

# MENTAL HEALTH RESOURCE GUIDE

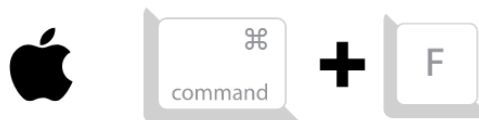
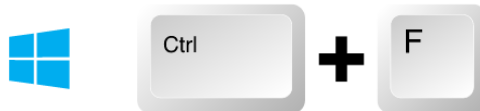
## MARIN COUNTY

*November, 2025*

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National Alliance on Mental Illness

# **nami** | Marin County

**ADDITIONAL RESOURCES**

**38**

## NAMI MARIN HELPLINE RESOURCE DIRECTORY

**This list of services does not represent an endorsement by NAMI Marin**

### **Notes:**

Marin **B**ehavioral **H**ealth and **R**ecovery **S**ervices (BHRS) formerly Marin County Mental Health & Substance Use Services

The County Access Line is the BHRS Access Line: 888-818-1115.

Eligibility for some Marin Behavioral Health and Recovery Services (BHRS) requires Medi-Cal (not a Medicare program) and a persistent and severe mental illness.

Those with “mild or moderate” mental illness are served by Beacon Health Options.  
Medi-Cal benefits are administered by Partnership HealthPlan of CA. 800-863-4155.  
[www.partnershiphp.org/](http://www.partnershiphp.org/).

**Crisis Stabilization Unit (CSU)** formerly Marin County Psychiatric Emergency Services (PES]

Buckelew Counseling Services formerly Family Service Agency

## ACRONYMS

|              |                                                                   |
|--------------|-------------------------------------------------------------------|
| <b>AIR</b>   | Alliance in Recovery                                              |
| <b>AOT</b>   | Assisted Outpatient Treatment                                     |
| <b>BHRS</b>  | Behavioral Health and Recovery Services<br>(Formerly MHSUS)       |
| <b>BPD</b>   | Borderline Personality Disorder                                   |
| <b>CAM</b>   | Community Action Marin                                            |
| <b>CARE</b>  | Community Alternative Response Team                               |
| <b>CARE</b>  | Community Assistance, Recovery, and<br>Empowerment (see CARE ACT) |
| <b>CBT</b>   | Cognitive Behavioral Therapy                                      |
| <b>CES</b>   | Coordinated Entry System                                          |
| <b>CIP</b>   | Community Institute for Psychotherapy                             |
| <b>CIT</b>   | Crisis Intervention Team                                          |
| <b>CHADD</b> | Children and Adults with ADHD                                     |
| <b>CMHS</b>  | Marin County Community Mental Health<br>Services                  |
| <b>COC</b>   | Continuum of Care                                                 |
| <b>CSU</b>   | Crisis Stabilization Unit (Formerly PES)                          |
| <b>DBT</b>   | Dialectical Behavioral Therapy                                    |
| <b>ECT</b>   | Electroconvulsive therapy                                         |
| <b>ERC</b>   | Enterprise Resource Center                                        |
| <b>F2F</b>   | Family to Family                                                  |

|              |                                                                 |
|--------------|-----------------------------------------------------------------|
| <b>AIR</b>   | Alliance in Recovery                                            |
| <b>AOT</b>   | Assisted Outpatient Treatment                                   |
| <b>BHRS</b>  | Behavioral Health and Recovery Services<br>(Formerly MHSUS)     |
| <b>FSA</b>   | Family Service Agency (renamed Buckelew<br>Counseling Services) |
| <b>FSG</b>   | Family Support Group                                            |
| <b>FSS</b>   | Family Support Specialist                                       |
| <b>HHS</b>   | Health and Human Services                                       |
| <b>HOPE</b>  | Helping Older People Excel                                      |
| <b>ICS</b>   | Integrated Community Services                                   |
| <b>IEP</b>   | Individualized Education Program                                |
| <b>IOP</b>   | Intensive Outpatient Program                                    |
| <b>IHHSS</b> | In Home Health Support Services                                 |
| <b>IOOV</b>  | In Our Own Voice                                                |
| <b>LBD</b>   | Lewy Body Dementia                                              |
| <b>MAIL</b>  | Marin Assisted Independent Living Program                       |
| <b>MCC</b>   | Marin Community Clinics                                         |
| <b>MCIL</b>  | Marin Center for Independent Living                             |
| <b>MHASF</b> | Mental Health Association of San Francisco                      |
| <b>MHSUS</b> | Mental Health and Substance Use Services<br>(Changed to BHRS)   |

|             |                                     |
|-------------|-------------------------------------|
| <b>NAMI</b> | National Alliance on Mental Illness |
|-------------|-------------------------------------|

|               |                                                           |
|---------------|-----------------------------------------------------------|
| <b>PART</b>   | Prodrome Assessment Research and Treatment program        |
| <b>PHP</b>    | Partial Hospitalization Program                           |
| <b>PES</b>    | Psychiatric Emergency Services (Changed to CSU)           |
| <b>PLAN</b>   | Planned Lifetime Assistance Network                       |
| <b>PREP</b>   | Prevention & Recovery in Early Psychosis Program          |
| <b>PTA</b>    | Promise to Appear                                         |
| <b>ROI</b>    | Release of Information                                    |
| <b>RSS</b>    | Residential Support Services Program                      |
| <b>SAFE</b>   | Specialized Assistance For Everyone                       |
| <b>SAMSHA</b> | Substance Abuse and Mental Health Services Administration |
| <b>SNT</b>    | Special Needs Trust                                       |
| <b>SSDI</b>   | Social Security Disability Insurance                      |
| <b>SSI</b>    | Supplemental Security Income                              |
| <b>STAR</b>   | Support and Treatment After Release                       |
| <b>SUD</b>    | Substance Use Disorder                                    |
| <b>TAY</b>    | Transitional Age Youth                                    |
| <b>VI</b>     | Vulnerability Index                                       |
| <b>WRAP</b>   | Wellness Recovery Action Plan                             |
| <b>YES</b>    | Youth Empowerment Services                                |

## STARTING POINT FOR NON-EMERGENCY SERVICES

### **\*The following resources are for family members living in Marin**

**County Access Line** 888-818-1115. Entry point for referral to all types of services, including mental health and substance use; for county and private providers.

**Marin County Information and Assistance** 415-473-4636. Aging and Adult Services provides a multi-disciplinary system of services and supports for older adults and persons with disabilities to promote quality of life and independence.

**Marin Center for Independent Living** 415-459-6245. To assist persons with all types of disabilities to achieve their maximum level of sustainable independence as contributing, responsible and equal participants in society.

**Assisted Outpatient Treatment (AOT)** (Laura's Law): Especially for those who refuse treatment. See eligibility requirements [here](#).

**NAMI Marin HelpLine** 415-444-0480. Trained family members offer support and help with navigating the services using our extensive list of local resources.

