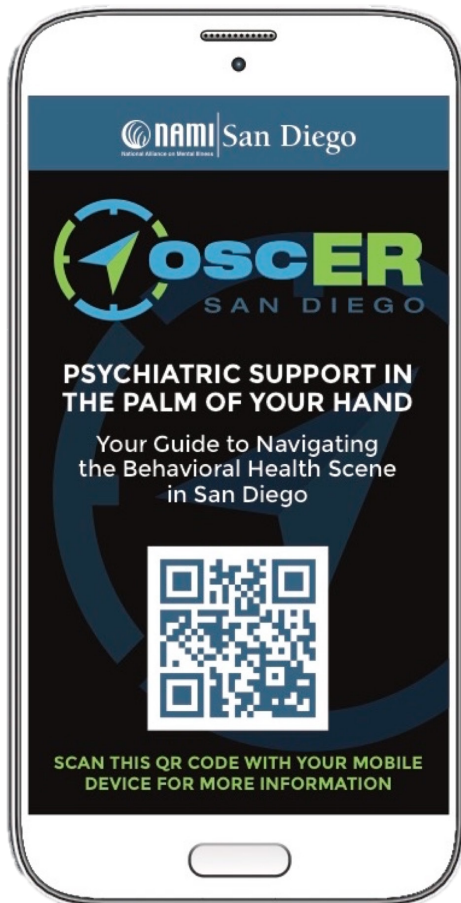


## oscER Update!

Do you or your loved one need help navigating a psychiatric crisis? oscER (Organized Support Companion in Emergency Situation) is simple and at your fingertips! oscER is available in English and Spanish on four different platforms: Android, iOS, Windows and web-based (app. [oscer.org/san\\_diego](http://oscer.org/san_diego)). Let oscER guide you to regional mental health resources, education, support, maps, emergency phone numbers and relaxation audio. Get the guide to navigating an emergency situation, now!



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### CONTACT US

1 (619) 543-1434

1 (800) 523-5933

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

[information@namisd.org](mailto:information@namisd.org)

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



# Education & Advocacy

**THURSDAY, August 4th** | AUGUST E&A Meeting  
TOPIC: Aging & Mental Health with Dr. Lynn Northrop & Dr. Dara Schwartz  
Dr. Lynn Northrop & Dr. Dara Schwartz specialize in evaluation and evidence-based treatment of depression, anxiety, and other mental health conditions in older adults. Their goal is to help seniors live healthier, happier lives!

	<u>SCHEDULE</u>	<u>LOCATION</u>
6:30 p.m.	Program	University Christian Church,
7:30 p.m.	Ask the Doctors	Friendship Hall 3900 Cleveland Ave. San Diego, CA 92103

**MARTES, 16 de Agosto** | Education & Advocacy  
16 de Agosto

6:00 p.m. - 8:00 p.m.

"Preguntas al profesional" 6:00 p.m.—7:00 p.m.

Presentacion Comunitaria 7:00 p.m.—8:00 p.m.

Locación

Health and Human Services Agency at 690 Oxford Street, Chula Vista, CA 91911 (primer piso)

Preguntas? Por favor de comunicarse con

Cintha al 619-688-0507

Want to learn more about our Spanish Education & Advocacy Meetings?

Please contact Cintha Luis at 619-688-0507

**THURSDAY, SEPTEMBER 1st** | SEPTEMBER E&A Meeting

TOPIC: Dr. Theresa Larson  
Theresa Larson was a Marine Lieutenant commanding an entire platoon in Iraq while internally struggling with an eating disorder. Her courageous journey to wellness required the bravery to ask for help, to take care of herself first. She is now the founder of Movement Rx, a physical therapy and wellness company that offers support to wounded warriors and individuals with health and movement issues.

