

The title "NOVEMBER NEWSLETTER" is written in large, white, serif capital letters over a background of autumn leaves in various shades of brown, orange, and yellow.

**NOVEMBER
NEWSLETTER**

A NOTE FROM OUR PRESIDENT

Diversity, Equity, Inclusion & Belonging

Many thanks to those of you who participated in our spring-summer **DEIB cultural assessment** by completing surveys and participating in listening sessions with board members, staff, volunteers, and program participants. The purpose was to deepen our understanding of how inclusion, equity, and belonging are experienced across the organization and to identify shared aspirations, tensions, and opportunities for us to grow.

Some key themes emerged in this process. First, our stakeholders affirmed a strong sense of belonging, although on our surveys, the scores for program participants were not as high as those for other groups. Volunteers and staff requested more tools, training, and spaces to process difficult moments (for example, political tension or identity-based harms). Volunteers and staff emphasized the need to recruit volunteers who reflect the communities we serve, especially from underserved identities such as housing-insecure, formerly incarcerated, or LGBTQ+ communities.

In many of our listening sessions, participants emphasized inclusive approaches as crucial to serving people living with a mental health condition or experiencing trauma. Participants also highlighted the need to accommodate diverse communication styles and enhance outreach to marginalized communities. Accessibility, particularly for disabled and neurodiverse participants, was named as an essential but often overlooked part of DEIB.

Across all groups, participants affirmed the direction of NAMI SF's **DEIB vision statement** but emphasized the need for tangible progress—clear plans to bring the vision to life. To this end, we are instituting quarterly listening sessions for board members, staff, volunteers, and participants. In addition, this year we will

offer a training session on inclusive facilitation. Look for more info soon—and if you haven't joined us at a listening session yet, we hope you'll be able to attend a session in the coming year.

With Gratitude,

Kate Brady
NAMI SF Board President

Join the BOARD of DIRECTORS

We're inviting passionate, dedicated individuals to apply for a position on our Board of Directors. This is a unique opportunity to make a profound impact in the lives of those affected by mental health challenges.

As a board member, you'll play a pivotal role in strategic decision-making, and help to shape the future of mental health services in our community. You'll collaborate with a diverse team of professionals who share your commitment to creating a world where mental well-being is a priority for all. Whether you're a seasoned leader or eager to develop new skills, your unique insights and expertise can help drive our mission forward.

[LEARN MORE & APPLY](#)

UPCOMING EVENTS

NAMI SF Presents:

En Nuestra Propia Voz/ In Our Own Voice Ft. voces latina/latinx voices

NEW DATE

Thursday, November 20 | 6:00-7:00pm

ZOOM

 **NAMI** San Francisco
National Alliance on Mental Illness



Jueves, 20 de Noviembre @ 6:00 - 7:00p
Thursday, Nov 20th from 6:00 - 7:00p (new date!)

“En Nuestra Propia Voz” es un programa central de NAMI y tiene como objetivo desestigmatizar y humanizar la salud mental: aprenda de miembros de la comunidad latinx acerca de sus historias viviendo con una condición de salud mental y navegando su identidad cultural y étnica. La presentación “En Nuestra Propia Voz” es parte de NAMI SF x Salud Mental Latinx, una serie de eventos centrados en la salud mental latina en septiembre. En Español. Zoom.

In Our Own Voice is a core NAMI program and is all about destigmatizing and humanizing mental health - learn from Latinx community members about their stories of living with a mental health condition and navigating their cultural and ethnic identity. The In Our Own Voice presentation is part of NAMI SF x Latinx Mental Health, an event series focusing on Latinx mental health. In Spanish. Zoom.

[REGISTER](#)

UNDERSTANDING THE CRISIS RESPONSE SYSTEM IN SAN FRANCISCO


PRESENTED BY: NAMI SAN FRANCISCO

COMMUNITY EVENT

ON ZOOM
THURSDAY, NOVEMBER 13
6:00PM - 7:15PM

TOPICS INCLUDE:

- HOW PEOPLE ACCESS AND/OR COME IN CONTACT WITH SERVICES
- WHERE PEOPLE GO AFTER THEY HAVE RECEIVED A SERVICE
- HOW FAMILY MEMBERS AND LOVED ONES CAN BEST INTERACT WITH THEIR SERVICES
- HOW TO CONTACT THEIR ORGANIZATION FOR MORE INFORMATION, AND MORE.

 **NAMI** San Francisco
National Alliance on Mental Illness

**Thursday, November 13th
6:00-7:15 pm**

NAMI SF is hosting this special event, featuring a panel of organizations that provide crisis services, to learn about how the mental health crisis response system works

Local leaders will discuss the crisis services their organization provides, including:

- how people access and/or come in contact with services,
- where people go after they have received a service,
- how family members and loved ones can best interact with their services,
- how to contact their organization for more information, and more.

