



National Alliance on Mental Illness

NAMI

San Diego

October 2018 Newsletter

A Message from our CEO - Cathryn Nacario

Approaches to Mental Health in San Diego is the theme of the August 2018 issue of ***San Diego Physician Magazine***. NAMI San Diego was honored to contribute several articles to the edition.

"Psst... It's OK to Talk About Mental Illness in San Diego" - (pg. 14)

"Cultivating Compassion: What a Patient with Mental Illness Wants Doctors to Know"
- by Julie Benn (pg. 17)

"The Value of - and Need for --Mental Health Integrated Care"- by Steve Koh (pg. 22)



15th Annual Color Ball & Inspiration Awards



15th Annual NAMI San Diego Color Ball & Inspiration Awards

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Master of Ceremonies
Carlo Cecchetto
CBS News 8



Special Guest
Dan McAllister
San Diego County Treasurer-Tax Collector

Event Co-Chairs

Andy Kaiser and Pamela Nichols

Committee

Dr. Rachelle Rene
Markov Manolo
Michelle Anderson

Will you celebrate with us?
[Click the DINO to get your tickets](#)
today!



15TH ANNUAL NAMI SAN DIEGO
COLORBALL
& INSPIRATION AWARDS
Thursday, October 11, 2018
San Diego Natural History Museum
© NAMI San Diego Serving San Diego for 40 Years

Helpline Numbers



ACCESS & CRISIS LINE

(888) 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.



NAMI SD FAMILY & PEER SUPPORT HELPLINE

(800) 523-5933 / M-F 9am-5pm

Provides **RESOURCES** for mental health issues in SD County.
Please allow time for a volunteer to return your call.



NAT'L SUICIDE PREVENTION LIFELINE

(800) 273-8255

24 hrs a day, 7 days a week

Provides mental health **SUICIDE** intervention.



VETERAN'S CRISIS LINE

**(800) 273-8255 (Press 1)
or text 838255**

24 hrs a day, 7 days a week

Provides free, confidential support to Veterans, Service Members and loved ones

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 their rights are being respected.

(619) 282-1134 or (800) 479-2233
Monday - Friday: 8am-5pm

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

Mental Health Awareness Week - October 7th - 13th

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. Despite mental illnesses' reach and prevalence, stigma and misunderstanding are also, unfortunately, widespread. That is why each year, during the first week of October, NAMI and participants across the country raise awareness of mental illness. Each year, we educate the public, fight stigma and provide support. And each year, our movement grows stronger.

[Continue Reading -->>](#)

Education & Advocacy



Education & Advocacy Meeting FREE MEETINGS

First Thursday of every month, 6:00 - 7:30 pm
NAMI San Diego Office
5095 Murphy Canyon Road, Suite #320
San Diego, CA 92123

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. Meetings are free and open to everyone in the community.

October 4th @ 6 pm

Topic: Child Youth Family Liaison (CYFL) Presents #KnowNoStigma.
Breaking Stigma Surrounding Mental Health

Guest Speaker: Linda Ketterer, NAMI San Diego CYFL Lead Trainer

November 1st @ 6 pm

Topic: The Brain – Gut Connection,
Learn how your gut affects the way your brain works
Guest Speaker: Dr. Steve Tullius, Doctor of Chiropractic

RSVP Today!

Family-To-Family Courses

An Education Program for Families and Friends over the age of 18, who have a loved one also over the age of 18, who lives with a mental health challenge.



Family-To-Family Courses

An Education Program for Families and Friends Over the Age of 18, Who Have a Loved One Also Over the Age of 18 Years of Age, Who Live with a Mental Health Challenge.

The 12-week 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

[Click here for Course Details](#)

Mental Health & Criminal Justice Support

The NAMI San Diego **Criminal Justice Support Group** has recently moved from

Spring Valley to Central San Diego, hosted at the **main offices of NAMI San Diego:**
5095 Murphy Canyon Road
Suite #320
San Diego, 92123

This support group is monthly, ongoing and is offered the third Thursday of each month from 6:00pm to 7:30pm. Following the NAMI model of family support, this group is appropriate for individuals with a criminal justice involved loved one living with mental and/or behavioral health challenges. Registration is not required.

