

Meet oscER!

oscER (organized support companion in emergencies) is a new mobile app created by the NAMI San Diego Tech CAFE that helps people navigate psychiatric emergencies by providing instant access to regional resources, guidance, and information. Not only will this app provide people with information on what to do before, during, or after a psychiatric crisis, but this mobile platform will act as a tool of empowerment, allowing the consumer to take control, manage, and overcome many mental health situations. (Continued on page 3)



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CONTACT US

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1 (800) 523-5933

www.asknamisandiego.org

information@namisd.org

www.namisandiego.org



Education & Advocacy

THURSDAY, JULY 7 | JULY E&A Meeting

TOPIC: LGBTQ Community & Health Management

The LGBTQ community faces mental health issues too, and here to talk about it is Dr. Estrellado, PhD. Come join us for this exciting and informational Education and Advocacy meeting!

	<u>SCHEDULE</u>	<u>LOCATION</u>
6:30 p.m.	Program	University Christian Church, Friendship Hall
7:30 p.m.	Ask the Doctors	3900 Cleveland Ave. San Diego, CA 92103

MARTES, 19 de JULIO | Education & Advocacy Meet-
19 de Julio

6:00 p.m. - 8:00 p.m.

"Preguntas al profesional" 6:00 p.m.—7:00 p.m.

Presentacion Comunitaria 7:00 p.m.—8:00 p.m.

Locación

Health and Human Services Agency at 690 Oxford
Street, Chula Vista, CA 91911 (primer piso)

Preguntas? Por favor de comunicarse con

Cintha al 619-688-0507

Want to learn more about our Spanish Education
& Advocacy Meetings?

Please contact Cintha Luis at 619-688-0507

THURSDAY, AUGUST 4th | AUGUST E&A Meeting

TOPIC: Aging and Mental Health

Dr. Lynn Northrop & Dr. Dara Schwartz will be talking about how to properly take care of your mental health as you age.

	<u>SCHEDULE</u>	<u>LOCATION</u>
6:30 p.m.	Program	University Christian Church, Friendship Hall
7:30 p.m.	Ask the Doctors	3900 Cleveland Ave. San Diego, CA 92103

NAMI San Diego, a non-profit organization, providing education, support services, and advocacy to improve the quality of life to everyone affected by mental illness.

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The NAMI San Diego Newsletter is a monthly publication of:

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Articles received by the 15th will be considered for publication in the following month's newsletter. Send articles to: newsletter@namisandiego.org

The opinions expressed in the newsletter do not necessarily reflect those of NAMI San Diego.

To register your opinion, call NAMI San Diego at (858) 634-6580 or email at newsletter@namisd.org. Thank you.

Meet oscER, continued...

As a navigational guide and support companion, people will be provided with clear content like maps and phone numbers for walk-in centers, psychiatric hospitals, professional answers about diagnoses and treatment, food, shelter, and legal aid resources, as well as useful information about mental health disorders. The app is set to launch at the beginning of July, 2016. For more information, please visit namisandiego.org/oscer.

Peer-To-Peer Program

Would you like to learn more about your mental illness? Benefit by being around others that know what it's like living with mental illness? Like to develop a Relapse Prevention Plan? Peer-to-Peer is a FREE educational course for any individual (18 years and older) living with mental illness, who is interested in establishing and/or maintaining their wellness and recovery. Each session is 2 hours in length and continues for 10 consecutive sessions. The course uses a combination of lecture, interactive experience and structured group processes. The course is guided by trained mentors and a resource volunteer who are themselves experienced at living well with mental illness. The Peer-to-Peer course covers a wide variety of topics, including: mental illness as a traumatic experience, consumer stages of recovery, brain biology and research, relapse prevention, understanding emotions, focusing on experiences of joy, and abundant information and thorough discussion on a wide array of disorders. For more information or to register please visit our namisandiego.org or call NAMI San Diego at (619) 543-1434.

Family-To-Family Program

An education program for families and friends of individuals who experience mental illness. This FREE 12-week course is taught by trained family members who have lived with the experience of having a family member diagnosed with mental illness. The Family-to-Family course topics include:

- Learning about feelings and facts
- Schizophrenia, Anxiety Disorder, Obsessive-Compulsive Disorder, Borderline Personality Disorder, Bipolar Disorder and Depression
- Basic brain biology/new research, problem-solving workshops, medication review

- Empathy workshop—what it's like to have a brain disorder, Communication skills workshop
- Self-care, rehabilitation services, what's available, and fighting mental health stigma.



Congratulations, Friends In The Lobby!

