 Sat-Sun 10:00am-4:00pm
 LAYOUT: Amber
 SUBMISSIONS TO:
abyassee@camarin.org



*Be who you are and say what you feel,
 because those who mind don't matter and
 those who matter don't mind.*

-Dr. Seuss