A Day for Caregivers

Caring for an Adult with Mental Health Challenges

8.4 million Americans care for an adult with an emotional or mental health challenge, and recent studies show this number is rapidly rising. Come learn about caring for yourself using mindfulness and stress reduction techniques, how to problem solve, communicate, and plan so you can protect and provide for your loved ones. There will be educational presentations, giveaways and raffle prizes, resource booths, and lunch will be provided! Please join us.

9:30-10 - Registration & Resource Fair
10:00-10:15 - Welcome and Introductions
10:15-11:00 - Caring For Yourself: Mindfulness and Stress Reduction
   Amber R. Salvador, Psy.D, Clinical Psychologist
   Sharp Mesa Vista Hospital
11:00-11:45 - Group Wisdom: Caregivers Teaching Caregivers
   Annette Arehart, Family Programs Manager, NAMI San Diego
11:45-12:15 - Lunch and Resource Fair
12:15-1:00 - Problem Solving and Communication Skill Review
   Anita Fisher, Director of Education, NAMI San Diego
1:00-1:45 - Legal Issues: The Necessary Planning to Protect and Provide for Your Loved Ones, Scott Stewart, California Estate and Elder Law
1:45-2:15 - Peer Recovery Program Overview
2:15-2:30 - Closing Remarks, Opportunity Drawing, and Resource Fair

Your loved ones are welcome to attend and meet with representatives of Peer Recovery Clubhouses, Peer Employment Assistance and Peer Recovery Education throughout the day.

Saturday, August 19, 2017
9:30am-2:30pm
First United Methodist Church
2111 Camino del Rio South
San Diego, CA 92108

To register:
Call (800) 827-4277
or visit
www.sharp.com/classes.
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**
President, Andy Kaiser  
Treasurer, Steve O’Kane  
Secretary, Stan Collins  
Louise Groszkruger  
Charlie Hearn  
Ricardo Soto  
CEO: Shannon Jaccard, MBA

The NAMI San Diego Newsletter is a monthly publication of:
NAMI San Diego  
5095 Murphy Canyon Road, Suite 320  
San Diego, CA 92123  
(800) 523-5933 Helpline  
(858) 634-6580 Administration  
(858) 634-6585 FAX  
information@namisd.org  
www.namisandiego.org

Articles received by the 15th will be considered for publication in the following month’s newsletter. Send articles to newsletter@namisd.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 us at newsletter@namisd.org. Thank you!

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**Spanish Education & Advocacy Meeting**

**CANCELED UNTIL FURTHER NOTICE**

**Top Topic:**
When Gambling Becomes a Problem

**Guest Speaker:**
Debbie Rull, LPCC, Certified Gambling Counselor

**LOCATION:**
NAMI SAN DIEGO  
5095 Murphy Canyon Rd, Suite 320  
San Diego, CA 92123

**RSVP:**
Please RSVP to outreach@namisd.org or call 800-523-5933.

**6:30-7:30pm:** Program w/ Q&A Session  
**7:30-8pm:** “Ask the Doctor” segment where attendees have the opportunity to ask questions from a psychiatrist.

Career Pathways

Would you like to use your own personal lived experience or your experience as a family member of someone who lives with mental health challenges to help others in the behavioral health field?

NAMI San Diego is excited to offer a FREE online training course and career planning assistance.

**All training sessions are held on Tuesdays from 6-8:30pm via live webinar!**

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To inquire or complete an interest form, please contact careerpathways@namisd.org

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**Community Resource Fair**

**CANCELLED UNTIL FURTHER NOTICE**

**TOPIC:**
When Gambling Becomes a Problem

**GUEST SPEAKER:**
Debbie Rull, LPCC, Certified Gambling Counselor

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**THURSDAY, AUGUST 3, 2017**

**6:30-8pm**

**FREE!**

**LOCATION:**
NAMI SAN DIEGO  
5095 Murphy Canyon Rd, Suite 320  
San Diego, CA 92123

**RSVP:**
Please RSVP to outreach@namisd.org or call 800-523-5933.

This meeting is FREE and open to everyone in the community. NAMI San Diego’s Education and Advocacy meetings provide information about mental health conditions, recovery, support and other topics essential to create and maintain a life of wellness.