	<u>SCHEDULE</u>	<u>LOCATION</u>
6:30 p.m.	Program	University Christian Church,
7:30 p.m.	Ask the Doctors	Friendship Hall 3900 Cleveland Ave. San Diego, CA 92103

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

Board of Directors

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The NAMI San Diego Newsletter is a monthly publication of:

NAMI San Diego

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1 (800) 523-5933 (Helpline)

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634-6585 (Fax)

Email: [information@namisd.org](mailto:information@namisd.org)

Website: [www.namisaniego.org](http://www.namisaniego.org)

Articles received by the 15th will be considered for publication in the following month's newsletter. Send articles to: [newsletter@namisaniego.org](mailto:newsletter@namisaniego.org)

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

To register your opinion, call NAMI San Diego at (858) 634-6580 or email at [newsletter@namisd.org](mailto:newsletter@namisd.org). Thank you.

# Volunteers Needed!

NAMI San Diego is looking for energetic, dedicated volunteers to work on our community outreach Helpline! Join us in providing resources and support to family members and peers dealing with mental illness who call between 10AM and 4PM, Monday through Friday.

To become a NAMI volunteer, contact our Helpline Coordinator at 858-634-6581 to set up your first meeting with NAMI San Diego!

# NEW Family-To-Family Courses!

This FREE 12 Week course series is taught by trained family members who have lived experience of having a family member diagnosed with mental illness.

**Family-to-Family**  
North Central Region

**Start Date:** August 22, 2016  
**End Date:** November 14, 2016

**Time:** 6:30PM - 9:00PM

**Location:** St. Gregory Catholic Church  
11451 Blue Cypress, San Diego, CA 92131

**Family-to-Family**  
North Central Region

**Start Date:** August 23, 2016  
**End Date:** November 8, 2016

**Time:** 6:30PM - 9:00PM

**Location:** HHS Building  
3851 Rosecrans Street San Diego, CA 92110

To register for the courses above, please email [F2F@namisd.org](mailto:F2F@namisd.org) with your name, contact phone number, address, email, and which course you would like to register for. If these courses are not a good fit for your schedule or location preference, there will be additional courses added throughout San Diego County (i.e. East, South, North Inland, North Coastal, North Central, and Central regions). To sign up for the Family-to-Family waitlist, please visit our website at <https://namisandiego.org/event-registration/?ee=1128>, or call the NAMI Family & Peer Support Helpline at (619) 543-1434 or (800) 523-5933.

# Peer-To-Peer Program

Would you like to learn more about your mental illness? Benefit by being around others that know what it's like living with mental illness? Like to develop a Relapse Prevention Plan? Peer-to-Peer is a FREE educational course for any individual (18 years and older) living with mental illness, who is interested in establishing and/or maintaining their wellness and recovery. Each session is 2 hours in length and continues for 10 consecutive sessions. The course uses a combination of lecture, interactive experience and structured group processes. The course is guided by trained mentors and a resource volunteer who are themselves experienced at living well with mental illness. The Peer-to-Peer course covers a wide variety of topics, including: mental illness as a traumatic experience, consumer stages of recovery, brain biology and research, relapse prevention, understanding emotions, focusing on experiences of joy, and abundant information and thorough discussion on a wide array of disorders. For more information or to register please visit our [namisandiego.org](http://namisandiego.org) or call NAMI San Diego at (619) 543-1434.

## **UCSD Brain Research Study Needs Volunteers!**

Researchers at UCSD are looking at how people's moods may affect their aging process. They use a smartphone device and an actigraphy watch (e.g. fitbit) to track people's daily mood, activity level, and sleep pattern for two weeks out of a year. During those two weeks, participants will be asked to complete three visits to perform different cognitive tasks to test things such as memory, attention, and learning. There will also be physical and clinical assessments as well as 15mL blood draw at each of the three visits. Those who complete the first year visits will be asked to repeat the visits for three additional years. By analyzing all the information we gather, we hope to find a relationship between people's physiology, psychology, and aging. Compensation is provided for participation, and transportation and home visits are available.

UCSD is looking for volunteers who have a diagnosis of bipolar disorder (different from schizoaffective disorder) and are ages between 35-60. We will conduct a short phone screening to determine eligibility for the study. Please contact the study recruiter, Nana Kori, at 858-534-9439 or at [nkori@ucsd.edu](mailto:nkori@ucsd.edu) for more information.