**[Marin Online Community Resource Guide](#)**: An excellent resource guide hosted by Marin Health and Human Services. Categories are: [Care](#), [Health](#), [Education](#), [Legal](#), [Emergency](#), [Food](#), [Housing](#), [Money](#), [Transit](#)

**[211BayArea.org](#)**: An excellent resource guide for the entire Bay Area. Click on Marin in the map to list resources in Marin.

**[FindHelp.org](#)**: A guide indexed by zip code.

**Non-Crisis Mobile Outreach Program** for mentally ill people who are homeless or at risk of being homeless.

C.A.R.E. Team I - 415-847-1266. All of Marin County. Severe Mental Illness.

Team I can go most anywhere to meet with the homeless. Includes West Marin.

C.A.R.E. Team II - 415-847-6798. Central San Rafael Area

C.A.R.E. Team III - 415-302-0753. Novato Contact Tom Clark

## PREPARE FOR A CRISIS

### **Crisis Prevention Program** 415-497-9092

Counseling and peer support to help avoid/prepare for crises. Free, requires appointment.  
Supervisor: Deborah Sawicki; Counselor: Andrew Frierson: 415-847-1112

### **Suicide Prevention & Community Counseling** 415 499-1100

IMPORTANT! If you get no answer please wait 20 minutes to one hour and call back. Some will respond.

### **Suicide Prevention and Crisis Chat and more**

<https://www.wellspacehealth.org/services/behavioral-health-prevention/suicide-prevention>

See website for many suicide related services.

### **Crisis Text Line (CTL)**

**Text MARIN to 741741.** The Crisis Text Line offers free, 24/7, confidential crisis counseling via text and is a place to turn when experiencing anxiety, depression, substance use, suicidal ideation, or anything in between. While available to any age, Crisis Text Line predominantly attracts those most comfortable texting for support, teens age 17 and under.

### **Psychosis: First Aid Guidelines for Loved Ones** [goo.gl/ZAHNYR](https://goo.gl/ZAHNYR)

### **Guidelines for Effective Communication with 911 Dispatch**

Download and study scripts. <https://bit.ly/2Eo0ZEz>

## MENTAL HEALTH CRISIS

### **Crisis Intervention** 415-473-6666

Crisis Stabilization Unit (CSU) formerly Psychiatric Emergency Services (PES)  
County service for everyone, regardless of insurance. [ – 415-473-4182]

### **Mobile Crisis Response Team**

415-473-6392. Can do a 5150 evaluation and transport to CSU (formerly PES). Many other services are outlined in video.

The Mobile Crisis Response Team responds to mental health and substance abuse crises and psychiatric emergencies in the community throughout Marin County. They work collaboratively with the citizens of Marin County, community based mental health and substance abuse agencies, hospitals and local law enforcement to increase the safety of individuals in a crisis. They also can contact the transition and outreach team to try to make contact with those with no insight into their illness. Any or no insurance OK. Please click on the link below to view a video for further details of their services.

Important note : if you call mobile crisis they will ask you three questions,

Is he/she a threat to themselves?

Is he/she a threat to others?

Is he/she gravely disabled? (Cannot do ADL) activities of daily living

If you answer no to all three questions mobile crisis will not help you.

Mobile Crisis Response Team Video: <https://vimeo.com/535723012>

Available 24/7.

### Comparison of Mobile Crisis, SAFE and C.A.R.E. teams

|                                                                                                                                                                   |                                                                                           |                                                                                                                                                                                          |                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| <b>MOBILE CRISIS TEAM</b><br>BHRS<br>Vehicles originate from Marin General Hospital                                                                               | <b>415 473 6392</b><br><br>24/7                                                           | <b>SERVICES</b><br>Crisis response<br>Can 5150<br>Licensed clinicians<br>Can transport to hospital or detox                                                                              | Have Spanish speaking team members on the phone.  |
| <b>CARE TEAM</b><br>“Community Alternative Response Engagement”<br><br>Hosted by Community Action Marin.<br><br>Vehicles originate from 7665 Redwood Blvd. Novato | <b>415-847-1266</b><br><b>415-847-6798</b><br><br>8:30-5:00 M-F<br><br>Some weekend calls | <b>SERVICES</b><br>Outreach to homeless and mental health.<br>Wellness checks<br>Food<br>Sleeping bags<br>Transport to detox<br>Trust/peers<br>Housing referrals, Odyssey<br>Encampments | Have Spanish speaking team members in the vehicle |

|                                                                                                                                                                                                   |                                                                                                                                      |                                                                                                                  |                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>SAFE TEAM</b><br>Run by Petaluma Peoples' Services<br><br>Contracted through and dispatched by police (911) and non-emergency number. No uniforms/not Police. Must respond in San Rafael only. | <b>911</b><br>or 415-458-7233<br>calls assessed and transferred to SAFE.<br>Alternative to police.<br>Transport to hospital or detox | <b>SERVICES</b><br>Non 5150<br>EMTs, mental health professionals<br><br>Provide transport to detox and hospitals | Usually have a Spanish speaker in the vehicle. Have translation services available. |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|

### **Local Police Department**

Call 911 and ask to be connected to your local police. Ask for a Crisis Intervention Team Officer (CIT) and request a 5150 evaluation.

*Stay calm and be prepared.*

### **Marin General Emergency Room**

415-925-7200.

Novato Community Hospital Emergency Room 415-209-1350.

### **Kaiser Medical Center Emergency Room**

415-444-2400.

**Suicide Hotline** 415-499-1100, part of Grief Counseling 415-499-1195  
(national) 800-273-8255, 24 hours

988 - 988 is the three-digit number to call, text, or chat that connects people to the existing National Suicide Prevention Lifeline where support is available for anyone having thoughts of suicide, mental health, or substance use crises, or for those worried about a loved one who may need crisis

support. Instead of dialing 911, emergency calls related to mental health or substance use crisis can be placed to 988.

## DOMESTIC VIOLENCE AND ABUSE

**Center for Domestic Peace Domestic Violence.** For female victim 415-924-6616

For male victim 415-924-1070. Spanish speaking 415-924-3456.

[www.centerfordomesticpeace.org](http://www.centerfordomesticpeace.org)

## MENTAL HEALTH SERVICES & RESOURCES

**CalHOPE Warm Line:** 833-317-HOPE (4673). The CalHOPE warm line connects callers to other people who have persevered through struggles with stress, anxiety, depression—emotions triggered by the COVID-19 pandemic. The peer counselors listen with compassion, provide non-judgmental support and guide you to additional resources that can give hope and help them cope. <https://www.calhope.org/pages/current-services.aspx>

**County Access Line** 888-818-1115. Entry point for referral to all types of services, including mental health/substance use, for county and private providers.