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**Community Events**

**COMMUNITY RESOURCE FAIR**

**THURSDAY, AUGUST 17, 2017**

**6:30-8pm**

**FREE!**

**LOCATION:**
St. Michael’s Episcopal Church  
2775 Carlsbad Blvd, Carlsbad 92008

Join NAMI North Coastal for the 5th Annual Community Resource Fair! Aimed at connecting the community with service organizations to provide education and awareness of resources for families, individuals, and professionals.

Questions: Call NAMI North Coastal at (760) 722-3754

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**Career Pathways**

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Almost 14 years ago I was introduced to NAMI San Diego. I had started a nonprofit organization to provide friendship to persons with a mental health challenge after watching my brother lose all of his high school friends when word of his mental health diagnosis got around. Even after 14 years of fighting mental health stigma, unfortunately it is still as strong today as it was then. The difference today is that NAMI San Diego employs many peer and family support specialists to work with people who have a mental illness, to ensure that individuals with mental illness and their families know they are not alone, especially at those moments of crisis. No one with a mental illness or their family should ever feel like they are on this rollercoaster to reach recovery alone.

Like many who find NAMI San Diego, once you join us you are a part of a family at that first moment. Bettie Reinhardt, the previous director, kept roping me in. Giving me new projects, until she knew I was fully invested and then she announced her retirement. I took over as CEO in January of 2010, and the past 7 and half years have been a whirlwind of growth and adjustment, pushing me to my limits. In that time we have grown from 15 employees to over 70. Today we have five locations, one being in Imperial County. Our programs have received national attention and NAMI San Diego is frequently sought by the media to respond to mental health issues.

I'm proud of the many accomplishments of NAMI San Diego. I'm proud that we are walking our talk when it comes to employing people with a mental illness. I'm proud of the dedication of our staff, especially when I hear from strangers how NAMI San Diego has saved their family. And I'm proud that NAMI San Diego will always strive so that nobody feels alone.

It is time for me to move on. I have no doubt that the next phase of NAMI San Diego will continue to be amazing and beneficial to the community. Many have asked what I'm doing next. I am starting an exciting new company and you can keep in contact with me through www.shannonjaccard.com. I'm also hoping to release my sibling's book this fall.

To the community that has been a huge support for NAMI San Diego; thank you. Thank you for putting your faith into us and letting us hold your hope until you were ready. To the NAMI SD staff and volunteers; everyday I'm amazed by the accomplishments you make and the lives you change. Never doubt how much you are valued and how crucial of a role you play.

Thank you!

Andrea Velasquez first heard about NAMI San Diego’s volunteering opportunities through her field development class at Mesa College. NAMI San Diego stood out to Andrea because she’s passionate about NAMI San Diego’s mission. She was originally drawn in by the Peer & Family Support Helpline. “Hearing success stories from peers and family members is inspiring, it’s helped me become more aware of what people need. When people are lost and don’t know where to start, I provide hope.”

Andrea also volunteers with Friends in the Lobby. “It’s a very special experience with the people who come in. Having people reach out with a serious need for help. I’m able to make an impact in several people’s lives.” The most rewarding part of volunteering for Andrea is showing people where to start to get a hold of their own recovery, and to spread the message that recovery is possible. Andrea reflects on her time as a NAMI San Diego volunteer, “Being a volunteer has changed me by making me more accepting. It’s opened my eyes to the different struggles people face and inspired me to do more and help more. I want to become an occupational therapist, and it’s helped prepare me for that career field.”

When Andrea is not volunteering she enjoys cooking and spending time with her family. She also works at the YMCA as a case manager and finds programs for families in San Diego County eligible to receive child care for free.
NAMI San Diego is proud to introduce the newest FREE application in our suite of behavioral health navigation apps, alfrEDU!

alfrEDU is your mobile companion to Access and Leverage Families Rights.

