"It's OK to Talk About Mental Illness"

Making It OK To Talk About Mental Health is at the heart of everything NAMI San Diego does. We offer education, support and advocacy to those affected by mental illness. And that is something to talk about!

Let's Join Voices and Keep Talking!
**NAMI San Diego**

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, Ricardo Soto
- Louise Groszkruger
- Pamela Nichols
- CEO, Cathryn Nacario

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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**FAMILY & PEER SUPPORT HELPLINE**
800-523-5933 / M-F 9am-5pm
Provides RESOURCES for mental health issues in SD County. Please allow 48 hrs for a volunteer to return your call.

**CLIENT WARM LINE**
800-930-9276 / Daily 3:30-11pm
A NON-CRISIS peer telephone service for support, information, resources, referrals and pre-crisis intervention.

**ACCESS & CRISIS LINE**
800-724-7240 / 24 hrs a day, 7 days a week
Provides mental health CRISIS intervention, information and referrals to mental health services in San Diego County.

**NAT’L SUICIDE PREVENTION LIFELINE**
800-273-8255
24 hrs a day, 7 days a week
Provides mental health SUICIDE intervention.

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**Education & Advocacy**

1st Thursday every month with rotating speakers on various topics.

**THURSDAY, JANUARY 4, 2018**

3-4pm

**LOCATION:**
NAMI San Diego
5095 Murphy Canyon Rd. #320
San Diego, CA 92123
Phone: (619) 543-1434

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.

Please Note: There is no “Ask The Doctor” session this month.

**topic:**
Independent Living and Employment Tips

RSVP to Outreach@namisd.org or call (619) 543-1434

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**2018 HAPPY NEW YEAR**
A Message from our CEO
- Cathryn Nacario -

2018. Wow, it’s 2018! It is almost impossible to believe how fast the past few months and years have gone by. I am sure many of us are experiencing the same type of disbelief as we look back and ahead to times to come. We are a little older, hopefully a little wiser, and more aware of the need to move forward in our lives and communities with compassion, tolerance and conversation.

Conversation isn’t always easy and many times is avoided when dealing with a tough condition or topic. Mental illness has historically been one of those taboo topics. During the past year, there have been candid admissions by numerous celebrities who have acknowledged their mental wellness struggles. Demi Lovato, Logic, and Prince Harry, along with the suicides of several musicians having a history of depression have opened the door for making it OK to talk about mental illness.

NAMI San Diego is passionately dedicated to continuing the conversation about mental health in as many ways as possible including through the use of social media. "It’s OK to Talk About Mental Health" is our mantra this year as we break the silence surrounding mental illness in order to foster community wellness.

Every day, let’s keep talking...

Warmly,
Cathryn

David Almada
Volunteer Spotlight

David Almada is an incredible NAMI San Diego volunteer! David discovered NAMI San Diego through our NAMI Walk in 2015 and was excited to hear about our need for volunteers with computer skills. For the past two years, David has been a Computer Instructor Aide for our former Tech CAFÉ program, helping individuals learn how to use computers for their own personal development. In this position, David said that he is most proud of “teaching older adults how to communicate via email with family, friends and their community.” Thanks to all of David’s selfless work, he was also recently presented the San Diego Psychological Association (SDPA) Altruism Award in recognition of his work with the former Tech CAFÉ!

As David transitions to new opportunities with NAMI San Diego, we are also excited to recognize all of the work he has done with our organization. To any prospective new volunteers, consider this quote from David: “Volunteer in a position where you have a strength and passion. If you are happy, you will not stop!” In his free time, David volunteers with his dog at a local veteran's home and attends the local Dignity Church for LGBTQI Catholics! NAMI San Diego would like to thank you, David Almada, for everything you have done for the San Diego community!

If you are interested in learning more about our volunteer programs, please contact ConorRoberts@namisd.org.
Dear NAMI San Diego Family and Friends,

This writing comes with a heavy heart with the news of Nancy Fuller’s passing. She made an indelible mark at NAMI San Diego not only with her work, but with her presence. Nancy will be forever remembered by the NAMI members, staff, families and friends whose lives she touched, so graciously. Her warm heart, patience, kind voice and contagious smile were always open to reaching out and comforting NAMI’s members in need of support.

Nancy started her work at NAMI San Diego as the Family Programs Manager. Nancy’s passion for ending stigma was evident as a presenter for Parents and Teachers as Allies, as well as being responsible for bringing the youth focused Ending the Silence program to NAMI San Diego and NAMI California. Nancy laid the foundation for the Family Support Specialist Program, was a Family-to-Family Teacher, a state trainer for the Family Support Group program, and the liaison to the Female Veteran programs.