**Behavioral Health and Recovery Services (BHRS)** formerly the Marin County Mental Health & Substance Use Services 888-818-1115  
[marinhhs.org/bhrs](http://marinhhs.org/bhrs)

**CARE Act and CARE Court** In partnership with county and community organizations, the program establishes a new pathway to provide mental health services for individuals aged 18 and older diagnosed with schizophrenia or other psychotic disorders who are not clinically stabilized in the community.

See <https://www.marinbhhs.org/services/forensic-re-entry-and-diversion/care-act> for more detailed information on how to access.

**HOPE Program** 415-473-4306, for seniors over age 60

**Odyssey Team** 415-473-3240, Homeless Outreach Program.

**STAR** (Support and Treatment After Release) Program 415-473-2725,  
Treatment after release from jail. County program for people with felony convictions.

**Integrated Community Services** 415-455- 8481 [connectICS.org](http://connectICS.org) Employment, independent living skills, recreational and referral services, estate planning referrals, special needs trust referrals, private case manager referrals. Mental health, learning disabilities, brain injuries.

**Youth Empowerment Services (YES) Full Service Partnership (FSP)**

Program for high risk youth through age 18 who have serious mental health and substance use issues. Please contact Brian Robinson (415) 473-7462 for additional information.

<https://www.marinhhs.org/youth-empowerment-services-yes-full-service-partnership-fsp>

**Marin General Hospital-Behavioral Health Outpatient Services** 415-925-7674.

Partial Hospitalization/Intensive Outpatient Services: DBT, CBT, Life Skills, Case Management, Psychotherapy & Planning Groups. Medi-Cal accepted, if secondary. Greenbrae.

**Buckelew Counseling Services** [formerly Family Service Agency of Marin] 415-491-5700; Intake 415-473-6666; Administration 415-457-6964 [buckelew.org/programs](http://buckelew.org/programs)  
Child, Youth, Adult, Family Counseling. Medi-Cal or private pay. Sliding Scale.  
San Rafael, Sausalito.

**Beacon Health Options** formerly Beacon Health Strategies 855-765-9703

Referral source for Health Care Services

**MarinHealth Adult Outpatient Services**

MarinHealth (formerly Marin General Hospital) Intensive Outpatient Programs (IOP) and Partial Hospitalization (PHP) for young adults 18+. Medi-cal is ONLY accepted as secondary insurance  
See flyer at

<https://www.mymarinhealth.org/programs-services/behavioral-health/outpatient-services/>

For more detailed information.

**goodtherapy.org** – Therapist referral service

**Psychologytoday.com** – Therapist referral service

**Community Institute for Psychotherapy**

415-459-5999 [www.cipmarin.org](http://www.cipmarin.org), Individual, family and couples counseling. Sliding Scale.

**Jewish Family and Children's Services**

415-449-3700 415 449-1212

<https://www.jfcs.org/find-help/adults-families/counseling-consultation/> Individual, family and couples counseling. Sliding Scale from \$100 - 185. For mild to moderate mental health challenges. Not for crises.

**Managing Voices and Negative Thoughts** Medi-Cal accepted. 415-497-0651,

bucherir@usfca.edu 2nd Tuesday, 12-1pm, Enterprise Resource Center, 3270 Kerner Blvd, San Rafael. Free.

### **Depression and Bipolar Support Alliance**

<https://www.dbsasf.org/>

Providing help, support, and education to improve the lives of people living with mood disorders

### **PostPartum Support Center**

Expectant and new parents often have difficulty in finding the help they need. They may not have adequate access to social, emotional, practical, or informational support. At the PPSC, we provide the perinatal population with all of this—and in the context of a supportive community.

[Support Line](#) [Postpartum Support Groups](#) [Mom to Mom Peer Counseling](#) [Marin Diaper Bank](#), [The ROSE - PPD Prevention program](#).

[www.postpartumsc.org](http://www.postpartumsc.org)

### **Caminar Olivios**

Private, comprehensive mental health care

Olivos, a division of Caminar for Mental Health, is an innovative, well organized model that closes the treatment gap. For over 50 years, Caminar, a nonprofit, and Olivos, its parent organization, have been leaders in providing services for people with mental, physical and developmental disabilities. We work with individuals in various stages of recovery -- from those with highly acute serious mental illness, to those dealing with the life-long effects of trauma, to those seeking to improve their mental health and wellness and strive to reach their full potential. Insurance not accepted. Based in San Mateo.

CONTACT INFO: [INFO@CAMINAROLIVOS.ORG](mailto:INFO@CAMINAROLIVOS.ORG)

PHONE: (415) 264-8186

650-781-4148

### **In Home Support Services**

415-473-7118. Low-income. Assistance to live independently.

### **North Marin Community Services (Novato)**

[www.northmarincs.org](http://www.northmarincs.org)

[info@northmarincs.org](mailto:info@northmarincs.org)

415-892-1643

- Mental health services for youth and adults.
- Novato Teen Clinic in partnership with Marin Community Clinics, which includes brief behavioral health

- h care at no cost to youth ages 12-25
- Community-based mental health services for all ages (in person at 680 Wilson in Novato and via telehealth) through sliding scale, MediCal ACCESS referral and at no cost for uninsured Spanish-speakers (PEI funded)
- School-based mental health services in throughout Novato Unified School District
- Case Management (including rental assistance, weekly food pantry, enrollment assistance, and more), Child Care, and Latinx Services (Promotores and Newcomer Supports programs).

- Nursing Home Abuse help  
<https://www.nursinghomeabusecenter.com/nursing-home-neglect/>

[NursingHomeAbuseCenter.com](https://www.nursinghomeabusecenter.com)  
[1330 Boylston Street, Suite 400](#)  
[Chestnut Hill, MA 02467](#)  
(800) 478-0520

## YOUTH SUPPORT

### [Access: Medi-Cal for Children: Early Periodic Screening, Diagnostic and Treatment \(EPSDT\)](#)

415 473-3068

This team provides assessments and referrals for children and adolescents who are full-scope Medi-Cal eligible and are in need of mental health services

### [Children and Youth Medication Clinic](#)

Access Line: (888) 818-1115

Under direction of the Mental Health and Substance Use Division Medical Director, a half time child psychiatrist, two part time psychiatrists

### [Katie A. Implementation](#)

Katie A is a case that was brought on behalf of a young girl who experienced multiple placements and inadequate mental health services while in the foster care system.

### [Parenting Classes](#)

Classes offered in 10-week series in the fall and spring, co-led by a clinician and Family Support Specialist. There are separate groups for children up to age twelve and another for teenagers

### [School Age Prevention and Early Intervention](#)

Community based organizations are working with schools (Kindergarten through eighth grade) to prevent mental health concerns, as well as identify and respond to mental health provider: Bay Area Community Resources

#### **Shoreline School District**

171 Carlos /Drive, San Rafael  
415-444-5580

#### **Sausalito Marin City School District**

#### **Provider Marin City Community Services District**

610 Drake Ave, Sausalito; 415-332-1441

#### **San Rafael City Schools**

6925 Chabot Rd. Oakland,

510-317-1426

**Substance Use Early Intervention and Outpatient Treatment Services**

[Huckleberry Youth Programs](#)

415-258-4944

Huckleberry Youth Programs provides Screening, Brief Intervention and Referral (SBIRT) services through the San Rafael

**Marin County Side by Side**

<https://www.sidebysideyouth.org/region/marin-county>

Side by Side is a Joint Commission accredited mental and behavioral health organization. They provide services related to behavioral and mental health, early intervention in schools, LBGTQ issues, transitional housing and special education.