NAMI San Diego's hospital support program, Friends in the Lobby, was honored on Friday, June 10th at the 30th Annual Behavioral Health Recognition Dinner. Friends in the Lobby was first introduced in 2012, and places trained volunteers in the lobby of behavioral health units so that they may provide support, information and resources to family members and friends of the person receiving treatment. Current hospitals being served are: Alvarado Parkway Institute, Bayview Hospital, Crestwood Long Term Care, Palomar Hospital, Scripps Mercy Hospital, Sharp Mesa Vista Hospital, Tri-City Hospital, UCSD Medical Center, and the VA Hospital.



A Message To Our Family-to-Family Program Teachers & Facilitators

NAMI San Diego's fiscal year 2015-2016, has come to a close, and NAMI San Diego's Education Department would like to express our upmost appreciation to the Family-to-Family teachers who have unselfishly taught 1, if not 2, 12 Week Family-to-Family courses throughout the year. We could not have accomplished graduating over 300 participants, without our teachers. We would like to thank (Sue B., Lynette C., Marty F., Bob F., Yasmin B., Irene S., Hal M., Paula B., Ellie T., Nicole L., Karen S., Jean S., Marty A., Annette A., Anita F., Joan W., Rosa R., Valerie H., Loreen M., Bridget Y., the Spanish teachers (Ernesto G. & Karla V.), the Chaldean-Middle Eastern Social Services Arabic teacher (Besma C.), and the United Pan Asian Communities Vietnamese teacher (Mindy Mc.). NAMI North Coastal is an important partner with NAMI San Diego and we would like to thank the teachers from NAMI North Coastal (Rhonda B., Mark S., Marie R., Eric R., Anna M., Martha A.). Spanish teachers from NAMI North Coastal are (Veronica A., Griselda A., Militza J., Frederico T.). You have all touched and changed lives through our Family-to-Family programs and we applaud you.

The NAMI San Diego's Family Support Groups are facilitated by dedicated volunteers who have supported over 1,000 family members throughout the last year. NAMI San Diego would like to thank these facilitators (Anita F., Hal M., Rose H., Wilbur H., Bill D., Mernie A., Helen G., Sandy R., Susan C., Ellie T., Michelle C., Kika C., Luz F., Gina O., Bill F., Paula B., Jeannine E., Joan W.) who hold support groups monthly, bi-monthly, or once a week depending on the location, and in support of families.

To all, Family-to-Family Teachers and Family Support Facilitators, we admire your drive and commitment to educate families on resources, advocacy, fighting stigma, while again speaking to the importance of self-care. You are making a difference!

NAMI San Diego CEO meets the United States Surgeon General

NAMI San Diego's own dedicated leader and CEO, Shannon Jaccard, recently met the United States Surgeon General, Dr. Vivek Murthy. Dr. Murthy has frequently addressed the importance of mental healthcare in the United States. In many conversations, he emphasizes how stigma associated with mental illness creates large-scale barriers that often prevent people from seeking help, and has suggested strategies for mitigating stigma so those who experience mental health issues will be more likely to seek treatment. Shannon and Dr. Murthy discussed NAMI San Diego's programs, missions, and goals, while briefly touching on emotional connectiveness in the current state of our world.



ICRC-S Research Training Institute

Nine teams of suicide prevention researchers and practitioners attended the ICRC-S's third Research Training Institute (RTI) at the University of Rochester on April 18 – 22, 2016, participating in a program of interactive workshops, plenary sessions, mentoring and small group sessions designed and led by faculty from the University of Rochester and other institutions. The research teams came from California, Connecticut, Kentucky, Maryland, Minnesota, Ohio, Texas, and the Veterans Administration Center of Excellence in Suicide Prevention in Canandaigua, NY. Throughout the RTI, participants discussed and refined their suicide prevention research projects, which focused on public health approaches to suicide prevention. "When I reflect on the RTI experience, I think of instantaneous comradery, lasting impressions and transformational thinking among distinguished scholars and academics on suicide prevention research. It was powerful, engaging and yes, FUN!" said RTI participant Renee Cookson, Community Development Director at NAMI San Diego.