- English & Spanish
- FAQs
- Calendar Reminders
- Interactive Bookmarks
- Maps & Phone Numbers for Your School District
- Glossaries of Acronyms and Terms
- Easy Access to Emergency Numbers
- Find Mental Health, Legal and Special Education Services in Your Area
- Alfred’s Tips
- …and SO MUCH MORE!

Look for it NOW!
Download in iOS and Android stores or online at app.alfredu.org.

alfrEDU is funded by NAMI San Diego, NBC Universal, and the County of San Diego Health and Human Services Agency through the Mental Health Services Act.
NAMI San Diego & CYF Liaison Welcomes New Team Members

“We invite you to get to know us!”

NAMI San Diego and the Children, Youth and Family Liaison welcome two new members to our team, Leo Pizarro (CYFL Technology Engineer) and Shane Drosi (CYFL Community Developer).

Leo and Shane, both previously of NAMI San Diego’s Tech CAFÉ, bring their multitude of technical and educational savvy skills to the CYF Liaison. We are looking forward to new ways of engaging with you as we set goals for the next calendar year. As ever, our passion is to build resiliency within and connections with the communities we serve. Using new tools, such as animated videos, engaging on Facebook Live, and social media are all opportunities for stronger community connections.

CYF Program Staff Manager Suzette Southfox and Community Development Director Renee Cookson, along with Lead Trainer Linda Ketterer and Program Coordinator Valerie Hebert, are excited about the road ahead and working together with these talented new team members.

When asking Shane what he is most excited about his new position, he states, “The thing I am most excited about is connecting families to resources with new, innovative, and creative techniques. Living with a mental illness can make you feel like you are stuck in a vacuum, so it is important for me to connect with families and allow them a place to recover.”

Leo is equally enthusiastic about his new role, “I am currently the Technology Engineer for CYFL. I am excited about the opportunity to create change through technology and leverage the current gaps in mental health care by providing digital solutions for situations which are often overlooked. At times there isn’t someone you can talk to when you need it, someone who can direct you to the right place, or to just answer your question - even in the middle of the night. I hope to share through the impact of technology, but most importantly to create new systems, because #weareworthfightingfor!”

Thank you Shane and Leo, and Welcome to the Team!
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<tr>
<th>FAMILY SUPPORT GROUPS</th>
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<th>EDUCATION &amp; ADVOCACY MEETINGS IN SPANISH</th>
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<td><strong>Clairemont</strong></td>
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<td>NAMI San Diego - En Español!</td>
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<td>St. David’s Episcopal Church (Library)</td>
<td>Tri City Medical Center</td>
<td>Health and Human Services Agency</td>
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<td>5050 Milton Street, San Diego, 92110</td>
<td>Conference Room 7, Lower Level</td>
<td>690 Oxford St., Chula Vista, CA 91911</td>
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<td>Contact Helpline*: (619) 543-1434 or (800) 523-5933</td>
<td>4002 Vista Way, Oceanside, 92056</td>
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<td>201 E. Douglas Ave., El Cajon, 92020</td>
<td>3003 Coronado Ave.</td>
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<td>Ramona United Methodist Church</td>
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<td>San Diego, 92128</td>
<td>Contact: (760) 722-3754</td>
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*Disclaimer: The NAMI San Diego Helpline is available M-F 9am-5pm. If you leave a message, please allow 48 hours for a Helpline Volunteer to return your call.*
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 a mental illness. NAMI Connections is a casual and relaxed environment where you can share the challenges and successes you’ve had while coping with mental illness.

**Mental Health America**
Thursday, 6-7:30pm
4069 30th Street, San Diego, 92104
2nd Floor Conference Room

**East County Mental Health Clinic**
Fridays, 12:1-3pm
1000 Broadway, 1st Floor Wellness Center, El Cajon, 92021

**Mariposa Clubhouse**
Wednesdays, 1-2pm
560 Greenbrier, Suite C-E, Oceanside 92054. Information: (760) 722-3754

**En Español**
Cada Martes, 2-3:30pm
Visions Clubhouse
226 Church Street Chula Vista, 91910
Information: (800) 523-5933

**St. Michael’s Episcopal Church, Library at Parish Hall**
3rd Thursday, 5:30-6:30pm
2775 Carlsbad Blvd., Carlsbad, 92008
Information: (722) 722-3754

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**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 their rights are being respected.
(619) 282-1134 or (800) 479-2233
Monday - Friday: 8am-5pm

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**Peers & 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.

