



National Alliance on Mental Illness

NAMI San Diego

The Official Newsletter of NAMI San Diego

Volume XIV : Issue 6 June 2015

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Contact Us

NAMI San Diego
5095 Murphy Canyon Road,
Suite 320
San Diego, CA 92123

Email:
information@namisd.org

Website:
www.namisaniego.org

**Family & Peer
Support Helpline**

**619-543-1434
1-800-523-5933**

EDUCATION & ADVOCACY MEETING

Thursday, June 4, 2015 ▪ 6:30 p.m. - 8:00 p.m.

Topic: Recovery International

Recovery International offers meetings to men and women of all ages that ease the suffering from mental health issues by gaining skills to lead more peaceful and productive lives. The mission of Recovery International is to use the cognitive-behavioral, peer-to-peer, self-help training system developed by Abraham Low, MD, to help individuals gain skills to lead more peaceful and productive lives.

Schedule:

6:30 p.m. Ask the Doctors
7:00 p.m. Program

Location:

University Christian Church
Friendship Hall
3900 Cleveland Ave.
San Diego, CA 92103

Mark your calendar and if you need more information, contact NAMI San Diego at (800) 523-5933. Or visit www.namisaniego.org.

EDUCATION & ADVOCACY MEETING

Thursday, July 2, 2015 ▪ NO MEETING

We are not having a meeting in July in observance of July 4th

Please have a safe and happy holiday.



SPANISH EDUCATION & ADVOCACY MEETING

16 DE JUNIO, 2015

Schedule:
 "Ask the Doctors"
 6:00pm - 7:00pm
 Program: 7:00pm - 7:30pm
 HHS Building,
 690 Oxford Street,
 Chula Vista, CA 91911
 RSVP to Cinthya Luis at
 619-688-0507



Próxima Junta Educativa
 de Salud Mental
 16 de Junio,
 6:00pm - 7:30pm
 Sesión "Preguntas al profesional"
 6:00pm - 7:00pm
 Presentación: 7:00pm - 7:30pm
 Locación:
 Health and
 Human Services
 Agency, 690 Oxford St.
 Chula Vista, CA
 91911 (Conference Room 2)
 Preguntas? Por favor de
 comunicarse
 con Cinthya al 619-688-0507

NAMI San Diego, a non-profit organization, provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illnesses.

NAMI San Diego is affiliated with NAMI and NAMI California

Directors at Large:
 President Steve Koh, MD
 Treasurer Andy Kaiser
 Secretary Markov Manalo
 Past President Annette Witt
 Charlie Hearn
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 Steve O'kane

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Web Site: www.namisandiego.org

Articles received by the 15th will be considered for publication in the following month's newsletter. Send articles to: information@namisd.org

The opinions expressed in the newsletter do not necessarily reflect those of NAMI San Diego.

To register your opinion, call Shannon Jaccard at (858) 634-6586 or fax to (858) 634-6585 or email at sjaccard@namisandiego.org or contact any of the people mentioned in the articles.

The San Diego County NAMI Walk on May 2, 2015 had a great turn out with approximately 4,000 Walkers, Teams, Resource Fair Vendors and Community Partners! Thank you to everyone that came out to Stomp Out Stigma and to help reach our goal of \$150,000 for mental health awareness. We are almost there, you still have time to donate until July 2, 2015! Send out that link to your walk page ONE MORE TIME and post your event photos to the NAMI San Diego Facebook page! Walk highlights!



Alfredo Aguirre, Behavioral Health Services Director, Dr. Steve Koh NAMI SD Board President, Shannon Jaccard, CEO NAMI SD, Nick Macchione Director of the County of San Diego Health and Human Services Agency



Jaime Taylor with Rex & Connie Kennemer



Important Numbers

**Access & Crisis Line
1-888-724-7240**

24-hours a day, 7 days a week
Provides mental health crisis intervention and information and referral to mental health services in San Diego County.