Organizations include:

- San Francisco Fire Department's Community Paramedicine Division
- UCSF / Zuckerberg Psychiatric Emergency Services (PES)
- 911 Call Center

- Family Information Form

Who is this program for?

The general public, family members/loved ones of people living with mental health conditions, and staff and community members associated with City of San Francisco agencies and community based organizations.

[REGISTER](#)



**Thursday, December 4th
6:00pm - 7:15pm**

Join us for an engaging and supportive virtual event designed to help you and your loved ones navigate the holiday season with resilience.

Whether you're managing mental health challenges, caring for someone with mental illness, or seeking community support, this event is for you!

What to Expect:

- **Expert Talk:** A licensed therapist will discuss common mental health challenges during the holidays, including substance abuse, loneliness, and suicide, and share practical tips for handling stress and emotional well-being.
- **Breakout Groups:** Safe spaces for peers and caregivers to share experiences and support each other.
- **Resources & Next Steps:** Information on NAMI SF programs, local support, and ways to stay connected.

This event is free and open to everyone. Let's come together to support our mental health and build community this holiday season.

[REGISTER](#)

SUPPORT GROUPS



TOGETHER, WE THRIVE. JOIN OUR
BLACK AND AFRICAN-AMERICAN
PEER SUPPORT GROUP TODAY!

Wednesday, November 12
6:00 to 7:30 pm

Join us for a welcoming and affirming space created for Black and African American adults of all ages, genders, and sexual orientations. Our peer support group offers a place to build community, share lived experiences, and find understanding among those who "truly get it." Led by NAMI-trained volunteers with personal experience coping with mental health challenges, our support group breaks down stigma and fosters a judgment-free zone where we can listen and be heard.

We hope to see you there!

[REGISTER](#)

RECURRING EVENTS

VOLUNTEER OPEN HOUSE

First Thursday | 6pm on Zoom *Monthly!*

Third Wednesday | 12 pm on Zoom

Meet staff and learn about ways to get involved!



Thursday, November 13th @ 6:00 - 7:00p (Rescheduled Date)

Wednesday, November 19th @ 12:00 - 1:00p

Want to learn about ways to get involved and give back? Check out the Open House! Volunteers are at the heart of the NAMI SF mission and there are tons of ways to get involved. The Open House is a great space to meet staff and explore available positions. Monthly on the first Thursday (evening) and third Wednesday (noon).

REGISTER TO ATTEND

OPPORTUNITIES

Hey There!



NAMI San Francisco
National Alliance on Mental Illness

Join NAMI SF as a speaker!

Share your story of living with a mental health condition

Paid volunteer opportunity!

Ages
18-30

To learn more contact Emma: emma@namisf.org

Hey There! Interested in sharing your story? Sign up to be a volunteer presenter!

The NAMI SF team does a ton of presentations for high school students in San Francisco and volunteer / community member voices are at the heart of this program. Want to get involved?

Paid volunteer position, tons of flexibility, and an opportunity to memorialize your story and support student wellness!

*Must identify as someone between ages of 18-30 and living with a mental health condition / mental illness.

*Questions? Email Emma, program director: emma@namisf.org.

VOLUNTEER

RESEARCH & DEVELOPMENT

**Tell us how
we can help.**

CBH

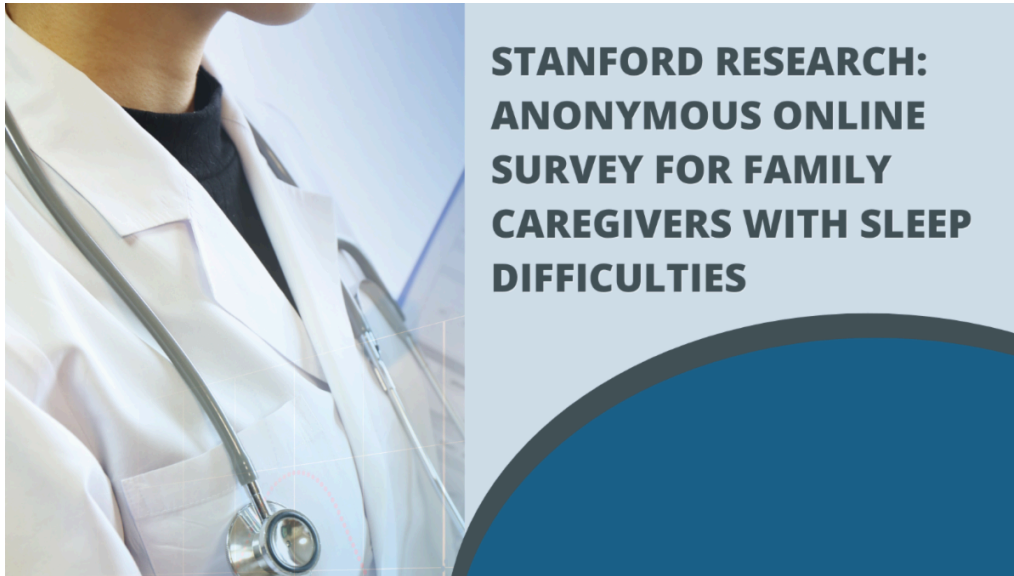


We want to hear what you need to be successful in your community's Behavioral Health Services Act Community Planning Process!