Family Meeting Schedule & General Support Groups Adults (18 and older)

Family Support Groups in English

Brawley

1st Thursday, 6:00PM - 7:30PM
205 Main Street, Brawley, CA 92227
Contact: Rose or Wilbur at
(760) 705-5002
imperialvalley@namisd.org

Clairemont

2nd Monday, 7:00PM - 8:30PM
St. David's Episcopal Church (Library)
5050 Milton Street, San Diego, 92110
Contact: (619) 543-1434 or
(800) 523-5933

East County

2nd Wednesday, 6:00PM - 7:30PM
El Cajon Library
201 E. Douglas Ave., El Cajon, 92020
Contact: (619) 543-1434 or
(800) 523-5933

Escondido

Every Tuesday, 4:00PM - 6:00PM
Escondido Senior Center, Room #5
210 East Park Ave., Escondido, 92025
Contact: (619) 543-1434 or
(800) 523-5933

Imperial Valley

3rd Thursday, 6:00PM - 7:30PM
202 N. 8th Street
El Centro, CA 92243 at 6:00PM
Contact: Rose or Wilbur (760) 705-5002
imperialvalley@namisd.org

La Mesa

1st Tuesday, 6:30PM - 8:00PM
St. Andrews Lutheran Church
8350 Lake Murray Blvd.
Community Center, 2nd Floor
San Diego, 92119
Contact: (619) 543-1434 or
(800) 523-5933

Ramona

1st Wednesday - 7:00PM - 8:30PM
Ramona United Methodist Church
3394 Chapel Lane, Ramona, 92065
Contact: (619) 543-1434 or
(800) 523-5933

Rancho Bernardo

3rd Monday, 7:00PM - 9:00PM
Rancho Bernardo Community
Presbyterian Church
17010 Pomerado Road
San Diego, 92128
Contact: (619) 543-1434 or
(800) 523-5933

NEW! - North Central San Diego

Beginning June 21st
3rd Tuesday, 11:30AM - 1:00PM
5095 Murphy Canyon Road, Suite 320
San Diego, 92123

Contact: (619) 543-1434 or (800) 523-5933

Family Support Groups in Spanish

North Coastal

1st Friday, 6:30PM - 8:30PM
Tri City Medical Center
Conference Room #7, Lower Level
4002 Vista Way, Oceanside, 92056
Contact: (760) 722-3754
info@naminorthcoastal.org

Otay Mesa

2nd & 4th Tuesday, 6:00PM - 8:00PM
Otay Mesa Library
3003 Coronado Ave.
San Diego, 92154
Contact: Gina Osuna (619) 288-3133

South Bay

1st Monday, 6:00PM - 8:00PM
South County Family Resource Center
690 Oxford St, Chula Vista, 91911
Contact: Gina Osuna (619) 288-3133

South San Diego

4th Monday, 5:00PM - 7:00PM
Maria Sardinias Wellness & Recovery
1465 30th Street, Suite K
San Diego, 92154
Contact: Kika Cortez at (619) 397-8835

Education and Advocacy Meetings

NAMI San Diego

1st Thursday, 6:30PM - 8:30PM
University Christian Church,
Friendship Hall
3900 Cleveland Ave.
San Diego, 92103
Contact: (619) 543-1434 or (800) 523-5933

North Coastal Education Meeting and Share and Care Support Group

3rd Thursday
Meeting - 7:00PM - 8:30PM
Support Group - 8:30PM - 10:00PM
St. Michael's by the Sea
Episcopal Church
2775 Carlsbad Blvd, Carlsbad, 92008
Contact: (760) 722-3754
info@naminorthcoastal.org

Topic Support Group

Borderline Personality Disorder Informational Meetings

1st Thursday, 6:30PM - 9:00PM
UCSD Outpatient Psychiatric Services
(Gifford Clinic)
140 Arbor Drive, Room #247
San Diego, 92103
Contact: Sandy Boone
sboone@bpdglobal.com

Criminal Justice Family Support

3rd Thursday, 6:00PM - 7:30PM
Spring Valley Youth & Family Coalition
3845 Spring Drive, Room #31
Spring Valley, 91977
Contact: (619) 543-1434 or
(800) 523-5933

Sibling and Adult Children's Group

Support for adults (18+) who are
siblings of, or children of individuals
with lived mental illness.
2nd Wednesday, 7:00PM - 9:00PM
Scripps Memorial Campus
Schaezel Center/Noble Room
9888 Genesee Ave.
La Jolla, 92037
Contact: Michelle Cauble
(858) 756-3140

Spouses/Partners of Persons with a Diagnosis of Bi-Polar Disorder

3rd Tuesday, 6:30PM - 8:00PM
Clairemont Lutheran Church
Lutheran Hall, Room #2 on 1st Floor
4271 Clairemont Mesa Blvd.
San Diego, 92117
Contact: (858) 472-2058

Substance Use Disorder and Co-Occurring Disorder Family and Friends Support Group

4th Friday, 6:00PM - 7:30PM
NAMI San Diego Headquarters
5095 Murphy Canyon Road
Suite #320
San Diego, 92123
Contact: (619) 688-0505 or
(619) 670-1184

Last Rev: 6/14/2016



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 mental illness. NAMI Connections is a casual & relaxed environment where you can share the challenges and successes you've had while coping with mental illness.