**Ambassadors of Hope and Opportunity (AHO)**

<http://www.ahoproject.org/>

415 381-7173

Marin non-profit serving homeless teens and at-risk young adults ages 18 to 25.

**Bay Area Community Resources (BACR)**

<https://www.bacr.org/>

415 444-5580

Brief substance abuse intervention for youth ages 13-18. Long term (6 months) family therapy for youth on probation. Mental health services include counseling, case management, trauma response, parent education, teacher consultation, and other assistance.

**Paradigm Treatment Center**

<https://paradigmatreatment.com>

855 797-1112

Residential treatment for teens 12-17, young adults 18-26. Treatment for 35 days costs \$60000. Some might be covered by insurance. Kaiser is sending patients here and paying for at least two weeks.

**Newport Academy**

<https://www.newportacademy.com/>

877-929-5105

Treats individuals, ages 12-24, struggling with teenage depression, teen anxiety, and trauma-related issues, along with co-occurring eating disorders and teenage substance abuse. VERY expensive - might take insurance.

### **Muir Wood Adolescent and Family Services**

We have 17 idyllic treatment campuses in Northern (Sonoma), Southern (Riverside), and Central (Clovis) California. Our gender-separate programs include: girls residential dual-diagnosis, girls residential primary mental health, boys residential dual-diagnosis, and boys residential primary mental health. We also provide outpatient treatment in Petaluma, CA. Muir Wood enjoys in-network agreements with 95% of California payers. **No medi\_CAL**. Cost on 1/12/2022 is \$1800/day.

### **Muir Wood Adolescent and Family Services**

855 684-7966

### **Information on Youth and Parent Support**

Actionable tools to make diagnosis and treatment less of a guessing game and more of a data-driven solution for early detection and intervention of mental illness and disorders in teens. Extensive resource guide for mental health services for teens.

<http://www.wellifyteen.org/>

Wellifyteen runs a teen drop in and hang out space in Northgate mall called Karma Club.

[www.karma-club.org](http://www.karma-club.org)

### **Children's Mental Health Resource Center**

The CMHRCr provides guidance and resources for the early identification and management of mood disorders, bipolar disorder, and Fear of Harm.

CMHRC offers a series of programs and services designed to support and educate families as well as the practitioners who treat them. Through this work we seek to expand the depth and breadth of services available to families and providers, and to provide education on the unique presentation of mood disorders, bipolar disorder, and Fear of Harm in children.

<https://cmhrc.org>

## PSYCHIATRIC SERVICES

**Kaiser Psychiatric Services** 415-491-3000 Appointments & medication refills, San Rafael & Petaluma

**Marin City Health & Wellness** 415-339-8813 [marincityclinic.org](http://marincityclinic.org), Medical, dental, behavioral health care and recovery.

**Marin Community Clinics** 415-448-1500, [marinclinic.org](http://marinclinic.org) Medical, psychiatric and dental services. Larkspur, San Rafael & Novato.

**West Marin Health & Human Services Center** 415-473-3800.  
BHRS satellite clinic. 100 6th Street, Point Reyes

**Ritter Center** 415-457-8182 ext 111 16 Ritter St., San Rafael. Drop-in psychiatric assessment and counseling, vocational training, and medication management. "RISE program," San Rafael  
Charlotte Stanton, Ritter Center.

### **Behavioral Health Outreach Van**

The van serves as a mobile mental health office, providing a safe and private space for mental health services, telehealth appointments, case management, screenings, vaccinations, and food assistance. Managed by Ritter Center 415-457-8182 ext 111

**RotaCare Clinic** 415-482-6906 M-Thur, 6-8:30pm. Medical Orientation every Tuesday. at noon. Psychiatric Services. Be there by 4:50pm to get in lottery line, San Rafael

### **Early Psychosis Programs in CA:**

Are you looking for evidence-based Early Psychosis Treatment in California? Here's a quick list for your reference of the 12 services we have found so far. You can view the providers' full profile by searching "early psychosis" in the BHRN app which you can download at

[www.bhrnapp.com](http://www.bhrnapp.com)

- BEAM - San Francisco 415-614-5970
- CARE - San Diego 619-543-7745
- Early Psychosis Program - Alameda 510-318-6100
- Early Psychosis Program - Monterey 831-424-5033
- EDAPT - Sacramento 916-734-5076
- Inspire - Palo Alto 650-498-9111

- PREP - San Francisco 415-614-5970
- PREP - San Mateo 650-458-0026
- PREP - Stockton 209-603-5936
- REACH- San Jose 855-273-2248
- SOAR - Napa 707-253-0123
- UCSF Path Program - San Francisco 415-476-7278

NOTE! that PREP is now called (re)MIND and Felton BEAM UP.

In Marin: (re)MIND is located in Montecito Shopping Center in San Rafael. 361 Third St. Suite B, San Rafael 94901. Serves ages 15-30, have had a first psychotic episode within the last two years, have Marin County Medi-Cal. Intake through BHRS ACCESS, 888-818-1115. All around treatment for early psychosis. Additional contact is Natalie at 628 888-5075. Family members can call Natalie directly/

### **Mind Therapy Clinic**

A team of psychiatrists, psychologists, and expert specialists when you need more... for your emotional wellbeing. VERY EXPENSIVE, private.

An IOP costs from \$7000 to \$15000 per month.

### **UCSF Child, Teen and Family Center**

<https://psych.ucsf.edu/ctfc>

Our mission at the UCSF Child, Teen and Family Center is to provide exceptional care for children, adolescents, young adults, and families with mental health and developmental concerns while advancing scientific knowledge, and clinical training.

We treat children, adolescents, young adults, and families struggling with:

- Attention-deficit/hyperactivity disorder (ADHD)
- School issues
- Autism
- Depression
- Bipolar disorder
- Worry or anxiety
- Psychosis (hallucinations and delusions)
- Post-traumatic stress disorder (PTSD)
- Eating disorders
- Suicidality, cutting and other intentional self-injury
- Obsessive-compulsive disorder (OCD)

- Tourette's disorder and other tic disorders
- Family challenges

**If you are interested in obtaining treatment for your child or family, please call (415) 476-7000 to request an appointment.**

**Rosebay Behavioral Health**

<https://www.rosebaybh.com>

415-526-6360

Located in San Anselmo

Ages 18 - 59

Partial Hospitalization Program (PHP) 26-34 days

Intensive Outpatient Program (IOP) 6-7 weeks

Inpatient Treatment Program

Wellness Support Services Program

Takes most private insurance. Does NOT take MediCAL

Private pay \$50000 for 30 days

IOP - \$1000/day

Website is comprehensive and has more information.