**NAMI San Diego
Family & Peer Support Helpline
1-800-523-5933**

10am-6pm, Monday - Friday
Free, safe, confidential information, referrals and support for peers and their loved ones.

**Client Warm Line
1-800-930-9276**

Daily: 4:00 p.m. - 11:00 p.m.
Fellow consumers who have been there, done that. Listening and talking are what they like to do. The Consumer Warm-line Team provides non-crisis peer telephone services, support, information, resources, referrals, and pre-crisis intervention.

**Courage to Call
1-877-698-7838**

24-hours a day, 7 days a week
A veteran staffed toll-free helpline for Veterans, Active Duty, Reservists, National Guard and their families. Confidential information, guidance, and referrals.

**You Can Help Others – There are Many Ways
NAMI San Diego is counting on YOU!**

Did you know your contributions help to make NAMI San Diego one of the largest affiliates in America? Because of you, we are able to reach thousands of people through our education and support programs. Thousands more get “linked up” with resources through the NAMI San Diego Helpline, NAMI San Diego Friends In the Lobby Program and NAMI San Diego outreach events. Thank you for making this all possible!

Here are just a few simple ways you can help!

Make a Gift When You Celebrate!

A holiday, birthday, anniversary or some other special day is made extra special here at NAMI San Diego. Your gift will be made in honor of that special person in your life. Make a secure donation online at www.namisandiego.org.

Or simply send a check made out to NAMI San Diego to: NAMI San Diego, P.O. Box 23700, San Diego, CA 92193-3700



Make a Gift of a Gift Certificate!

NAMI San Diego can use that gift certificate you haven't gotten around to using! Your unused gift certificates will help us raise needed funds for our essential programs at NAMI San Diego Special Events...A Door Prize or Silent Auction item.

Some examples include dinner certificates at popular restaurants, gift baskets, certificates for lodging at local or far away hotels and resorts, artwork or certificates for services provided (like spa treatments, salon services, personal training, or yoga classes).



Become a Member or Renew your Membership Today!

It's easy. Go to www.namisandiego.org. Individual Membership is \$35

National Alliance on Mental Illness San Diego is a non-profit 501 (c) (3) organization. Tax I D #: 33-0122462

We did it! SB 614 is moving forward! Thanks for taking action.

Below is our support letter to Toni Atkins!

Dear Senator Atkins,

NAMI San Diego joins the strong tide of California organizations, counties and people advocating for growth in high quality peer support services and peer specialist career development in supporting SB 614, to bring peer certification to California. In addition, the impact of implementing peer certification on the General Fund would be minimal, while peer certification would bring in a 50% Medi-Cal match for services that already exist without federal government participation.

Peer Certification makes good fiscal sense.

In 2007, the U.S. Centers for Medicare and Medicaid Services (CMS) sent a guidance letter to all State Medicaid Directors emphasizing, “peer support services are an evidence-based mental health model of care which consists of a qualified peer support provider who assists individuals with their recovery from mental illness and substance use disorders.” CMS encouraged states to establish a state certification process for training, credentialing, supervision and care coordination. (CMS, SMDL #07-011) This enables the use of federal Medicaid (Medi-Cal in California) financial participation with a 50% match. Thirty-four states have implemented State Peer Certifications to enable leveraging of Medicaid funds. However, California has not acted.

Additionally, Peer Support Specialists and training for Peer Support Specialists has been included in the California’s 1115 Waiver, Medi-Cal 2020- 1115 Waiver Renewal Concept Paper.

SB 614 allows for the use of Mental Health Services Act (MHSA) funds and Workforce Education and Training (WET) Program resources to develop and administer the peer and family support specialist certification program. On a local level, counties are already using WET funds to support peer specialists trainings.

Programmatically peer certification also makes sense.

Numerous research studies support the efficacy and cost effectiveness of peer specialist services. Peer services over traditional services alone lead to less inpatient services, decreased symptoms, increased coping skills and life satisfaction, reduced overall ongoing need for mental health services, and decreased substance use.