“Nancy was always full of sunshine, and we all were the fortunate recipients of her radiant warmth.” -- Jack Fuller
This 12-week course is taught by trained family members who have lived with the experience of having a family member diagnosed with a mental health challenge.

**The Family-to-Family Course Topics Include:**

- Current Information on Schizophrenia, Anxiety Disorder, Obsessive-Compulsive Disorder, Borderline Personality Disorder, Bipolar Disorder and Depression
- Basic brain biology
- Problem solving workshop
- Medication review & side effects
- Communication skills workshop
- Empathy workshop - what it's like to have a brain disorder
- Rehabilitation services - what's available
- Advocacy - fighting stigma
- Self-care

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**Please Choose from the Current 12-Week Courses Available for Registration Below:**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Location</th>
<th>Day of Week</th>
<th>Language</th>
</tr>
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<tbody>
<tr>
<td>January 8, 2018</td>
<td>April 9, 2018</td>
<td>6:30-9pm</td>
<td>St. Gregory the Great Catholic Church 11451 Blue Cypress Dr. San Diego, CA 92131</td>
<td>Mondays</td>
<td>English</td>
</tr>
<tr>
<td>January 9, 2018</td>
<td>March 27, 2018</td>
<td>6:30-9pm</td>
<td>Jewish Family Services 8804 Balboa Ave. San Diego, CA 92123</td>
<td>Tuesdays</td>
<td>English</td>
</tr>
<tr>
<td>January 10, 2018</td>
<td>March 28, 2018</td>
<td>6:30-9pm</td>
<td>County Assessors Office 590 3rd Ave. Chula Vista, CA 91910</td>
<td>Wednesdays</td>
<td>Spanish</td>
</tr>
<tr>
<td>January 22, 2018</td>
<td>April 16, 2018</td>
<td>6:30-9pm</td>
<td>St. Timothy Lutheran 2602 Reo Dr. San Diego, CA 92139</td>
<td>Mondays</td>
<td>English</td>
</tr>
<tr>
<td>January 23, 2018</td>
<td>April 10, 2018</td>
<td>6:30-9pm</td>
<td>The Rock Church 2277 Rosecrans St. San Diego, CA 92106</td>
<td>Tuesdays</td>
<td>English</td>
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<tr>
<td>February 24, 2018</td>
<td>May 5, 2018</td>
<td>10am-12:30pm</td>
<td>Spring Valley Youth &amp; Family Coalition 3845 Spring Drive, Room 28 Spring Valley 91977</td>
<td>Saturdays</td>
<td>English</td>
</tr>
<tr>
<td>February 24, 2018</td>
<td>May 5, 2018</td>
<td>10am-12:30pm</td>
<td>New Creation Church of San Diego Maggie B. Jennings Annex 3115 Altadena Avenue San Diego 92105</td>
<td>Saturdays</td>
<td>English</td>
</tr>
</tbody>
</table>

To register, please email f2f@namisd.org, complete the registration form at https://namisandiego.org/calendar/?event_category_id=family-to-family-1450217248 or call Annette at (858) 634-6580 x114.

**NOTE:** Registration closes after the 3rd class.
**FAMILY SUPPORT GROUPS IN ENGLISH**

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

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

**Escondido**  
Every Tuesday, 4-6pm  
Park Avenue Community Ctr, Cedar Rm  
210 East Park Ave., Escondido, 92025  
Contact Helpline*: (619) 543-1434 or (800) 523-5933

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

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

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

**North Central San Diego**  
3rd Tuesday, 11:30am-1pm  
5095 Murphy Canyon Road, Suite 320  
San Diego, 92123  
Contact Helpline*: (800) 523-5933 or (619) 543-1434

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

**South Bay - NEW LOCATION!**  
1st Monday, 6-8pm  
St. James Lutheran Church  
866 Imperial Beach Blvd  
Imperial Beach, 91932  
Contact: Helpline*: (619) 543-1434 or (800) 523-5933

**South San Diego**  
4th Monday, 5-7pm  
Maria Sardinas Wellness & Recovery  
1465 30th Street, Suite K  
San Diego, 92154  
Contact: Kika at (619) 397-8835