Residential treatment for teens 12-17, young adults 18-26. Treatment for 35 days costs \$60000. Some might be covered by insurance. Kaiser is sending patients here and paying for at least two weeks.

## SUPPORT GROUPS

### NAMI Family Support Groups

A confidential, **drop-in** support group for family members, caregivers, partners and friends of someone with mental illness.

### NAMI Family Support Groups - In Person

A confidential, **drop-in** support group for adult family members, caregivers, partners and friends of someone with mental illness. Please, no pets (except service animals)

Vaccination recommended but not required..

#### **San Rafael Family Support Group - In Person**

Every Wednesday evening , 7-8:30pm

4340 Redwood Hwy Suite 18a, San Rafael

#### **West Marin Family Support Group - online only**

Every Friday midday , noon -1:30pm

To attend online use this link:

<https://us02web.zoom.us/j/815orH3Wsl?pwd=KzZkZGZKeV9sWVhT815orH3Wsl>

#### **Marin City Family Support Group - In Person**

Every Friday evening , 7-8:30pm

First Missionary Baptist Church

501 Drake Ave, Marin City

#### **Canal Alliance Family Support Group - In Person**

Every Saturday morning , 10 - 11:30am

711 Grand Ave, San Rafael

### **Español Family Support Group – In Person**

1st & 3rd Thursday, 7-8:30pm

4340 Redwood Hwy Suite 18a, San Rafael

### **BHRS Family Support Group (Online)**

We are a group of clinical staff and family support specialist who offer time each week to provide support, guidance, and a safe place to share your stories, connect with others who are having similar experiences, and provide education and information that may be helpful as you navigate the complexities of behavioral health challenges.

Every Thursday from 7:00 to 8:30 pm. Starting on June 18, 2020, we have moved our groups to Zoom.

Go to <https://www.marinbhhs.org/>

then scroll down and click on “Join Telehealth Appointment Now”. This button is a Zoom link

### **Bay Area Outside of Marin**

SF NAMI Parent Support offers a virtual support group for parents/guardians of youth and young adults ages 12-25 the **fourth Sunday of each month from 4-5:30pm**. To register, please use this form on the [NAMI San Francisco website](#).

Sonoma NAMI Family Support Groups - online

2nd & 4th Tuesdays - 4:30 PM

1st and 3rd Tuesdays, 6:00 PM - 7:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/83836105956?pwd=d3Njd2RWN0hOZ3d3NGppRHpXdGQvdz0>

[9](#)

**Family Sanity** offers monthly support groups via zoom for parents of older teens and young adults on the **third Tuesday of the month from 7-9pm**. Certified Parent Coach Sarah MacKay Lynch facilitates. To register, go to: [www.family sanity.org](http://www.family sanity.org).

## FAMILY AND PEER SUPPORT & EDUCATION

**NAMI Marin Helpline** 415-444-0480.

**NAMI (National) Helpline** 800-950-6264 [www.chaddnorcal.org](http://www.chaddnorcal.org) to 6 pm EST, Mon-Fri.  
Text “**HELPLINE**” to **62640** between **10 a.m.–10 p.m. EST, Monday–Friday**,

**BHRS Family Support Group**, by staff and Family Support Specialist. No cost, all families welcome.

[www.marinhhs.org/family-support-meetings](http://www.marinhhs.org/family-support-meetings)

**Family Support Specialist** see Mental Health Services and Resources

[www.marinhhs.org](http://www.marinhhs.org)

### **California Peer Run Warmline**

Phone 855 845-7415 or Chat via IM

For hours and details see - [www.mentalhealthsf.org/peer-run-warmline/](http://www.mentalhealthsf.org/peer-run-warmline/)

**Hope Program** 415-473-4306 For Seniors over age 60. Peer Counseling.

**Children And Adults with AD/HD (CHADD)** 415-789-9464 [www.chaddnorcal.org](http://www.chaddnorcal.org), Family/Adult support/education for AD/HD, learning/organizing.

### **Hoarding Alliance of Marin County**

Information for people with too much clutter and those who love them.

This guide provides information about Hoarding and helpful resources.

Website <https://www.marinhhs.org/hoardingguide>

**Dialectical Behavior Therapy (DBT)** Center of Marin 415-459-5206. [www.dbtmarin.com](http://www.dbtmarin.com)

Monthly drop-in family support & psychoeducation group. First Tuesday, 7-8:30pm

**Grief Counseling** 415-499-1195, Free 24-hour warmline

**Institute on Aging Grief Services** 415-750-4111. 3575 Geary Blvd., San Francisco.

Individual traumatic loss grief support

Free drop-in grief group. Saturday mornings 10:30-12 noon

8-week traumatic loss grief group

**Side By Side** [sidebysideyouth.org](http://sidebysideyouth.org) 415-870-9298

Child and Youth welfare organization with many programs, includes drop-in counseling, education, exercise, and others.

**Parents Place, Jewish Family & Children's Services** 415-449-7959, [www.parentsplaceonline.org](http://www.parentsplaceonline.org), San Rafael. Parenting skills/support, individual, family and group therapy, social skills groups, grief support groups, case management.

**Matrix Parent Network & Resource Center** 800-578-2592 [matrixparents.org](http://matrixparents.org).

Education/advocacy for disability education rights. Matrix also has resources for parents who are dealing with IEPs (Individualized Educational Programs). Family Partners also has resources for dealing with IEPs.

**Family Works Therapy and Life Skills Center**

415-492-0720 [familyworks.org](http://familyworks.org)

**Hospice by the Bay** 415 927-2273

Has a bereavement group for people who have lost loved one to suicide. Direct line - 415 526-5699

**Felton Institute's LOSS Team** 415 444-6000, or 415 726-4685

<https://felton.org/social-services/adult/local-outreach-to-suicide-survivors-loss/>

Felton Institute's LOSS Team is made up of staff and trained volunteers – many of whom are survivors of a suicide loss. LOSS provides resources, support, connection, and understanding immediately after a suicide loss and for the months and years that follow.

**This program provides:**

- Support services for family members/friends who've lost a loved one to suicide
- Information on services, resources, and connection to suicide survivor support groups

Our team is dispatched by the Marin County's Sheriff's Department and/or designated law enforcement personnel to support those who have experienced a loss due to suicide. Within an hour, the LOSS Team responds to care for those who have experienced or witnessed the loss of a loved one.

**Suicide loss support group** 415.444-6000

Support group for young adults and teens who have lost a friend, family member, classmate, co-worker or partner to suicide.

