

February 2019 Newsletter

Celebrating Black History Month



Messages from our CEO Cathryn Nacario

NAMI San Diego is growing!

2019 is already starting out to be an exciting year. NAMI San Diego is very pleased to announce that we were awarded the county contract to operate the Friend-to-Friend Clubhouse which focuses on individuals with a serious mental illness (SMI) experiencing homelessness in downtown San Diego.

This is a new service line for NAMI San Diego and we couldn't be more thrilled to have this opportunity. It is truly who we are and what we do as an organization to be able to use a peer model for recovery and hope in the clubhouse setting.

We have also expanded to the North Coastal region of San Diego. We are happy to have come together with our sister affiliate NAMI North Coastal as one large NAMI San Diego organization, maintaining services and office space in the new Live Well building in Oceanside. We honor and value all of the volunteers who have been a part of NAMI North Coastal and we welcome them to the NAMI SD family!

Partnership with Rady Children's Hospital

NAMI SD has forged a new partnership with Rady Children's Hospital San Diego! RCHSD has graciously leased space to NAMI SD at no charge to have an office in the Nelson Pavilion outside of inpatient Child and Adolescent Psychiatric Services. Starting early March NAMI San Diego will staff the office 4 days per week during normal business hours, with the goal of full-time staffing by the summer. NAMI San Diego provides Friends in the Lobby services 2 hours a week and has touched over 145 families in the past 10 months during those

2-hour per week visits. We are thrilled to announce this partnership and new location.

Stay tuned for more exciting notices of NAMI San Diego expanding its reach in both services and locations! All of this cannot be done without the solid core of donors and volunteers we have assisting us every day. Thank you!



Dr. Nicholas Holmes, SVP & COO,
Rady Children's Hospital &
Cathryn Nacario, CEO,
NAMI San Diego

In Search of Heroes

What does your invisible cape look like? Is it covered in glitter and sparkles? Is it long or short? Flowy or straight? Many of us have capes that we wear that others can't see. Our capes provide us security and confidence to face some of our toughest challenges. We often have to dig deep to be the hero in our everyday lives and in the lives of others especially when faced with mental health concerns. Just like mental illness, capes come in all shapes and sizes and no two are alike. We are all mental health heroes and I encourage everyone to show your cape, be bold, and celebrate the hero within all of us at this year's [NAMIWalks/Runs San Diego County](#)

NAMIWalks/Runs San Diego County
April 27th



NAMIWalks/Runs San Diego County
Saturday, April 27, 2019
www.namiwalks.org/SanDiegoCounty

NAMI San Diego is looking for HEROES for NAMIWalks/Runs San Diego County on April 27, 2019 at NTC Park in Liberty Station. There are many ways you can be a NAMIWalks HERO, become a sponsor, be a team captain and recruit a team, or just walk with us.

For more information www.namiwalks.org/SanDiegoCounty

Your support will help increase awareness and understanding about mental health.

NAMIWalks/Runs San Diego County Kick-off Party!

Join us and let's TACO about Mental Health!

FREE, FUN, FOOD (there will be tacos!) & learn how to get involved in NAMIWalks/Runs San Diego and how you can be a NAMIWalks HERO!

Tuesday, March 12th, 2019
AleSmith Brewing Company
5:00pm - 7:00pm

[More Info & Registration for Kick-Off Party](#)

NAMI San Diego on NBC News
Ending the Silence



[NBC San Diego recently featured NAMI San Diego's Ending the Silence program](#)

NAMI Ending the Silence is a free presentation designed to give audience members an opportunity to learn about mental illness through an informative Power Point and short videos. There are three types of Ending the Silence presentations: one for Students, one for School Staff, and one for Families. Each presentation outlines symptoms of mental health conditions and gives attendees ideas about how to help themselves, friends, or family members who may need support. Additionally, all 3 presentations include personal testimony from a young adult living with a mental health condition and his/her journey to recovery.

[More information about the Ending the Silence Program](#)

Education & Advocacy



Education & Advocacy (E&A) 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.

Feb 7, 2019 @ 6pm

I CARE / San Diego Youth Services on Human Trafficking
Presenter: Denise Thompson

Mar 7, 2019

Jewish Family Services (JFS) Patient Advocacy Program
Presenter: Mike Phillips

**North County E&A Meeting
March 21, 2019 7:00pm-8:30pm**

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

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 more information](#)

NAMI Basics for Parents and Caregivers

NAMI Basics for Parents and Caregivers is a free, six-session program designed for parents and other family caregivers of children and adolescents under the age of 18 with emotional and behavioral difficulties. NAMI Basics for Parents and Caregivers helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior

to age 13. Participants are asked to attend all 6 classes per session. Interest lists now forming for North County Coastal and Central San Diego regions. [More info](#)

Family Meeting Schedule & Support Groups



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 NAMI Connection 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

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!**

[More info](#)

Support for Families with Youth



Links to:
[CYFL Website](#)
[CYFL Quarterly Newsletter](#)



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

February 20th
Patricia Bosvay on OCD Awareness
and what parents can do to help
struggling youth

**PEP: Parents Empowering Parents
SUPPORT GROUP MEETING**
#OURVOICESMATTER

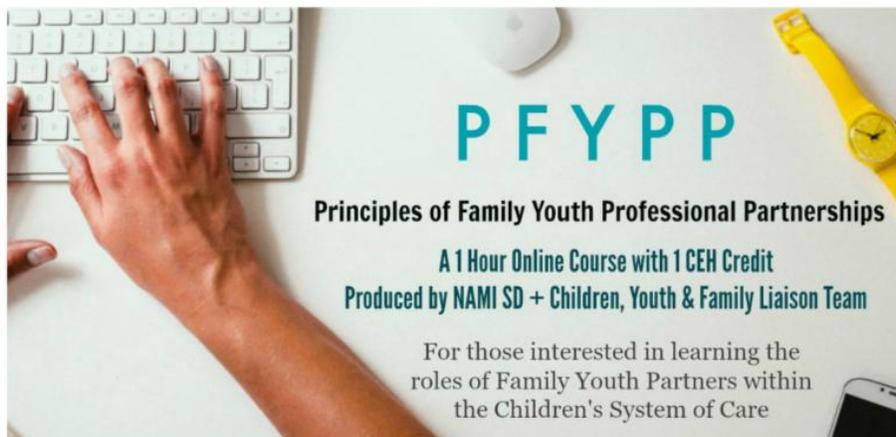
March 20th
April 17th
May 15th
June 19th

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!*

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

[RSVP Today!](#)

Principles of Family Youth Professional Partnerships (PFYPP)



Principles of Family Youth Professional Partnerships (PFYPP) is a 1 hour online course for those interested in learning the roles of Family Youth Partners within the Children's System of Care.

[More info](#)

Working Together Half-Day Training

Training the Children's System of Care on using Lived Experience as a powerful tool for Mental Health Professionals.

Next Training Date is February 13, 2019 from 8:30am - 12:30pm

Working Together is a vibrant and meaningful learning experience that builds the foundation for a strong, positive collaboration between clinicians, mental health workers, therapists, program staff, Family Support Partners and Children's System of Care Peer Staff with Lived Experience.

[More info](#)

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 or call **Sam Roberts (858) 634-6580 x148**



NAMI Homefront

NAMI Homefront is a free, six-session class for family, friends and significant others of Military Service Members and Veterans. The class helps families comprehend what the Military Service Member/ Veteran is experiencing related to trauma, combat stress, civilian life, PTSD and other mental health conditions. Topics covered include mental health, communication, handling crises, treatment and recovery.

[read more](#)

