Organization Information

Full Legal Name: National Alliance on Mental Illness, Marin County

Organization URL: https://www.namimarin.org/

Mission/purpose of your organization:
National Alliance on Mental Illness (NAMI) Marin is the local affiliate of the nation’s largest grassroots mental health organization dedicated to improving the lives of individuals and families living with mental illness through advocacy, education and support. NAMI Marin focuses efforts on support, reducing stigma and building strong partnerships with all community members/stakeholders impacted by mental illness.

NAMI Marin, founded in 1980, facilitates a variety of programming, including evidence-based programs. Monthly General Meetings and Storytelling Series provide a forum for experts and people with lived experience to share information on mental illness, substance abuse, and suicide prevention with the Marin community. “In Our Own Voice” is a successful series where people with lived experience share their recovery through storytelling. Our Speakers Bureau promotes community engagement/dialogue about the current status of our mental health system, and the sharing of resource

Grant Request Information

Program/Project Name: Cognitive Behavioral Therapy for psychosis (CBTp) professional training for the community to assist individuals living with mental illness.

Summary of how County funds would be used for project:
The CBTp professional training workshops (5/18 – 5/21) represent reduced presenter fees of $12,000. We are requesting $10,000 from the County to support these workshops. NAMI Marin will provide the other $10,000 of costs related to this training.

Amount Requested Dollar: The CBTp professional training workshops (5/18 – 5/21) represent reduced prese

Total Project Cost: $20,000.00

Description of the proposed project/program, including the proposed project's goal(s), and the nature of the costs in specific terms, i.e. materials, labor costs, etc. Specifics of how the requested County funds will be used.

Funds would support a Cognitive Behavioral Therapy for psychosis (CBTp) professional training. This will be a two-day interactive workshop to help families, Behavioral Health and Recovery Services case managers, clinicians, first responders and law enforcement with communication and problem-solving skills in coping with psychosis using CBT informed principles. The workshop will be oriented to ‘CBT informed caring’ to help those in regular contact with a person with schizophrenia to manage everyday problems and improve communication.

The presenter is a world-renowned clinician, academic, author, and teacher: Dr. Douglas Turkington from Great Britain. CV on request.

Who should attend:
• family members
• case managers, first responders, law enforcement, clinicians, and other caregivers who are interested in improving their work, informing crisis interventions and understanding family member issues.

Objectives of the workshop are:
• Increased understanding of psychosis/schizophrenia, crisis and support systems
• To help yourself/loved one make sense of the situation
• Have a basic awareness of CBT informed caring techniques for psychosis
• To be able to identify one technique that you could potentially implement with the person you are caring for.

Dr. Turkington has agreed to conduct this workshop charging less than his usual stipend. The total amount for the
stipend, meals, transportation, accommodations, staff time, promotions and incidental costs is not to exceed $20,000. NAMI Marin board member Dr. Robert Reiser is volunteering his time to support Dr. Turkington in pre-planning and preparation for, and in support of the workshop.

Due to concerns surrounding COVID-19, the workshop will be rescheduled if needed to later in the year.

List of all community interests that will be affected by the proposed project/program and the public benefit to be derived from it:

NAMI national indicates that, “In a mental health crisis, people are more likely to encounter police than get medical help. As a result, 2 million people with mental illness (15% of men, 30% of women) are booked into jails each year.”

Many families in Marin are the primary caregivers for their loved ones with severe mental illness. Getting outside treatment can be difficult for families through private insurance. Programs like this equip our community with skills to manage their loved ones care and lessen the overall stress mental illness can cause to the whole family.

The entire Marin community could benefit from a better understanding of how to interact with individuals living with mental illness.

This training provides an evidence-based treatment approach aimed at therapists and family members who want to assist to improve symptoms and functioning in patients (and their loved ones) living with psychotic disorders. The entire community is invited to attend and can benefit, as they learn how CBTp can enhance function despite difficult symptoms/experiences such as hallucinations, negative symptoms, thought disturbances, and delusions.

The topics provide greater understanding of psychotic disorders and how therapists, families and other healthcare providers, law enforcement and first responders can assist individuals living with psychotic disorders:

- Key principles, including main principles of ‘befriending’, a proven communication strategy that can be quite helpful for dealing with distress over voices and delusions.
- How to deal with stress and conflict in the family
- How to increase positive interactions and shared ‘pleasant events’ in the family
- How to improve communications
- Helping to normalize and reduce stigma over psychosis
- Making sense of what is happening
- Helpful discussions about medicine
- Helping people cope with voices/delusions
- How to deal with the ‘negative symptoms’, loss of interest/motivation, loss of enj

This organization has never received Community Service funds.

List of County funding received for this project or others.
We are nearing the end of a one-year, $30,000 contract with Behavioral Health and Recovery Services for our Storytelling Series. We receive no other County funding.

Project/program can be completed if amount received is less than requested amount of Community Service funds.
Applicants are encouraged to leverage funding from other non-County sources, and priority will be given to requests that represent no more than 50% of total project cost. To demonstrate all sources of project funding, including other County sources, please provide a project/program budget below. Please fill in as applicable, and round to the nearest dollar.

<table>
<thead>
<tr>
<th>Project Funding Sources</th>
<th>Funding Agency</th>
<th>Funding Requested</th>
<th>Received</th>
<th>Notes</th>
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<tbody>
<tr>
<td>County CSF</td>
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<td>$10,000</td>
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<tr>
<td>Federal Grant</td>
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<td>State Grant</td>
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<tr>
<td>Individual Contributions</td>
<td>Donors</td>
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<td>$10,000</td>
<td><em>We are primarily funded through individual donors</em></td>
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<td>Other Local Agencies</td>
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<tr>
<td>In kind services</td>
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<td><em>Starbucks, Unicom Printing</em></td>
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<tr>
<td>Other</td>
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<tr>
<td><strong>Total Sources</strong></td>
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<td><strong>$20,000</strong></td>
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<table>
<thead>
<tr>
<th>Project Expenses</th>
<th>Budgeted</th>
<th>Spent to Date</th>
<th>Notes</th>
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<td>Personnel Costs</td>
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<td>Services and Supplies</td>
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<td><em>Speaker's fee for 4 days (reduced fee)</em></td>
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<td>Capital</td>
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<tr>
<td>Other</td>
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<tr>
<td><strong>Total Expenses</strong></td>
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