[From Compassion to Action Guide](#) (English)

[De La Compasión A La Acción](#) (Spanish)

A booklet from Marin Health and Human Services

A Community Guide to Suicide Prevention

And Support in Marin County 2022

Buckelew Programs **SOS: Allies For Hope** Survivors Of Suicide Bereavement Support Group is offered the **2nd** and **4th** Wednesdays of every month from 6:00-8:30 pm virtually. Please call 415.492.0614 for a zoom link or email [SOSinfo@Buckelew.org](mailto:SOSinfo@Buckelew.org)

**NAMI Marin Family to Family** 415-444-0480

[For those with loved ones living with mental illness] - educational weekly meetings for twelve weeks.

**Enterprise Resource Center (ERC)**

<https://www.mhamarin.org/>

Group Schedule: <https://www.mhamarin.org/groups>

Phone: 415-457-4554

Peer operated. 3270 Kerner Blvd., Suite C, San Rafael.

Offers Peer Companion Program, peer counselor training, peer counseling, crisis planning, support groups for bipolar, depression, etc. Bilingual advocate.

Warmline 415-459-6330 9am - 9pm

**NAMI Marin Website - Peer Resource Guide**

Goto <https://www.namimarin.org/> and search for “peer resource guide”. This guide is a comprehensive guide to peer resources.

**Empowerment Clubhouse Marin City**

[www.marincitycdc.org/empowerment-clubhouse](http://www.marincitycdc.org/empowerment-clubhouse)

(415) 339.2839

441 Drake Avenue

Marin City, CA 94965

A recovery-oriented, strengths-based community mental health organization serving individuals recovering from mental illness. No cost and entirely voluntary, free, and available to any Marin County resident over 18 years of age living with a diagnosed mental health disorder.

Hours of Operation:

Monday through Friday,  
10:00 am to 2:00 pm

**YMCA** 415-492-9622, [ymcasf.org](http://ymcasf.org), Friendly atmosphere. Fee scholarships  
1500 Los Gatos Drive, North San Rafael  
Socialization. Companionship, outings.

**Beyond Hunger** 415-459-2270, [www.beyondhunger.org](http://www.beyondhunger.org), Eating Disorder programs.

**National Eating Disorder Association:**

800-931-2237 Hours: 9:00 AM - 9:00 PM (ET) Mon-Thurs; and 9:00 AM to 5:00 PM (ET)  
Fri For 24/7 crisis support, text 'NEDA' to 741741  
<https://www.nationaleatingdisorders.org>

**Eating Disorder Specialists:**

877 248-8951 <https://centerfordiscovery.com/>  
Center For Discovery has a longstanding commitment to understanding eating disorders  
and developing the very best programs for treating them.

**California Quit Smoking HelpLine**

1-800-662-8887 [www.nobutts.org](http://www.nobutts.org)

**Institute on Aging Friendship Line** 800-971-0016. Peer phone support available nationwide.

**Anova** (Sonoma, Contra Costa) Anova is Northern California's **most trusted provider** of  
educational, behavioral, and therapy services for children and teens (ages 5 through 22) diagnosed  
with high functioning autism, social and emotional challenges, learning differences, and other  
neuro-developmental impairments. (707) 527-7032 <https://www.anovaeducation.org>

## ALCOHOL & DRUG RECOVERY

**County Access Line** (and **BHRS** access line) 888-818-1115.

Entry point to referrals for both county and private providers.

**Substance Abuse And Mental Health Services Administration (SAMHSA)** 800-662-4357

[samhas.gov](https://www.samhas.gov)

Treatment locator and wealth of information.

**Behavioral Health & Recovery Services (BHRS)**

**Road To Recovery** [formerly Alliance in Recovery (AIR)] 415-473-2555 Mental health and substance abuse (dual diagnosis). (moderate to severe)

**Bucklew Programs** (formerly Family Service Agency) 415-491-5700 for Counseling Services and 415-457-6964 for Administration. Sliding scale.

**The Helen Vine Recovery Center** (detox)

415-492-0818. [bucklew.org/programs/helm-vine-recovery-center](https://www.bucklew.org/programs/helm-vine-recovery-center) A 26-bed co-ed Detox program. Come in with meds. and prescriptions. Sliding scale.

**CenterPoint** 415-456-6655 [cpinc.org](https://www.cpinc.org)

Residential & outpatient programs for teens, adults. San Rafael.

**Marin Treatment Center** 415-457-3755

[marintreatmentcenter.org](https://www.marintreatmentcenter.org) Outpatient services. Sliding scale

**Children and Teens**

Side By Side Transitional Age Youth (TAY) 415-870-9298 [sidebysideyouth.org](https://www.sidebysideyouth.org)

615 B Street, Suite 1A, San Rafael (drop-in) No fee

**Alcoholics Anonymous** 415-674-1871 (24 hours) [www.aasf.org](https://www.aasf.org)

San Francisco and Marin County, over 250 meetings listed

**Bayside Marin Treatment Center for Mental Health Disorder & Substance Abuse**

874-434-0107 [baysidemarin.com](http://baysidemarin.com) Dual diagnosis treatment. San Rafael. Cost is \$1875/day before insurance as of July, 2021

**Alta Mira Recovery Programs** 866-837-9404 [altamirarecovery.com](http://altamirarecovery.com). Alta Mira is a premier residential treatment center specializing in alcohol and drug addiction, and complex co-occurring disorders. Dual diagnosis treatment.

## LGBTQI SERVICES

**Gaylesta** The Psychotherapist Association for  
Gender & Sexual Diversity <https://www.gaylesta.org>

## HOUSING

**NAMI Marin Housing Directory:** Call NAMI Marin HelpLine for updated information. 415.444.0480.

**Buckelew Housing** for BHRS clients/those who meet the criteria. Contact the Access Team at 888-818-1115.

**Elpida Residential Programs, Inc.** 415-720-8162, [www.elpidahouse.org](http://www.elpidahouse.org) - Supportive Independent Living Housing Environment, private pay. San Rafael and Novato. Rent/program fees include a private room, utilities, meals, morning walk/fitness groups, therapeutic/psychoeducational groups, individual therapy sessions, medication monitoring, monthly community outings, and case management services. Neither private insurance or Medi-Cal is accepted as a payor source. Section 8 vouchers are accepted to cover the rent portion of the fees. Rates have ranged from \$4295-\$6095, but are determined based on assessment of support needs and financial information provided by or on behalf of the resident and/or their family or designee. Call 415-720-8162 or send an email to [admissions@elpidahouse.org](mailto:admissions@elpidahouse.org) for more information about services and to have your individual case assessed to determine rent/program fees.

**Housing First** - 415-457-8182 x 105. For those living homeless in Marin for more than 5 years. Colin McDonnell, Ritter Center. Requires medical referral.