## **Ten Year Roadmap and MHSA Annual Update**

The County of San Diego has embarked on planning a Ten Year Roadmap – a major endeavor which seeks to address the most serious behavioral health issues affecting San Diego County over the next ten years. The goal of the Roadmap is to guide planning and funding priorities to provide quality behavioral health services, in partnership with communities, to empower individuals with behavioral health needs to live healthy, safe and thriving lives.

In developing the Roadmap, a Strategic Framework was created to provide the Vision, Mission, Values, Guiding Principles and Priorities, the fundamental elements at the core of the Framework. The priorities were created from the collective feedback received from our Behavioral Health Advisory Board, stakeholders, councils and other community partners through many avenues, including the thirteen (13) 2015 Community Forums, held across the county with nearly 900 stakeholders in attendance. In addition to creating the priorities, they have developed and addressed each priority by creating Short Term strategies, which will be addressed over the next 1 to 3 years, Mid Term strategies, to be addressed over the next 4 to 6 years, and Long Term strategies to be addressed over the next 7 to 10 years. Many of the short term strategies are already actively being implemented and are reflected in the MHSA Fiscal Year 2016-17 Annual Update.

The Roadmap is intended to be a dynamic and living document that will be updated annually and will incorporate new priorities with input from stakeholder groups, including the BHS Community Engagement Forums, which are held in each region and have family members, individuals with lived experience, providers, schools, faith communities, criminal justice and juvenile justice partners, law enforcement, and healthcare and community organizations in attendance. Watch for these dates in future NAMI San Diego newsletters.

# Before All Else Fails, Show Compassion

By Jan Lenhert

Now, more than ever, we could all use a healthy dose of compassion. In light of the current challenges and tragedies we face, it seems the solutions we've tried have failed. Before all else fails, it would be wise to focus on compassion. How would you define compassion? A feeling of deep sympathy. A sad concern for someone in misfortune. A response to the suffering of others. A strong desire to alleviate the suffering of others. I like to think of compassion as dynamic, not passive. But does it imply or demand action? Not necessarily. You can pause. You can feel it deeply. At the same time, you can observe suffering as if you were a third person witness while still being present, genuine, and caring. You may empathize with someone because you have personally experienced the same situation. You can feel and show compassion because you are a human being that embraces the concept of Oneness.

Before all else fails, show compassion. How can we demonstrate compassion? We acknowledge and honor the person first. We show respect, acceptance, and nonjudgment. We make eye contact and practice active listening. I like the phrases, "I see you. I hear you. You matter." We hold a safe space for the person needing compassion. We often use the greeting Namaste. Namaste means the divine in me honors the divine in you. When we cross the boundary between showing compassion and entering into the suffering of another, we do not honor ourselves or the other person. It can imply that their condition is so hopeless that we must both enter into a state of despair. We resign ourselves to embrace darkness, to forget our divinity, and abandon the possibility of healing and wholeness. It is possible to feel and demonstrate compassion while still maintaining a sense of peace, hope, and joy. Holding the space for someone keeps open the possibility that the suffering is temporary, not permanent. We are demonstrating that we see suffering and feel compassion for a season, but believe that it is possible to move toward a space of healing.

Many people do not seek help for these conditions because they are afraid, they are ignorant about resources available to them, or they lack access to medical care. The stigma associated with mental health in our society can be cruel and intimidating. Compassion, or lack thereof, played a vital role in my long battle with depression. My journey included feeling crippling despair and paralyzing hopelessness that seemed never-ending. A measure of support from friends brought brief periods of relief. Finally, in desperation, I sought medical treatment and was prescribed medication. I gradually emerged from a hellish nightmare I wouldn't wish on my worst enemy. Looking back, the one thing I desperately needed was compassion. Well-meaning people offered advice ranging from trite platitudes to worn-out affirmations. When I couldn't bear the guilt and feelings of failure, I isolated myself, which led to more depression. My greatest wish would have been for someone to compassionately say, "I'm sorry." Or ask, "Can I just sit with you for a while?" Only some of us have experienced the luxury of someone holding our hand or holding us in an embrace when we need it most. It takes a good deal of courage for someone who's suffering to ask for that kind of help.