Initially funded by Department of Mental Health and then OSHPD, California began an in depth and focused look at peer certification in 2011. Substantial work has been done toward peer certification in the ensuing years and substantial funds have already invested into developing peer certification in California.

SB 614 makes sense from both a policy and fiscal perspective and can serve to provide more comprehensive assistance to people in need.

Sincerely,

NAMI San Diego Supporter of SB 614

NAMI San Diego Tech (CAFÉ) Consumer and Family Empowerment

We are a new project funded by the County of San Diego Health and Human Services Agency through the Mental Health Services Act. Our goal is the creation and expansion of opportunities for uses of technology and strategies which support culturally competent recovery and resilience. The services are provided to existing consumers and their family members of the Behavioral Health Services system. The project was aligned under the MHSA Capital Facilities and Technological Needs plan, and is called the “Consumer and Family Empowerment Technology Project”, also known as the NAMI San Diego Tech CAFÉ.

Since January 2015 the Tech CAFÉ has held over 204 classes in several Clubhouses throughout San Diego! We are excited to start up classes again in August 2015. If you are interested in attending a computer class through NAMI San Diego Tech CAFÉ please check with your local Clubhouse!

June 2015 Wellness Webinars

You can access the webinars by going to our website www.namisaniego.org then go to the “calendar” tab on the left hand side. Then click the **Wellness Webinar** event link on the event calendar! Just find the date from the list below and click on the webinar link that is on the calendar on that date! They will always be on Wednesdays!

June 3, 2015 – 1:00PM – 2:00PM
How to navigate the Network of Care

June 10, 2015 – 1:00PM – 2:00PM
How to create a vision board and set your goals!

June 17, 2015 – 1:00PM – 2:00PM
Dental Health tips and local resources!

June 24, 2015 – 1:00PM – 2:00PM
Why I Walk - Inspiration for Social Wellness

Have questions? Please send them to:
techCAFE@namisd.org

June 2015 Tech Talks

Join our next Tech Talks in June!

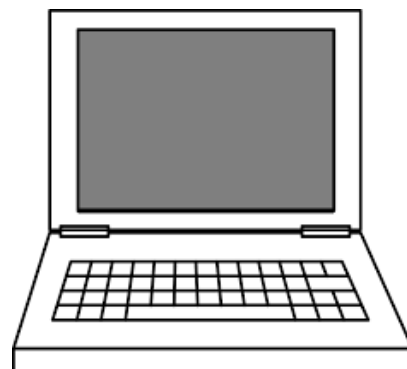
June 5, 2015
Emerging Technologies

June 12, 2015
Health and Wellness Applications

June 19, 2015
Getting Around and Technology

June 26, 2015
Technology and Your Pets!

If you are interested in joining one of the Tech Talks please RSVP to techCAFE@namisd.org! We can send a Tech Talk link right to your email!



NAMI San Diego's General Support Groups and Meetings are FREE and you can drop in without registering. These support groups are open to family members and the person with the mental illness, although they are mainly attended by family members. For more information, call NAMI San Diego's Family & Peer Support Helpline at (619) 543-1434 or (800) 523-5933 (unless other number stated)

NEW RAMONA Support Group

First Tuesday, 7:00pm-8:30pm
 Ramona United Methodist church
 3394 Chapel Ln, Ramona, CA 92065
 For More Information Call:
 (619) 543-1434 or (800) 523-5933

Central Support Group

Tuesdays, 5:00 p.m. - 6:30 p.m.
 San Diego County Psychiatric Hospital
 3853 Rosecrans Street
 San Diego, CA 92110

East County Support Group

2nd Wednesday, 6:00 p.m. - 7:30 p.m.
 El Cajon Library 201 E. Douglas Ave.,
 El Cajon, 92020

Clairemont NAMI Support Group

2nd Monday, 7 p.m. - 8:30 p.m.
 St. David's Episcopal Church (Library)
 5050 Milton St., San Diego, 92110

