



National Alliance on Mental Illness

**NAMI**

**San Diego**

## December 2018 Newsletter

### A Message from our CEO - Cathryn Nacario

Wow, I cannot believe we are already in the midst of the holiday season. What a year it has been for us here at NAMI San Diego, and as a nation. NAMI San Diego continues to grow with several exciting new or expanded partnerships, prospects and social enterprise opportunities. We automated many of our accounting and back office systems this year resulting in more efficiencies and cost savings so we may continue to provide much needed free services to our community.

Our nation has experienced much heartbreak this year with deaths by suicide, mass shootings, and natural disasters. This newsletter contains several great links that address these very difficult times with information, solutions, and hope. These traumatic events affect all of us and it is up to us to be the beacon of light and faith that we can be a part of the change we need to see in our communities.



NAMI San Diego is dedicated to everyone in our daily mission and we are forever grateful for our staff, volunteers and community partners who assist us in performing our work with kindness, dignity, and hope for all impacted by mental health challenges.

Thank you for being you!

~Cathryn

## How Will You Give?



#GIVINGTUESDAY

Give your time  
Give monetarily  
Give encouragement

**Give Today!**

## 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.

#### **December 6th @ 6pm**

**Topic:** Criminal Justice System discussion

**Host Neil Besse**, Attorney at Law with Defense Transition Unit  
of the Office of the Primary Public Defender

The unit was recently created within the Primary Public Defender's Office to assist with the resolution and sentencing of criminal cases where the primary goal is effective mental health management.

## Stop Firearm Suicide

**FIREARMS ARE THE LEADING METHOD OF  
SUICIDE IN SAN DIEGO COUNTY.**

In fact, suicides by firearm outnumber homicides by firearm approximately 3 to 1.

Health and Human Services Agency, Behavioral Health Services (BHS) is kicking off a new suicide prevention campaign called Stop Firearm Suicide SD. This focuses on means reduction and will start with education to reduce access to guns for persons with suicidal ideation. The [attached flyer](#) will be posted in gun shops and ranges, and the brochures will be disseminated to gun owners. BHS will also distribute gun safety locks with suicide prevention messaging throughout the county.

[...more info -->](#)



# Hate is not a Mental Illness

***“Most of the time, mass shooters aren’t driven by delusions or voices in their head. They are driven by a need to wield their power over another group. They are angry at the perceived injustices that have befallen them at the hands of others”***

This past month, 11 Jewish people were shot at a synagogue by a man who had posted anti-Semitic comments online. Two African-American people were murdered at a grocery store by a gunman who had just tried and failed to enter a black church. 12 people were shot and killed at a Thousand Oaks nightclub. Like clockwork, public speculation about the presumed mental illness of the shooters unfolded soon thereafter. As the events of each man’s past were slowly unearthed, they started to ring familiar bells: run-ins with the police, domestic violence, involvement with online hate groups, bar fights, brief psychological interventions for threats of suicide or violence. Many of these mass shooters had previous diagnoses of things like depression, autism spectrum disorders, or anxiety. But even if these diagnoses were accurate, did they cause the shootings?

***...continue ->***

## NFL Team Hires a Mental Health Clinician

“The prevalence of depression, anxiety and other mental illnesses in people in all walks of life -- including the NFL -- led the Panthers to hire therapist Tish Guerin. She is one of the first -- and currently believed to be the only -- active in-house psychological clinicians in the league..” ***continue->***



Tish Guerin is one of the first-and currently believed to be the only-active in-house psychological clinicians in the NFL  
Courtesy of Melissa Melvin-Rodriguez/Carolina Panthers

## 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

## Calling all Volunteers!!

People choose to **volunteer** for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge.

Volunteering with NAMI San Diego is more than just another opportunity. It is becoming a part of the Mental Health Community! With your support we can show that "It's OK to talk about Mental Illness"

Please fill out the online [volunteer application](#). To RSVP please email [outreach@namisd.org](mailto:outreach@namisd.org) or call **Sam Roberts (858) 634-6580 x148**



## 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 **FREE!** 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](#)

## 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



National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**  
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 lived experience with a mental health challenge. NAMI Connections is a safe space where you are able to expand on your peer experience.

[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 have the opportunity to meet up in the community. **Looking for Volunteers!**

[\*\*Get Involved!\*\*](#)

Interested in sharing your lived experience with mental illness?

**NAMI San Diego needs you!**

Training for jobs in the behavioral health field

[Paid employment](#)

[Volunteer opportunities](#)

Mentoring programs

Speakers bureau (training provided)

Call us today: 858-634-6580



Stacy Greene  
In Our Own Voice (IOOV) Presenter

## Support for Families with Youth



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



### 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!*

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

**Dec. 19th:**  
San Diego Youth Services I CARE  
Program presents: The dangers and  
signs of sex trafficking.

**Meeting location:**  
NAMI San Diego  
5095 Murphy Canyon Rd, Ste 320  
San Diego, 92123

**RSVP Today!**

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

**California Achieving a Better Life Experience (CalABLE)  
Program**

For many people with disabilities, the fear of losing critical public benefits, coupled with the high cost of support expenses, has limited them from building financial security.

Until recently, individuals receiving federal benefits have been restricted in the amount of money they can save, essentially keeping them in poverty and preventing them from planning for the future. With the [Stephen Beck Jr. Achieving a Better Life Experience \(ABLE\) Act](#), signed into federal law by the President, these thresholds are no longer an obstacle.

In 2015, Governor Brown signed the California ABLE Act into law, which allows qualified individuals with disabilities and their families to open tax-free savings accounts without the worry of losing vital government assistance. This law establishes the California ABLE Act Board, which will administer the CalABLE Program.

The CalABLE Program will open up life-improving opportunities for people with disabilities and their families in much the same way California's ScholarShare 529 plans formed educational opportunities for the state's students.

Contributions to an ABLE account, currently limited to \$15,000 per year, can be made by family, friends, or the beneficiary themselves. The account's earnings are allowed to accumulate tax-free, and the withdrawals, provided they are applied to qualifying disability expenses, are tax-free.

Read more about the CalABLE Program by accessing our [Fact Sheet](#) or <https://www.treasurer.ca.gov/able>

## Love Your Heart

**Love Your Heart** is an annual event in which organizations from across the U.S. and Mexico join together to provide FREE blood pressure screenings to the public on Valentine's Day, February 14. We are looking for sites that are interested in hosting a free blood pressure screening, as well as medical volunteers who are willing to assist with blood pressure screenings!

REGISTRATION IS OPEN!!!  
[Click for more information](#)



## Positive School Climate Fair

Positive School Climate: Fostering Cultures of Care  
hosted by The San Diego Unified School District (SDUSD)  
Counseling and Guidance Department

You are cordially invited to participate in SDUSD's annual Positive School Climate Fair. This event will be hosted by the Office of School Innovation and Integrated Youth Services, at the Jacob Center. The purpose of the event is to provide information to students, families and staff regarding services, programs and resources that are currently available in our schools and offered by our community partners.

December 12, 2018 11:00am - 2:00pm  
The Jacobs Center  
404 Euclid Avenue

[Register Here](#)



## 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](mailto:jobs@namisd.org)

### **NAMI San Diego Board of Directors**

President, Andy Kaiser  
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**Donate to NAMI San Diego**

Your Kind Donation Helps Us Provide Our Free Services