Today more than ever, it seems like more people in our society are suffering but many are not getting the help they need. Compassion isn't always expressed in words. Before making judgements or offering advice, consider showing compassion. Take the time to pause and hold the space for another to feel your compassion and dare to hope again. Before all else fails, try compassion. You might become a candle in the darkness or even save a life.

# Family Meeting Schedule & General Support Groups Adults (18 and older)

## Family Support Groups in English

### **Brawley**

1st Thursday, 6:00PM - 7:30PM  
205 Main Street, Brawley, CA 92227  
Contact: Rose or Wilbur at  
(760) 705-5002  
imperialvalley@namisd.org

### **Clairemont**

2nd Monday, 7:00PM - 8:30PM  
St. David's Episcopal Church (Library)  
5050 Milton Street, San Diego, 92110  
Contact: (619) 543-1434 or  
(800) 523-5933

### **East County**

2nd Wednesday, 6:00PM - 7:30PM  
El Cajon Library  
201 E. Douglas Ave., El Cajon, 92020  
Contact: (619) 543-1434 or  
(800) 523-5933

### **Escondido**

Every Tuesday, 4:00PM - 6:00PM  
Escondido Senior Center, Room #5  
210 East Park Ave., Escondido, 92025  
Contact: (619) 543-1434 or  
(800) 523-5933

### **Imperial Valley**

3rd Thursday, 6:00PM - 7:30PM  
202 N. 8th Street  
El Centro, CA 92243 at 6:00PM  
Contact: Rose or Wilbur (760) 705-5002  
imperialvalley@namisd.org

### **La Mesa**

1st Tuesday, 6:30PM - 8:00PM  
St. Andrews Lutheran Church  
8350 Lake Murray Blvd.  
Community Center, 2nd Floor  
San Diego, 92119  
Contact: (619) 543-1434 or  
(800) 523-5933

### **Ramona**

1st Wednesday - 7:00PM - 8:30PM  
Ramona United Methodist Church  
3394 Chapel Lane, Ramona, 92065  
Contact: (619) 543-1434 or  
(800) 523-5933

### **Rancho Bernardo**

3rd Monday, 7:00PM - 9:00PM  
Rancho Bernardo Community  
Presbyterian Church  
17010 Pomerado Road  
San Diego, 92128  
Contact: (619) 543-1434 or  
(800) 523-5933

### **NEW! - North Central San Diego**

Beginning June 21st  
3rd Tuesday, 11:30AM - 1:00PM  
5095 Murphy Canyon Road, Suite 320  
San Diego, 92123

Contact: (619) 543-1434 or (800) 523-5933

## Family Support Groups in Spanish

### **North Coastal**

1st Friday, 6:30PM - 8:30PM  
Tri City Medical Center  
Conference Room #7, Lower Level  
4002 Vista Way, Oceanside, 92056  
Contact: (760) 722-3754  
info@naminorthcoastal.org

### **Otay Mesa**

2nd & 4th Tuesday, 6:00PM - 8:00PM  
Otay Mesa Library  
3003 Coronado Ave.  
San Diego, 92154  
Contact: Gina Osuna (619) 288-3133

### **South Bay**

1st Monday, 6:00PM - 8:00PM  
South County Family Resource Center  
690 Oxford St, Chula Vista, 91911  
Contact: Gina Osuna (619) 288-3133

### **South San Diego**

4th Monday, 5:00PM - 7:00PM  
Maria Sardinias Wellness & Recovery  
1465 30th Street, Suite K  
San Diego, 92154  
Contact: Kika Cortez at (619) 397-8835

## Education and Advocacy Meetings

### **NAMI San Diego**

1st Thursday, 6:30PM - 8:30PM  
University Christian Church,  
Friendship Hall  
3900 Cleveland Ave.  
San Diego, 92103  
Contact: (619) 543-1434 or (800) 523-5933