**NOTICE**

**Bayview Clubhouse**
**CLOSING effective June 30, 2017.**

**Casa Del Sol Clubhouse (Bilingual)**
1157 30th Street
San Diego, 92154
Phone: (619) 429-1937
Hours: Mondays: 8:30am-6pm
Tue./Thurs./Fri.: 8:30am-4:30pm
Wednesdays: 12-8pm

**Corner Clubhouse**
2864 University Ave.
San Diego, 92104
Phone: (619) 683-7423
Hours: Mon. - Fri.: 8am-4pm

**East Comer Clubhouse**
1060 Estes Street
El Cajon, 92020
Phone: (619) 631-0441
Hours: Mon. - Fri.: 8am-4pm

**Eastwind Clubhouse**
UPAC Eastwind Center
8745 Aero Drive, Suite 101
San Diego, 92123
Phone: (858) 268-4933
Hours: Mon. - Fri.: 8:30am-5pm

**Escondido Clubhouse**
474 W. Vermont Ave.
Escondido, 92025
Phone: (760) 737-7125
Hours: Mon. - Fri.: 8am-4:30pm

**Mariposa Clubhouse**
560 Greenbrier Drive, Suite C-E,
Oceanside, CA 92054
Phone: (760) 439-2785
Hours: Mon. - Fri.: 8am-4:30pm

**Friends In Hand Clubhouse**
144 Copper Ave.
Vista, 92083
Phone: (760) 631-2206
Hours: Sat. & Wed. 11am-4pm

**Friend-to-Friend Program**
(Serving the homeless)
2144 El Cajon Blvd.
San Diego, 92104
Phone: (619) 955-8217
Hours: Mon. - Fri.: 8am-4pm

**API Discovery Clubhouse**
Alvarado Parkway Institute
5538 University Ave.
San Diego, 92105
Membership Information: (619) 667-6176
Hours: Sat. & Sun.: 10am-4pm

**The Meeting Place, Inc.**
2553 State Street
San Diego, 92104
Phone: (619) 294-9582
Hours: Mon. - Fri.: 8am-4pm

**The Oasis Clubhouse**
Serving Transitional Age Youth (Ages 16-25)
3330 Market St., Suite C
San Diego, Ca 92102
Phone: (858) 300-0470
Hours: Mon. - Fri.: 9am-6pm

**NHA - Friendship Clubhouse**
286 Euclid Ave., Suite #104,
San Diego, 92114
Phone: (619) 263-6269
Hours: Mon. - Fri.: 8:30am-5:30pm

**Visions**
226 Church St.
Chula Vista, 91910
Phone: (619) 420-8603
Hours: Mon. - Fri.: 12-7pm
Saturdays & Sundays: 12-5pm
NA & Dual Diagnosis groups available, please call for the schedule.

**Deaf Community Services Clubhouse**
4080 Centre Street Suite 208
San Diego, 92114
Phone: (619) 398-2441
Hours: Mon. - Fri.: 8:30am-12pm
Saturdays & Sundays: 1-5pm

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

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**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: 9am-5pm

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**Patient Advocates**
work with individuals living in either a 24-hr psychiatric hospital or a board & care facility to ensure all of their rights are being respected.
(619) 282-1134 or (800) 479-2233
Monday - Friday: 8am-5pm
### August 2017

#### Upcoming Events...

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td></td>
<td></td>
<td>1 Southern Caregiver Resource Center Support Group 2:30-4pm (800) 827-1008</td>
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<td>3 Education &amp; Advocacy Meeting 6:30-8pm (See Page 2)</td>
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<td>13</td>
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<td>15 Family Support Group Every 3rd Tuesday 11am-1:30pm NAMI San Diego</td>
<td>16</td>
<td>17 NAMI North Coastal Community Resource Fair (See Page 2)</td>
<td>18</td>
<td>19 A Day for Caregivers 9:30am-2:30pm (See Cover Story)</td>
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