Family Meeting Schedule & Support Groups



NAMI San Diego

FAMILY MEETING SCHEDULE & GENERAL SUPPORT GROUPS

(ADULTS 18 & OLDER with a loved one over the age of 18)

FAMILY SUPPORT GROUPS
IN ENGLISH

FAMILY SUPPORT GROUPS
IN SPANISH

TOPIC SUPPORT GROUPS

for Adults 18 & older with loved ones of any age

[Click for Support Group Listings](#)

Peer Support Groups



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.

[Click for NAMIConnection details](#)

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.

[Click for Clubhouse details](#)

Side by Side Orientation

The purpose of the NAMI San Diego Side by Side program is to connect an individual who lives with a mental health condition with a Companion. Participants and Companions

Get Involved!

Support for Families with Youth



Visit the [CYFL Website](#) for newsy updates



Upcoming Meeting Dates
Meets 3rd Wednesday of the month
6-8 pm

Oct. 17th: Legal Aid of San Diego Social Security Disability Insurance & Supplemental Security Income

Nov 21st: Topic TBA

Dec. 19th: San Diego Youth Services | CARE Program presents the dangers and what to be on the lookout for when it comes to Sex Trafficking.

Meeting location:

NAMI San Diego
5095 Murphy Canyon Rd, Ste 320
San Diego, 92123

PEP: Parents Empowering Parents SUPPORT GROUP MEETING
#OURVOICESMATTER

NAMI SD's CYF Liaison offers San Diego parents and caregivers a FREE, open, monthly coaching and support group meeting for parents and caregivers of children and youth (through age 25) living with challenging behaviors, mental and behavioral health concerns. *No parent seeking support will be turned away!*

RSVP Today!

For more information on Child, Youth and Family Liaison Programs, read the [CYFL Quarterly Newsletter](#)

Navigating Caregiving for Veterans & Military Families

Are you providing care for a family member or friend who is a veteran or part of a military family?

The Caregiver Coalition Of San Diego
Presents Navigating Caregiving for Veterans and Military Families

Saturday October 20, 2018
9:30 a.m. to 2:30 p.m.
First United Methodist Church San Diego
2111 Camino Del Rio South
San Diego, CA 92108

[More Info](#)

[To Register](#)

Each Mind Matters

The Directing Change Program & Film Contest is an evaluated youth engagement program. Directing Change engages students and young people throughout California to learn about the topics of suicide prevention and mental health by creating short films that are used to support awareness, education, and advocacy efforts on these topics.

Directing Change is part of Each Mind Matters: California's Mental Health Movement and statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students.

[For more information -->>](#)

[View the 2018 Winners](#)

A Day for Caregivers Conference - Save the Date

Got Caregiving?

“A Day for Caregivers” conference will take place on
Friday, November 9, 2018, from 9:00 AM to 2:00 PM
in the Scripps Poway Parkway area

NAMI San Diego partners with the Caregiver Coalition of San Diego to host this **FREE** conference for those caring for individuals living with Mental Health Challenges. Over 100 individuals supporting loved ones attended this event last year. Great speakers, resource fair, lunch and more. Save the date and keep an eye on the NAMI San Diego's Newsletter for more on this great event offering support for caregivers of those living with mental health challenges.

Peer Support For Peer Support Specialists (PS4PSS)



PS4PSS is an organization for those working as Peer & Family Support Specialists where they can gather to discuss relevant issues, as well as share information about resources in the community. Attend to discuss topics relevant to peer support specialists who are working (paid, volunteer, or seeking a position) in the behavioral health system of care.

This is a small group and you are welcome to share this meeting information with others.

First Wednesday of each month
6:00 – 7:30 PM
Mission Valley Branch - San Diego Library
Seminar Room near the back
2123 Fenton Pkwy,
San Diego, CA 92108
(Next to IKEA and Costco)
(858) 573-5007 for directions
For more information contact:
Shellie Raczok: PeersOnPurpose@gmail.com
(858) 573-5007

[Find us on Facebook](#)

Careers at NAMI San Diego

We invite you to apply for any of our [current employment opportunities](#). To apply for a position, please email your cover letter and resume to jobs@namisd.org

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