### **North Coastal Education Meeting and Share and Care Support Group**

3rd Thursday  
Meeting - 7:00PM - 8:30PM  
Support Group - 8:30PM - 10:00PM  
St. Michael's by the Sea  
Episcopal Church  
2775 Carlsbad Blvd, Carlsbad, 92008  
Contact: (760) 722-3754  
info@naminorthcoastal.org

## Topic Support Group

### **Borderline Personality Disorder Informational Meetings**

1st Thursday, 6:30PM - 9:00PM  
UCSD Outpatient Psychiatric Services  
(Gifford Clinic)  
140 Arbor Drive, Room #247  
San Diego, 92103  
Contact: Sandy Boone  
sboone@bpdglobal.com

### **Criminal Justice Family Support**

3rd Thursday, 6:00PM - 7:30PM  
Spring Valley Youth & Family Coalition  
3845 Spring Drive, Room #31  
Spring Valley, 91977  
Contact: (619) 543-1434 or  
(800) 523-5933

### **Sibling and Adult Children's Group**

Support for adults (18+) who are  
siblings of, or children of individuals  
with lived mental illness.  
2nd Wednesday, 7:00PM - 9:00PM  
Scripps Memorial Campus  
Schaezel Center/Noble Room  
9888 Genesee Ave.  
La Jolla, 92037  
Contact: Michelle Cauble  
(858) 756-3140

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

3rd Tuesday, 6:30PM - 8:00PM  
Clairemont Lutheran Church  
Lutheran Hall, Room #2 on 1st Floor  
4271 Clairemont Mesa Blvd.  
San Diego, 92117  
Contact: (858) 472-2058

### **Substance Use Disorder and Co-Occurring Disorder Family and Friends Support Group**

4th Friday, 6:00PM - 7:30PM  
NAMI San Diego Headquarters  
5095 Murphy Canyon Road  
Suite #320  
San Diego, 92123  
Contact: (619) 688-0505 or  
(619) 670-1184

Last Rev: 6/14/2016



NAMI San Diego's

Connections Support Groups are FREE, and you can drop in without registering!

These support groups are only open to people who have mental illness. NAMI Connections is a casual & relaxed environment where you can share the challenges and successes you've had while coping with mental illness.

Mental Health America

Thursdays: 6:00PM - 7:30PM  
4069 30th Street, San Diego, 92104  
2nd Floor Conference Room

East County Mental Health Clinic

Fridays: 12:00PM - 1:30PM  
1000 Broadway, 1st Floor  
Wellness Center, El Cajon, 92021

Central Library

2nd & 4th Wednesday: 2:00PM - 3:30PM  
330 Park Blvd. (Between J & K Streets)  
Room #563, San Diego, 92101

Mariposa Clubhouse

Wednesdays: 1:00PM - 2:00PM  
560 Greenbrier, Suite C-E, Oceanside  
92054. Information: (760) 722-3754

En Espanol

Cada Martes: 2:00PM - 3:30PM  
Visions Clubhouse  
226 Church Street Chula Vista, 91910  
Information: (619) 688-0507

St. Michael's Episcopal Church,  
Library at Parish Hall

3rd Thursday of the month  
5:30PM - 6:30PM  
2775 Carlsbad Blvd., Carlsbad, 92008  
Information: (722) 722-3754

**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 Ave, 2nd Floor  
San Diego, 92110

Toll Free: 1-877-734-3258  
Monday - Friday: 9:00AM - 5:00PM

**Jewish Family Services**

**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

Mondays - Friday: 8:00AM - 5:00PM

# Peer/Consumer Support Groups

## Clubhouses

Clubhouses offer free support for adults recovering from mental illness. (No treatment provided). They provide classes for: vocational training, health & nutrition, physical fitness, computer technology, and skill-building. They can also supply you with potential volunteer opportunities in the area.