**Jonathon's Place** (formerly Mill Street Center) 415-457-9651, 190 Mill St., San Rafael. Shelter Community members can call in 10am - 1pm on Mondays to make an intake appointment for Tuesday, Wednesday and Thursday intake. Beds may not be available. Agencies can also refer people if beds are available. **NOT A DROP-IN SHELTER.** They provide a shared living environment to help individuals get stabilized. They provide breakfast and dinner only. They have bathrooms, showers and laundry on site.

**Ritter Center** 415-457-8182, 16 Ritter St., San Rafael [www.rittercenter.org](http://www.rittercenter.org)

Ritter Center serves families and individuals in Marin County who are homeless or at-risk of becoming homeless.

They have Case Managers & Benefits Specialists who help anyone sign up for SSI, Disability benefits, MediCal, Cal Fresh, etc. They have rental assistance. They have sliding scale therapists. They have Representative Payees who can help folks manage their money.

**Homeward Bound of Marin** 415-382-3363, [www.hbofm.org](http://www.hbofm.org)

Operates Jonathan's Place (formerly Mill Street Center), New Beginnings Center in Novato, Transition to Wellness, The Next Key Center, Fourth Street Center, Fireside Apartments, Warner Creek Senior Housing. Some of these places are for Homeless adults, for those leaving the hospital, seniors, and vets. Housing specifically for mentally ill people in Palm Court and the Voyager Carmel Center. See the website for details of each program.

**St. Vincent de Paul Society of Marin**

[WWW.vinnies.org](http://WWW.vinnies.org) Info from the site: St. Vincent's Housing Help Desk provides a variety of services to help individuals or families experiencing homelessness. No appointment is needed at our drop-In Help Desk located safely outside for in-person requests every Wednesday from 1:30-3:30 pm, next to our Free Dining Room at 820 B Street in San Rafael, or we are available by phone (415-454-3303 ext. 25) Monday through Friday from 9:00 am – 5:00 pm.

**Ecumenical Association for Housing (EAH)**

Facilitates creation of low and moderate income housing in Marin for families, people with disabilities, and older adults. Develops, manages and promotes quality affordable housing. Assists anyone who meets local standards of low or moderate income. Manages over 400 units with subsidized rents in Marin County of which two thirds are for elderly or disabled persons.

(415) 258-1800 [http://www.eahhousing.org\(link is external\)](http://www.eahhousing.org(link is external))

2169 E. Francisco Boulevard Suite B San Rafael, CA 94901

**Casa Rene**

Casa Rene, offers those in need of short term residential mental health services a calm and comforting place to get well. Buckelew staff provides counseling, medication support and therapeutic activities in a home-like setting, for up to 30 days. Referral through Marin County Psychiatric Emergency Services only. For more information, call (415) 457-6964.

**House Match**

Not specifically for mentally ill clients.

A Covia Community Service

Shared Housing - Individuals seeking a shared home must currently live, work, or study in Marin County, as well as earn less than \$107K annual gross.

<https://covia.org/services/home-match/> <https://covia.org/services/home-match/>  
(415) 456-9068

### **Marin Continuum of Care**

Designed to serve individuals and families in Marin County who are experiencing homelessness including those who are:

- Unsheltered (e.g., living outside, in a car, on the streets, or in an encampment),
- Sheltered (e.g., in emergency shelter or transitional housing), or
- Fleeing Domestic Violence (persons fleeing DV are also encouraged to call the Center for Domestic Peace Domestic Violence Hotline: 415.924.6616 (English) or 415.924.3456 (Spanish)).

Services::

- Emergency Shelter for Families: Short-term, temporary place to stay
- Rapid Re-Housing (RRH): Time-limited rental assistance with case management
- Permanent Supportive Housing (PSH): Long-term housing assistance with services

For homeless for two weeks or longer, call (415) 491-2559 (adults) or (415) 457- 2115 (families with children).

For homeless less than two weeks, contact the St. Vincent de Paul helpdesk at (415) 454-0366 and leave a voicemail.

### **Progress Foundation**

Grand Avenue San Rafael

Transitional Residential Treatment Program (16 beds for adults 18+)

Clients are referred to this level of care from psychiatric inpatient units, Crisis Residential Treatment Programs, and skilled nursing facilities

920 Grand Avenue San Rafael, CA 94901

Phone: 415 376-2310

Email: [grandavenue@progeessfoundation.org](mailto:grandavenue@progeessfoundation.org)

## VOCATIONAL RESOURCES & BENEFITS COUNSELING

**College of Marin, Student Accessibility**, San Rafael & Petaluma Services (SAS) 415-485-9406.  
[www.marin.edu/sas](http://www.marin.edu/sas)

For students recovering from mental health issues. Learning Center, Rm 115

**Integrated Community Services** 415-455- 8481 [connectICS.org](http://connectICS.org) Employment, independent living skills, recreational and referral services, estate planning referrals, special needs trust referrals, private case manager referrals. Mental health, learning disabilities, brain injuries.

**Bucklew Employment Services** 415-456-9350 Pre-employment, vocational training, job development, placement, and job coaching. Orientation every Tuesday at noon. [manager Yolanda Marquez x 146; Janet Moore x 149; Rachelle Pierre x 148]

### **People With Disabilities Foundation**

Education, advocacy, referral, legal representation for SSDI/SSI benefits, abuse, other. Help for people who have been denied SSI/SSDI or who have been terminated from SSI/SSDI. San Francisco. 415-931-3070 [www.pwdf.org](http://www.pwdf.org)

## LEGAL

[www.Legalmatch.com](http://www.Legalmatch.com) - lawyer referral service

Good information about conservatorship  
<https://namila.org/resources/guide-to-lps-conservatorship/>

### **Marin Bar Association**

415-989-1616 [marinbar.org](http://marinbar.org)  
[\$35 per one referral; no fee if: Vet, over 65 years old]  
Public Guardian's Office 415-473-6186

**Adult Protective Services** 415-473-2774

### **Pooled Special Needs Trust Information**

(Planned Lifetime Assistance Network) Proxy Parent Foundation  
Information on fiduciaries and trustees.  
[proxyparentfoundation.org](http://proxyparentfoundation.org)

### **Legal Aid of Marin**

1401 Los Gatos Drive Suite 101  
San Rafael, CA 94903  
Phone: 628 253-5755  
Legal assistance including estate planning help to seniors over 60

### **Law Office of Baron L. Miller**

Special Needs Trusts, Information on fiduciaries and trustees.

Protect and preserve assets set aside for a loved one who lacks the ability to handle her own finances, or who would lose crucial public benefits if given control of these assets.

1388 Sutter Street, Suite 710  
San Francisco, CA 94109  
[baron@baronmillerlaw.com](mailto:baron@baronmillerlaw.com)  
415-522-0500

### **Law Office of Patricia Tobin**

Special Needs Trust Information and LPS Conservatorship Information  
Information on fiduciaries and trustees.  
802 B Street, San Rafael, CA 9490; 415-847-0547

**Professional Fiduciary Association of California**

Education, Advocacy and Advancement for Professional Fiduciaries

Find a fiduciary trustee for a special needs trust or find a conservator.