Rancho Bernardo Support Group

3rd Monday, 7:00pm -8:30pm.
 Rancho Bernardo Community
 Presbyterian Church
 17010 Pomerado Rd.,
 San Diego, 92128. More information, call
 Ellie Taylor (858) 485-0703

Criminal Justice Family Support

3rd Thursday, 6 p.m. - 7:30 p.m.
 Spring Valley Youth & Family Coalition
 3845 Spring Dr., Room 31
 Spring Valley, 91977

Sibling and Adult Children's Group

2nd Wednesday, 7 p.m. - 9 p.m.
 Scripps-Mende Well Being Center
 Adjacent to the Westfield (UTC) Mall
 San Diego, 92122
 More information, call
 Michelle Cauble at: (858) 756-3140

Familia a Familia Grupo de Apoyo

1st Friday, 6:30 PM to 8:30 PM
 Tri City Medical Center
 4002 Vista Way. Room #7 LL Oceanside,
 CA 92056
 More information: Call Diana or Adriana
 at (760) 722-3754 or email
 namincsd@pacbell.net

**Spouses/Partners of Persons with a
 Diagnosis of Bi-Polar Disorder**

3rd Tuesday, 6:30 p.m. - 8 p.m.
 Clairemont Lutheran Church
 (Luther Hall, Room 2 on the 1st Floor)
 4271 Clairemont Mesa Blvd.,
 San Diego, 92117.
 More information call (858) 472-2058

Spanish Support Group-South Bay

1st Monday, 6 p.m. - 8 p.m.
 South County Family Resource Center
 690 Oxford St., Chula Vista, 91911
 More information, call Luz Fernandez at
 (619) 401-5500

Spanish Family Support Group

2nd & 4th Monday, Except for holidays
 5:30 p.m.-7:30 p.m. South Bay Guidance
 Center. 835 3rd Avenue, Suite C,
 Chula Vista, 91911. More information:
 Aurora Torres 619-565-0222
 or Gina Osuna 619-288-3133

Spanish Family Support Group

2nd & 4th Tuesday, 6 p.m. - 8 p.m.
 Otay Mesa Library, 3003 Coronado Ave.
 San Diego, 92154. For more information,
 call Gina Osuna at (619) 288-3133

Spanish Family Support Group

2nd & 4th Monday, 5 p.m. - 7 p.m.
 Maria Sardinias Wellness & Recovery
 1465 30th Street, Ste. K, San Diego,
 92154. More information, call
 Kika Cortez at (619) 397-8835

Share and Care Support Group

For families/caregivers raising
 children/adolescents living with mental
 health challenges.
 1st and 3rd Mondays, 6:30 - 8:30 p.m.
 N. County Serenity House's Serenity Too
 130 S. Fig St., Escondido 92027
 More information, call Wendy Ann
 Sperling at (760) 705-6200 or email
 wasperling@hotmail.com

Imperial Valley NAMI Support Group

3rd Thursday, 6:00-7:30 pm
 Location 202 N. 8th Street,
 El Centro CA 92243 at 6pm Promptly.

Brawley Support Group

1st Thursday of each month.
 Location 205 Main Street, Brawley Ca
 92227 at 6pm Promptly.
 More Information, call:
 Rose or Wilbur at 760-705-5002
 or email: imperialvalley@namisd.org

NAMI San Diego, North Inland:**Tuesday Share & Care Meeting**

Every Tuesday, 4 p.m. - 6 p.m.
 Joslyn Senior Center
 210 East Park Ave., Escondido, 92025

NAMI North Coastal

P. O. Box 2235, Carlsbad, CA 92018
760-722-3754

**NAMI North Coastal
 Education Meeting**

3rd Thursday, 7 p.m. - 8:30 p.m.
 St. Michael's by the Sea Episcopal
 Church, 2775 Carlsbad Blvd.
 Carlsbad, 92008
 Call (760) 722-3754