The Community Behavioral Health Commission seeks your input on our efforts to build a toolkit to help community members and organizations participate in the Behavioral Health Services Act (BHSA) Community Planning Process with their county behavioral health departments. Bring your questions, behavioral health needs, and ideas for this toolkit to a listening session and help us determine what should be included.

The time for this listening session has moved, but the date remains the same. The listening session will now take place virtually via Zoom on November 13 from 9:30 a.m to 10:30 a.m. Please register in advance using the linked button below.

Register for the Listening Session



If you have sleep difficulties and provide care (1+ hour/week) to an adult family member with mental illness, help us adapt sleep treatments to meet the unique needs of caregivers by participating in an online survey!

Study contact info: gumportlab@stanford.edu & (650) 721-8224

For complaints, concerns, or participant's rights, contact 1-866-680-2906.

REGISTER

MENTAL HEALTH MEDIA



Comedian Paul Gilmartin hosts a weekly, hour-long audio podcast consisting of interviews with artists, friends and the occasional doctor.

The show is geared towards anyone interested in or affected by depression, addiction and other mental challenges which are so prevalent in the creative arts.

Paul's hope is that the show will give people a place to connect, smile and feel the return of hope. The biggest myth about mental illness is that you are alone and there is no help.

[LEARN MORE](#)

BOARD CORNER



**KATE
BRADY**

Before I joined the NAMI SF board, I volunteered for about six years as a family support group leader and a Family to Family class teacher. People who participate in these groups bond quickly, because they share an experience of trauma and a commitment to helping their loved ones to recover. Our shared pain also unlocks so much that makes a community a nourishing place—generosity of spirit, acceptance, support for each other's efforts to be the best we can be for the sake of the people we love, and courage, especially the courage to hold on to hope. The NAMI Family to Family curriculum emphasizes advocacy as an important stage in our emotional response to our circumstances, because advocacy means taking the next step, widening the circle of community in which we feel not only compassion but also a sense of responsibility to others within that circle.

Advocacy is such an important outcome of love and care for others, and it's an antidote to feeling helpless. Virtually everyone who has participated in NAMI programs has felt thwarted or frustrated by the difficulty of accessing timely, quality care. We can't solve this problem unless we address the environmental factors that impact mental health care and mental well-being. We know that stigma, acknowledged or not, influences decisions ranging from funding more research on mental health conditions to providing adequate community support to help people stay in recovery. We know that too many people have less chance of accessing quality care simply because of race or ethnicity—a doubled form of prejudice.

NAMI has been able to influence mental health legislation at the national and state level for the better only because it can motivate people to sign petitions and write emails to their elected representatives. Multiply that one simple act

by tens of thousands, and you can form a lobby powerful enough to create change. The national 999 mental-health crisis line is just one of NAMI's many legislative accomplishments.

Right now, cuts in funding for the Affordable Health Care Act and Medicaid will severely impact our community—Medicaid provides mental health treatment for 59% of enrolled adults, and 30% of children receiving Medicaid need mental health treatment. The government shutdown that began in September hinges on funding for these programs. People from both parties have been letting their Congress members know they want to see these funds restored, and you can too.

NAMI makes it easy for you to lobby for better national and state mental-health policy. In just a few minutes, you can fill in a template and press submit. You can sign up to receive alerts from NAMI national [here](#). At the state level, you can sign up for NAMI CA advocacy [here](#).

Please click one of these links now and sign up to receive alerts. Promise yourself that you'll click on a link in the next alert and sign a petition about an issue that matters to you. Make it an act of conscience to continue participating in these efforts to improve the quality of care and provide greater access to treatment for everyone.

Kate Brady
President of Board of Directors

OTHER WAYS TO GIVE

Support local business that SUPPORT NAMI SF!

COMMUNITY THRIFT STORE accepts donations on behalf of our charity partners, sell the items in our store, and then disburse the proceeds. When donating with us you can select which charity should benefit from the sale of your items.

SPORTS BASEMENT is a sporting goods retailer and community center in San Francisco, that sells and rents outdoor gear and equipment. Sports Basement has multiple locations in the San Francisco Bay Area, including the Presidio and Stonestown Galleria. Sign up to become a Basmenteer and enjoy 10% off, then choose NAMI SF as your charity and 10% of profits from that purchase will go to support our mission.

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