Profession organization

[Professional Fiduciary Association of California](#)

## JAIL

### **Marin County Prisoner Services**

415-473-7268. Inmate visiting assistance.

Tues, Weds, Thurs – 6am-3:30pm Fri – 6am-1pm

**Marin County Jail Mental Health Team** 415-473-6648.

### **What to do if your loved one is arrested**

[https://docs.google.com/document/d/1UiAbpOXlgy-fiBh-UIOA7nQtYd5WS6E/edit?usp=drive\\_link&ouid=106796102199278118303&rtpof=true&sd=true](https://docs.google.com/document/d/1UiAbpOXlgy-fiBh-UIOA7nQtYd5WS6E/edit?usp=drive_link&ouid=106796102199278118303&rtpof=true&sd=true)

### **Release of Information (ROI) forms**

<https://www.marinbhhs.org/clients-caregivers/medical-records>

## VETERANS

### **Marin County Veterans Service Office**

415- 499-6193, 10 N. San Pedro Rd, #1010 Mon – Thurs, 8:30 am – 4 pm  
stephens2@co.marin.ca.us Sean Stephens

### **Veterans Crisis Line & Suicide Prevention** 800-273-8255 x 1

or online chat at [veteranscrisisline.net/et/](https://veteranscrisisline.net/et/)

### **Counseling Services for Veterans**

Dr. Jesse Wade can be contacted at 415-473-7565, and the Veterans Services Office staff can be reached at 415-473-6193. Both offices are at 10 North San Pedro Road in San Rafael, across the street from the Marin County Civic Center. More information about services is on the [Marin County Department of Health and Human Services website](#).

## OTHER NAMI RESOURCES

**Volunteer Family** Share your time and expertise to strengthen NAMI and become part of our friendship and support circle of volunteers.

Contact our Offices at 415-444-0480

### **Speakers Bureau**

We offer speakers for all types of events, by family members or In Our Own Voice presentations by trained speakers who share compelling personal stories about living with mental illness and achieving recovery.

415-444-0480

### **Library**

Members may borrow from an extensive collection of self-help guides, articles and classics.

415-444-0480

**Family To Family.** 415-444-0480, to sign up for the next class, reservations are required.

The free 8 week course, NAMI's Family to Family Education Program, is offered to family and friends of people with mental illness. The course is taught by trained, experienced, family member volunteers.

Topics Include Evidence-Based Information About Major Mental Illnesses including:

Major Depression

Bi-Polar Disorders

Schizophrenia

Panic Disorder

Obsessive Compulsive Disorder

Information about commonly used psychiatric medications

Coping skills and crisis management

Communication and listening techniques

Problem solving skills

Relapse and recovery information

Self-care around worry and stress

## ADDITIONAL RESOURCES

**Matrix Parent Network & Resource Center** 800-578-2592 [matrixparents.org](https://matrixparents.org),  
Education/advocacy for disability education rights.

**UCSF Dept. of Psychiatry** 415-476-7278.  
PATH program [psych.ucsf.edu/path](https://psych.ucsf.edu/path)  
Treatment for ages 12-35. Medi-Cal not accepted.

### **HIPAA questions and answers**

Excellent resource - a FAQ about the HIPAA law and privacy.  
<https://www.hhs.gov/sites/default/files/hipaa-privacy-rule-and-sharing-info-related-to-mental-health.pdf>

### **HIPAA decision tree**

When can I obtain treatment information about my loved one?  
<https://www.hhs.gov/sites/default/files/families-hipaa-decision-tree-adult-patients.pdf>

**Adult Case Management Dept.** 415-473-2100 via County Access Line

**San Rafael Police Dept. Mental Health.** Lynn Murphy, Mental Health Outreach Liaison for the San Rafael police.  
Works with the homeless and mentally ill population.  
Police Department. Emergency 911, non-emergency **(415) 485-3000**

**ABLE account information (Achieving a Better Life Experience)** Hour long youtube presentation by Stephen Dale about the ABLE law which may allow SSI recipients to accumulate money. <https://www.youtube.com/watch?v=by75bw8J0IE> To qualify for an ABLE account you must prove you were “disabled” before age 26.

**Sample** [CONFIDENTIAL MENTAL HEALTH HISTORY](#)

**Patients’ Rights Advocate** – 415 473-2960  
<https://www.marinhhs.org/patients-rights-advocate-services>

Investigates complaints of abuse and neglect  
Monitors psychiatric facilities for compliance with codes and regulations  
Represents patients at hearings regarding involuntary treatment  
Provides education to treatment providers, consumers and family members  
Provides consultation to treatment staff and administrators

Video on CBTp, Informed Caring for Schizophrenia by Dr. Douglas Turkington

**Cognitive Behavioral Therapy Informed Care for Psychosis for Families and Caregivers**

Workshop Materials: <https://namimarin.org/resources/cognitive-behavioral-therapy/>

Five EXCELLENT videos by Doug Turkington on the following subjects:

- 1) Befriending/communication with loved ones with mental illness
- 2) Techniques with individuals who have reduced insight into their illness
- 3) Working with delusions and voices
- 4) Negative symptoms (lack of motivation, flat affect, etc)
- 5) Effective coping for families and other caregivers

**Excellent book on laws relevant to mental illness by Baron L. Miller, J.D.**

**Laws We Need to Know: Understanding Rules and Programs for Persons with Mental Illness**

Some of the subjects covered:

Communications with Authorities and Institutions

Hospitalizations

Arrests and Criminal Justice

Restraining Orders

Government Programs and Benefits

Estate Planning

ABLE Accounts

Strategies for Dealing with Recalcitrant Authorities

And More Subjects

**For Senior and Aging Resources**

**Vivalon** - <https://vivalon.org/> -

Vivalon helps Marin County's older adults and vulnerable residents thrive through the power of human connection with rides, meals, classes, care, advice and more.

Vivalon Healthy Aging Center

930 Tamalpais Ave.

San Rafael, CA 94901

415-456-9062 M-F 9am – 5pm

**Lewy Body Dementia Association (LBDA)**

800 539-9767

<https://www.lbda.org>

**A Caregiver's Guide to Coping with Stress and Burnout** from [Caring.com](https://www.caring.com)

Family caregivers tend to the health and well-being of their aging parents, spouses and other loved ones, often while juggling careers, children and other obligations. [Here](#) are some key resources to help you better navigate caregiving.

If you're caring for an older loved one, you know how easy it is to prioritize their well-being over your own. However, over time this tendency can lead to caregiver burnout, characterized by symptoms like chronic stress, depression, trouble sleeping and worsened physical health—<https://www.caring.com/caregivers/burnout/>

**Release of Information (ROI) forms**

<https://www.marinhhs.org/clients-caregivers/medical-records>

**Marin BHRS resource guide**

This guide is large but may not be up to date:

<https://www.marinhhs.org/community-resource-guide>