***Education Meeting followed by NAMI
 Facilitated Share & Care Support Group
 8:30 p.m. - 10 p.m.***

**Spanish Family Support Group
 NAMI North Coastal
 Familia Support Group**

1st Friday, 6:30 p.m. - 8:30 p.m.
 Tri City Medical Center,
 Conference Room 7, Lower Level
 4002 Vista Way, Oceanside, 92056
 For more information, email
 Diana or Adriana at (760) 722-3754
 or namincsd@pacbell.net

NAMI-SIT

Copper Hill Living & Learning Center,
 Creative Arts Consortium, Creative
 Opportunities, Advocacy Works, Friends
 In Hand Clubhouse. Info: (858) 481-7069

**Borderline Personality Disorder
 Informational Meetings**

1st Thursday, 6:30 p.m. - 9 p.m.
 UCSD Outpatient Psychiatric Services
 (Gifford Clinic)
 140 Arbor Drive, 2nd Floor, Room 247
 San Diego, 92103
 For more information, email Sandy at:
 sboone@BPDglobal.com
 Website: www.bpdglobal.com



NAMI San Diego's *Connection* Support Groups are **FREE** and you can drop in without registering. These support groups are open **ONLY** to people who have a mental illness. NAMI Connection: Casual & relaxed. Share challenges and successes of coping with mental illness. FREE, flexible.

Mental Health America

Thursdays: 6 p.m. - 7:30 p.m.
4069 30th Street, San Diego, 92104
2nd Floor Conference Room

East County Mental Health Clinic

Fridays: 12:00 p.m. - 1:30 p.m.
1000 Broadway, 1st floor Wellness Center, El Cajon, 92021

Central Library

2nd & 4th Wednesday: 2 p.m.-3:30 p.m.
330 Park Blvd. Between J & K Streets, Room# 563 Downtown SD, 92101

Mariposa Clubhouse

Wednesdays: 1 p.m. - 2 p.m.
560 Greenbrier, Suite C-E, Oceanside, 92054. Info call (760) 722-3754

En Español

Thursdays: 5:00-6:30pm
Visions Clubhouse, 226 Church Street, Chula Vista 91910
Info call (619) 688-0507

The Consumer Center for Health, Education & Advocacy

If you need help getting mental health services or if you have a complaint or grievance, call or write.

1764 San Diego Avenue, 2nd Floor, San Diego, 92110
Toll Free: 1-877-734-3258
Monday - Friday: 9 a.m. - 5 p.m.

Jewish Family Service Patient Advocacy Program

Patient Advocates work with individuals living in either a 24-hr psychiatric hospital or a board & care facility to ensure all of rights are being respected. (619) 282-1134 or 800-479-2233
Monday - Friday: 8 a.m. - 5 p.m.

Clubhouses

Clubhouses are free support for recovery (not treatment) for adults recovering from mental illness. They provide vocational services; health, nutrition, computer and recovery classes; a number of physical fitness, job clubs, skill-building and volunteer opportunities; as well as extensive social and peer supports.

Bayview Clubhouse

Paradise Valley Hospital
Bayview Behavioral Health Campus
330 Moss Street
Chula Vista, 91911
Phone: (619) 585-4646
Hours: Mon - Fri: 8 a.m. - 4 p.m.
Evenings/Weekends - Call for Schedule

Casa Del Sol Clubhouse (Bilingual)*

1157 30th Street
San Diego, 92154
Phone: (619) 429-1937
Hours: Monday: 8:30 a.m. - 6 p.m.
Tue/Thurs/Fri: 8:30 a.m. - 4:30 p.m.
Wednesday: Noon - 8 p.m.

