May is Mental Health Awareness Month

May 2019 Newsletter

Children's Mental Health Well-Being Celebration
NAMIWalks/Runs San Diego County

Thank you to everyone who supported the NAMIWalks/Runs San Diego County! If you missed the Walk, you can still donate until May 27th.
Thank You to Our NAMIWalks/Runs Sponsors

National NAMIWalks Elite Sponsor

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Behavioral Health System
NAMI San Diego was recognized by the The County of San Diego Health and Human Services Agency as one of the recipients of the Annual Public Health Champions Director’s Award. NAMI San Diego was honored for their outstanding contributions to public health and their collaborative efforts to the Live Well San Diego vision.

In addition, Karen Lenyoun (center), Training Specialist at NAMI San Diego, was awarded the Public Health Champion Regional Award for the North Central Region.
Cinco de Mayo Pickleball Fiesta

Cinco de Mayo Fiesta to Benefit NAMI San Diego

Saturday, May 4, 2019
2:30 pm to 5:30 pm
St. Michael's by-the-Sea Episcopal Church
2775 Carlsbad Blvd., Carlsbad, CA

Join St. Michael's by-the-Sea at their annual fundraiser to support mental health programs in the community. Enjoy a catered taco cart, dessert and drink tables, outdoor seating on
our lovely lawn, games, a raffle, entertainment, and much more. St. Michael’s by-the-Sea Pickleball Association will assist in hosting the event.

RSVP

Plant Sale - Carlsbad Village Street Faire

Volunteers Needed: Call the NAMI Office at 760-722-3754

PLANT SALE
Sunday, May 5, 2019

Stop by the NAMI San Diego booth at the Carlsbad Village Street Faire

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.

NATIONAL SUICIDE PREVENTION LIFELINE
(800) 273-8255
24 hrs a day, 7 days a week
Provides mental health SUICIDE intervention.

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.

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.
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.

Thursday, May 2nd, 6:00pm
Recovery International will have a panel demonstration highlighting how you can manage difficult and stressful situations by using the Recovery International method. Light refreshments will be served.
For questions regarding the May 2nd event, call Lisa Garcia at (619) 383-2084 or email lisa@recoveryinternational.org

Click here to see Flyer for the Event

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

Click 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.

Click for flyer with more info

Click here to be added to the interest list

Family Meeting Schedule & Support Groups

for Adults 18 & older with loved ones of any age

Click for Support Group Listings

Peer Support Groups

Click for NAMI Connection 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!**

Support for Families with Youth

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

**Upcoming Meeting Dates**
Meets 3rd Wednesday of the month
6:00pm - 8:00pm

- May 15th
- June 19th

**Meeting location:**
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!

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.

Youth/Family Support Partner Celebration

Submitted by:
Mark David Grijalva Peres
Parent Partner/Skills Trainer

About two months ago in the monthly NAMI meetings I had the privilege to help facilitator Linda Ketterer write on the white board from the meeting partners shoot out words that describe why we do what we do in the work that we do. As I heard them, I thought of our team and how awesome we are and how blessed we are to have one another and the words in this heart resonated many of the reasons we are all doing what we do for our youth and families. I just wanted to share with you this and share a thought with you each as my Wrapworks Family:

Today we rise
Tomorrow we may fall
But together we lift
One another up regardless…
As families find their guidance
Or swerve side to side,
We are doing all we can
With what we have,
Be it via educational
Or personal lived experience;
We balance the teeter-totter
To meet the needs
Of each youth and their families
One at time…
Let us embrace our own strength
And never shame our weaknesses
For it is what we are
And what we have to offer
For one another as a team
And those all around us as a whole.
We are mighty,
We are beautiful,
We are humorous,
We are singers,
We are dancers,
We are active listeners,
We are writers,
We are hungry…
Hungry to know what is needed
To support and provide resources
To our co-workers, youth, and families…
We might not all talk daily
Or hang out at all,
But we are attuned
With what many of this heart presented
Expresses.

Got North Inland Faith?

This March alone, NAMI San Diego participated in three large mental health events hosted by churches in the North, Central and North Inland areas of San Diego County. NAMI San Diego understands there is a growing number of faith traditions whose congregations are embracing the need for stigma free mental health ministry. In fact, through SD County funding, NAMI San Diego continues to support the worlds of behavioral health and religious identity in San Diego’s North Inland area by bringing free, dynamic presentations on mental health and stigma to churches and community organizations. These engaging presentations are proved by NAMI San Diego trained graduates of the Faith Based Academy and presented in teams of two - a clergy or lay leaders along with licensed mental health clinicians.

Presentations are designated for the North Inland community and are free, last about an hour and are available weekdays, evenings and weekends through June.

Contact FaithBasedMH@namisd.org or call (858) 634-6580 ext. 113.

Click for 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.

Click for Class Details

Research Study

NAMI is committed to ensuring that the most effective treatments for mental illness are available to those who need them. Determining which treatments are most effective requires research.

When NAMI learns of new studies by physicians and other scientists involving new treatment methods, such as psychotherapies, medications, methods of medication delivery, etc. we become excited. That excitement comes from knowing that scientists continue to learn more about mental illness and look for ways to improve the lives of those affected by it. When NAMI is approached to be involved in research of any type, at any level, we take it very seriously. NAMI’s medical director, Dr. Ken Duckworth and Director of Information & Support Dr. Teri Brister thoroughly review the research protocols and methodology and the documentation that the study has been approved an Institutional Review Board (IRB) to assure the safety of those involved.

This study is looking at whether a medication called brexpiprazole is safe and effective in reducing the symptoms of major depressive disorder (MDD) when used together with other antidepressant therapies. The goal of this study is to increase treatment options for adults with MDD who have difficulty managing their symptoms with current antidepressant therapies.

Click for more information

Mindfulness Practices for Caregivers

Health Services Advisory Group (HSAG) Invites You to Attend the Behavioral Health (BH) Webinar

Friday, May 10, 2019 • 9–10 a.m. PT (12 noon ET)

Health Services Advisory Group (HSAG) invites you to participate in a Behavioral Health educational webinar to help find better balance being a caregiver and taking care of yourself. Caregiving can take an emotional and physical toll without vigilance and support. Compelling scientific studies illustrate how mindfulness meditation practices can counteract negative effects of chronic stress on our minds and bodies. Learn how to protect yourself and others from burnout and help loves ones stay at home for as long as possible.

Click here for Flyer  
Click to Register

A Conversation About Aging
presented by New York Times Columnist, John Leland
Thursday, May 16th at 2:30 PM
San Diego Oasis Lifelong Learning Center
5500 Grossmont Center Drive
La Mesa
(619) 881-6262
SanDiegoOasis.org

a conversation about Aging

DATE | TIME | LOCATION
Thursday, May 16 | 2:30 PM
San Diego Oasis | Lifelong Learning Center
5500 Grossmont Center Drive | La Mesa
(619) 881-6262 | SanDiegoOasis.org

COST
FREE but Registration Required

REGISTER FOR CLASS #95
SanDiegoOasis.org

Click to Register

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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