**Bayview Clubhouse**

Paradise Valley Hospital  
Bayview Behavioral Health Campus  
330 Moss Street  
Chula Vista, 91911  
Phone: (619) 585-4646  
Hours: Monday - Friday: 8:00AM - 4:00PM  
Evenings/Weekends - Call for Schedule

**Casa Del Sol Clubhouse (Bilingual)\***

1157 30th Street  
San Diego, 92154  
Phone: (619) 429-1937  
Hours: Mondays: 8:30AM - 6:00PM  
Tue./Thurs./Fri.: 8:30AM - 4:30PM  
Wednesdays: 12:00PM - 8:00PM

**Corner Clubhouse**

2864 University Ave.  
San Diego, 92104  
Phone: (619) 683-7423  
Hours: Monday - Friday: 8:00AM - 4:00PM

**East Corner Clubhouse\***

1060 Estes Street  
El Cajon, 92020  
Phone: (619) 631-0441  
Hours: Monday - Friday: 8:00AM - 4:00PM

**Eastwind Clubhouse**

**UPAC Eastwind Center**  
8745 Aero Drive, Suite #101  
San Diego, 92123  
Phone: (858) 268-4933  
Hours: Monday - Friday: 8:30AM - 5:00PM

**Escondido Clubhouse\***

474 W. Vermont Ave.  
Escondido, 92025  
Phone: (760) 737-7125  
Hours: Monday - Friday: 8:00AM - 4:30PM

**Mariposa Clubhouse\***

560 Greenbrier Drive, Suite C-E,  
Oceanside, CA 92054  
Phone: (760) 439-2785  
Hours: Monday - Friday: 8:00AM - 4:30PM

**Friends In Hand Clubhouse**

144 Copper Ave.  
Vista, 92083  
Phone: (760) 631-2206  
Hours: Saturdays & Wednesdays  
11:00AM - 4:00PM

**Friend-to-Friend Program\***

(Serving the homeless)  
2144 El Cajon Blvd.  
San Diego, 92104  
Phone: (619) 955-8217  
Hours: Monday - Friday: 8:00AM - 4:00PM  
API Discovery Clubhouse

**Alvarado Parkway Institute**

5538 University Ave.  
San Diego, 92105  
Membership Information: (619) 667-6176  
Hours: Sat. & Sun.: 10:00AM - 4:00PM

**The Meeting Place, Inc.\***

2553 State Street  
San Diego, 92101  
Phone: (619) 294-9582  
Hours: Monday - Friday: 8:00AM - 4:00PM

**The Oasis Clubhouse**

Serving Transitional Age Youth (Ages 16-25)  
6153 Fairmont Ave.  
San Diego, 92120  
Phone: (858) 300-0470  
Hours: Monday - Friday: 9:00AM - 6:00PM

**NHA - Friendship Clubhouse**

286 Euclid Ave., Suite #104,  
San Diego, 92114  
Phone: (619) 263-6269  
Hours: Monday - Friday: 8:30AM - 5:30PM

**Visions**

226 Church St.  
Chula Vista, 91910  
Phone: (619) 420-8603  
Hours: Monday - Friday 12:00PM - 7:00PM  
Saturdays & Sundays: 12:00PM - 5:00PM  
NA & Dual Diagnosis groups available, please call for the schedule.

**Deaf Community Services Clubhouse**

4080 Centre Street Suite 208  
San Diego, 92103  
Phone: (619) 398-2441  
Hours: Monday - Friday: 8:30AM - 12:00PM  
Saturdays & Sundays: 1:00PM - 5:00PM

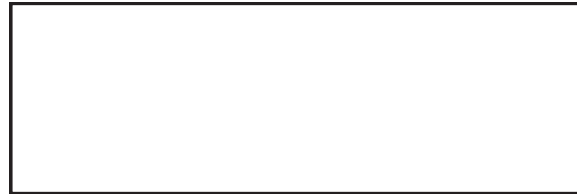
\*SSI Advocates available to assist with applications and appeals. Please contact the clubhouse for more information.



**NAMI San Diego**

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

*Return Service Requested*



## Save The Date!

13<sup>TH</sup> ANNUAL NAMI SAN DIEGO  
**Color Ball**  
**AND INSPIRATION AWARDS**

**SAVE THE DATE!**  
WEDNESDAY, OCTOBER 19, 2016  
at 5:30pm

SAN DIEGO AIR & SPACE MUSEUM  
in Balboa Park