Corner Clubhouse

2864 University Ave.,
San Diego, 92104
Phone: (619) 683-7423
Hours: Mon - Fri: 8 a.m. - 4 p.m.

East Corner Clubhouse*

1060 Estes Street
El Cajon, 92020
Phone: (619) 631-0441
Hours:
Mon-Fri: 8 a.m. - 4 p.m.

Eastwind Clubhouse

UPAC Eastwind Center
8745 Aero Dr. Ste 101,
San Diego, 92123
Phone: (858) 268-4933
Hours: Mon - Fri: 8:30 a.m. - 5 p.m.

Escondido Clubhouse*

474 W. Vermont Ave.,
Escondido, 92025
Phone: (760) 737-7125
Hours: Mon - Fri: 8 a.m. - 4:30 p.m.

Mariposa Clubhouse*

560 Greenbrier Drive, Ste. C-E,
Oceanside, 92054
Phone: (760) 439-2785
Hours: Mon - Fri: 8 a.m. - 4:30 p.m.

Friends In Hand Clubhouse

144 Copper Ave.
Vista, 92083
Phone: (760) 631-2206
Hours: Sat & Wed: 11 a.m. - 4 p.m.

Friend-to-Friend Program*

Serving homeless
2144 El Cajon Blvd.
San Diego, 92104
Phone: (619) 955-8217
Hours: Mon - Fri: 8 a.m. - 4 p.m.

API Discovery Clubhouse

Alvarado Parkway Institute
5538 University Ave.,
San Diego, 92105
Membership Information: (619) 667-6176
Hours: Sat & Sun: 10 a.m. - 4 p.m.

The Meeting Place, Inc.*

2553 State Street
San Diego, 92101
Phone: (619) 294-9582
Hours: Mon - Fri: 8 a.m. - 4 p.m.

The Oasis Clubhouse

Serving Transitional Age Youth (16-25)
6153 Fairmont Ave
San Diego, 92120
Phone: (858) 300-0470
Hours: Mon - Fri: 9 a.m. - 6 p.m.

Friendship Clubhouse

286 Euclid Ave., #104,
San Diego, 92114
Phone: (619) 263-6269
Hours: Mon - Fri: 8:30 a.m. - 5:30 p.m.

Visions

226 Church St., Chula Vista, 91910
Phone: (619) 420-8603
Hours: Mon - Fri: Noon - 7:00 p.m.
Sat & Sun: Noon - 5 p.m.
NA & Dual Diagnosis groups available - call for schedule

Deaf Community Services Clubhouse

4080 Centre Street Suite 208
San Diego, CA
Phone: (619) 398-2441
Hours: Mon - Fri: 8:30am - 12:00 Noon
1:00pm - 5 p.m.

*SSI Advocates available to assist with applications and appeals.
Contact the clubhouse for details and schedule.

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5095 Murphy Canyon Road, Suite 320
San Diego, CA 92123

Return Service Requested



Operation Engage America - SAN DIEGO
In Honor of Daniel Somers and in Memory of the 22
a Day Who Lose Their Lives to Invisible Wounds

Liberty Station Conference Center 2600 Laning Rd, San Diego 92106
Saturday, June 20, 2015 * 10AM - 4 PM

EMCEE: Bob Lawrence

Air Force Staff Sgt. 1970-1976; military and veterans news reporter on San Diego 10News

10:00 AM: Pledge of Allegiance
Opening/Welcome Remarks
Rep. Scott Peters, US House of Representatives
San Diego County Supervisor Chairman Bill Horn
Proclamation by Supervisor

SPEAKERS:

- Combat-Related Moral Injury - Larry Taylor, M.A., D Min, B.C.C.,
Lead Mental Health Chaplain, VA San Diego Healthcare System
- Coaching Into Care - Carie Rodgers, Ph.D, ABPP,
VA Center of Excellence-Stress and Mental Health,
UCSD Associate Director of Education,
CESAMH-Associate Clinical Professor of Psychiatry
- Post Traumatic Stress - Drew Lucas, veteran, a personal story of PTS
- Traumatic Brain Injury - Angela Basham
Defense and Veteran Brain Injury Center (DVBIC)

