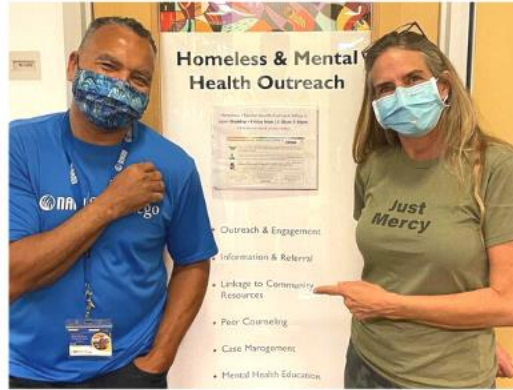


San Diego County Behavioral Health System of Care Peer Council



LIVE WELL
SAN DIEGO



Community
Advocacy
Program
NAMI SAN DIEGO & IMPERIAL COUNTIES

Introductions and Icebergs!

In the chat, please share:


Name

Role & Organization

Contact Email

National Grief Awareness
Day is August 30th,
please share with the
group:

What would you do to
support someone who
is grieving?



The Ball & The Box

The Ball & The Box

The Ball & The Box

The Ball & The Box


The Ball & The Box Analogy of Grief

Pain Button

Ball

There's a box with a ball in it. And a pain button. In the beginning, the ball is huge. You can't move the box without the ball hitting the pain button. It rattles around on its own hitting the button over and over. You can't control it - it just keeps hurting. Sometimes it seems unrelenting. Over time, the ball gets smaller. It hits the button less and less but when it does, it hurts just as much. You can function day to day more easily, but the downside is that the ball randomly hits that button when you least expect it. For most people the ball never goes away. It might hit less and less, and you have more time to recover between hits, unlike when the ball was still giant.

Credit: Aching Arms UK



August 30th is National Grief Awareness Day

Grief Awareness Day's mission is to educate people on grief and create a space for loss.

HOW TO OBSERVE NATIONAL GRIEF AWARENESS DAY

1. Support a grieving friend

If a friend has been honest with you and shared a current story of grief or loss, today is the day to be an extra shoulder for them to cry on. While acknowledging that everyone processes their feelings differently, offer to support your friend in whatever way they need.

2. Engage in self-care

In the throes of grief, a normal human response to loss, self-judgment, and anger are not productive emotions. Rather than attempting to push yourself onto an acceptable "grieving timeline," remember that there is no one path for those in mourning, and engage in self-care by letting yourself feel whatever you're feeling.

3. Post #NationalGriefAwarenessDay

Help National Grief Awareness Day accomplish its mission of educating the public on grief by sharing what you've learned on social media. Creating space for any kind of reaction to loss is healthy for you, and might just be what someone in your social circle needed to see.



Updates

The Peer Council now has an interest list form for those interested in presenting as guest speakers at the Peer Council!

If you are interested in sharing your organization with us, please fill out the Interest Form posted in chat, or scan this code with the camera on your phone!



Restructuring



Clubhouse Discussion featuring, Daniel Kasperick



**Jewish Family Services/Advocacy
discussion, featuring Melissa Hall**



NAMI San Diego's Community Advocacy Training is Here!

- NAMI National's Smarts of Advocacy is an interactive training certification program that transforms passion and lived experience into skillful grassroots advocacy.
- It is open to those new to advocacy and those who have been amplifying voices for years.
- Completion certificates are achieved.
- After the completion of the first module, "Telling Your Story", advocates will be able to share their stories with the local community and policymakers.
- Community Advocates will be sharing their stories each council meeting every month!



Advocate Feature of
the Month:
Melissa Penaflor!

Our Next Training!

COMMUNITY ADVOCACY TRAINING!

Telling your story!

Learn how to best structure your mental health journey to be the most impactful in two minutes or less!

Wednesday, August 16

2:00 PM - 4:00 PM

Virtual on Zoom!



Email your RSVP to CommunityAdvocacy@namisd.org or register through the Zoom Link in chat!



Community Advocacy Program
NAMI SAN DIEGO & IMPERIAL COUNTIES



Resources:

NAMI San Diego Helpline: **1-800-523-5933**

NAMI San Diego Warmline: **1-619-295-1055**

Crisis Text Line: **Text "NAMI" to 741741**

OscER - app.oscer.org

OscER Jr. - app.oscerjr.org

AlfrEDU - app.alfredu.org



CAP Email: CommunityAdvocacy@namisd.org

CAP Website: [Advocacy – NAMI San Diego](#)

NAMI San Diego Website: <https://namisandiego.org/>

SOCIAL MEDIA: *IG/Twitter* @nami.san.diego

Facebook: NAMI San Diego



Thank You for Attending the SDCBHSOC Peer Council!



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