**TOPIC SUPPORT GROUPS**

**Borderline Personality Disorder Informational Meetings**  
1st Thursday, 6:30-9pm  
UCSD Outpatient Psychiatric Services (Gifford Clinic)  
140 Arbor Drive, Rm 247  
San Diego, 92103  
Contact: Sandy Boone  
sboone@bpdglobal.com

**Criminal Justice Family Support**  
3rd Thursday, 6-7:30pm  
Spring Valley Youth & Family Coalition  
3845 Spring Drive, Room 28, Spring Valley, 91977  
Contact Helpline*: (619) 543-1434 or (800) 523-5933

**PEP - Parents Empowering Parents**  
(for parents and caregivers of youth up to 25)  
3rd Wednesday, 6-8pm  
NAMI San Diego  
5095 Murphy Canyon Road, Suite 320, San Diego, 92123  
Text or call CYFL (858) 987-2980

**Sibling and Adult Children’s Group**  
Support for adults (18+) who are siblings of, or children of individuals with lived mental illness.  
2nd Wednesday, 7-9pm  
Scripps Memorial Campus  
Schaetzel Center / Noble Room  
9888 Genesee Ave., La Jolla, 92037  
Contact: Michelle at (760) 815-2684

**Spouses/Partners of Persons with a Diagnosis of Bi-Polar Disorder**  
3rd Tuesday, 6:30-8pm  
Clairemont Lutheran Church  
Lutheran Hall, Room #2, 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, 6-7:30pm  
NAMI San Diego Headquarters  
5095 Murphy Canyon Road, Suite 320, San Diego, 92123  
Contact Helpline*: (800) 523-5933 or (619) 670-1184

**EDUCATION & ADVOCACY MEETINGS IN ENGLISH**

**NAMI San Diego**  
1st Thursday, 6:30-8:30pm  
Meetings held at various locations  
Visit namisandiego.org or Contact Helpline*: (800) 523-5933 or (619) 543-1434 or email outreach@namisd.org

**North Coastal Education Meeting and Share and Care Support Group**  
3rd Thursday, Meeting 7-8:30pm  
Support Group, 8:30-10pm  
St. Michael’s by the Sea Episcopal Church  
2775 Carlsbad Blvd, Carlsbad, 92008  
Contact: (760) 722-3754  
info@naminorthcoastal.org

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*Disclaimer: The NAMI San Diego Helpline is available M-F 9am-5pm. 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**
Thursdays, 6-7:30pm
4069 30th Street, San Diego, 92104
2nd Floor Conference Room

**East County Mental Health Clinic**
Fridays, 12-1:30pm
1000 Broadway, 1st Floor
Wellness Center, El Cajon, 92021

**Central Library**
2nd & 4th Wednesday, 2-3:30pm
330 Park Blvd. (Between J & K Streets)
Room 563, San Diego, 92101

**Mariposa Clubhouse**
Wednesdays, 1-2pm
560 Greenbrier, Suite C-E, Oceanside
92054. Information: (760) 523-5933

**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

**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, 92101
Toll Free: 1-877-734-3258
Monday - Friday: 9am-5pm

**Patient Advocates**
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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**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.

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

- **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

- **Deaf Community Services Clubhouse**
  4080 Centre Street Suite 208
  San Diego, 92103
  Phone: (619) 398-2441
  Hours: Mon. - Fri.: 8:30am-12pm
  Saturdays & Sundays: 1-5pm

- **East Corner 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

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

- **The Meeting Place, Inc.**
  2553 State Street
  San Diego, 92101
  Phone: (619) 294-9582
  Hours: Mon. - Fri.: 8am-4pm

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

- **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

- **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.

**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

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Hours: Mon. - Fri.: 12-7pm
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NA & Dual Diagnosis groups available, please call for the schedule.

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**Patient Advocates**
Patient Advocates are available to assist with applications and appeals. Please call the clubhouse for more information.
## January 2018

### Upcoming Events...

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td></td>
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<td>1</td>
<td>2 Southern Caregiver Resource Center Support Group - National City 2:30-4pm (800) 827-1008</td>
<td>3</td>
<td>4</td>
<td>5 San Diego Veterans Coalition 8-10am <a href="http://bit.ly/frtHfd">http://bit.ly/frtHfd</a></td>
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<td>7</td>
<td>8</td>
<td>9</td>
<td>10 Free Mammograms 9am-1pm Call Bertha Tiznado (619) 508-8088</td>
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<td>14</td>
<td>15</td>
<td>16</td>
<td>17 PEP - Parents Empowering Parents 6-8pm RSVP (858) 987-2980</td>
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<td>28</td>
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