Mental Health America

Thursdays: 6:00PM - 7:30PM
4069 30th Street, San Diego, 92104
2nd Floor Conference Room

East County Mental Health Clinic

Fridays: 12:00PM - 1:30PM
1000 Broadway, 1st Floor
Wellness Center, El Cajon, 92021

Central Library

2nd & 4th Wednesday: 2:00PM - 3:30PM
330 Park Blvd. (Between J & K Streets)
Room #563, San Diego, 92101

Mariposa Clubhouse

Wednesdays: 1:00PM - 2:00PM
560 Greenbrier, Suite C-E, Oceanside
92054. Information: (760) 722-3754

En Espanol

Cada Martes: 2:00PM - 3:30PM
Visions Clubhouse
226 Church Street Chula Vista, 91910
Information: (619) 688-0507

St. Michael's Episcopal Church,
Library at Parish Hall

3rd Thursday of the month
5:30PM - 6:30PM
2775 Carlsbad Blvd., Carlsbad, 92008
Information: (722) 722-3754

**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: 9:00AM - 5:00PM

Jewish Family Services

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 rights are being respected.
(619) 282-1134 or (800) 479-2233
Mondays - Friday: 8:00AM - 5:00PM

Peer/Consumer Support Groups

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.

Bayview Clubhouse

Paradise Valley Hospital
Bayview Behavioral Health Campus
330 Moss Street
Chula Vista, 91911
Phone: (619) 585-4646
Hours: Monday - Friday: 8:00AM - 4:00PM
Evenings/Weekends - Call for Schedule

Casa Del Sol Clubhouse (Bilingual)*

1157 30th Street
San Diego, 92154
Phone: (619) 429-1937
Hours: Mondays: 8:30AM - 6:00PM
Tue./Thurs./Fri.: 8:30AM - 4:30PM
Wednesdays: 12:00PM - 8:00PM

Corner Clubhouse

2864 University Ave.
San Diego, 92104
Phone: (619) 683-7423
Hours: Monday - Friday: 8:00AM - 4:00PM

East Corner Clubhouse*

1060 Estes Street
El Cajon, 92020
Phone: (619) 631-0441
Hours: Monday - Friday: 8:00AM - 4:00PM

Eastwind Clubhouse

UPAC Eastwind Center
8745 Aero Drive, Suite #101
San Diego, 92123
Phone: (858) 268-4933
Hours: Monday - Friday: 8:30AM - 5:00PM

Escondido Clubhouse*

474 W. Vermont Ave.
Escondido, 92025
Phone: (760) 737-7125
Hours: Monday - Friday: 8:00AM - 4:30PM

Mariposa Clubhouse*

560 Greenbrier Drive, Suite C-E,
Oceanside, CA 92054
Phone: (760) 439-2785
Hours: Monday - Friday: 8:00AM - 4:30PM

Friends In Hand Clubhouse

144 Copper Ave.
Vista, 92083
Phone: (760) 631-2206
Hours: Saturdays & Wednesdays
11:00AM - 4:00PM

Friend-to-Friend Program*

(Serving the homeless)
2144 El Cajon Blvd.
San Diego, 92104
Phone: (619) 955-8217
Hours: Monday - Friday: 8:00AM - 4:00PM
API Discovery Clubhouse

Alvarado Parkway Institute

5538 University Ave.
San Diego, 92105
Membership Information: (619) 667-6176
Hours: Sat. & Sun.: 10:00AM - 4:00PM

The Meeting Place, Inc.*

2553 State Street
San Diego, 92101
Phone: (619) 294-9582
Hours: Monday - Friday: 8:00AM - 4:00PM

The Oasis Clubhouse

Serving Transitional Age Youth (Ages 16-25)
6153 Fairmont Ave.
San Diego, 92120
Phone: (858) 300-0470
Hours: Monday - Friday: 9:00AM - 6:00PM

NHA - Friendship Clubhouse

286 Euclid Ave., Suite #104,
San Diego, 92114
Phone: (619) 263-6269
Hours: Monday - Friday: 8:30AM - 5:30PM

Visions

226 Church St.
Chula Vista, 91910
Phone: (619) 420-8603
Hours: Monday - Friday 12:00PM - 7:00PM
Saturdays & Sundays: 12:00PM - 5:00PM
NA & Dual Diagnosis groups available, please call for the schedule.

Deaf Community Services Clubhouse

4080 Centre Street Suite 208
San Diego, 92103
Phone: (619) 398-2441
Hours: Monday - Friday: 8:30AM - 12:00PM
Saturdays & Sundays: 1:00PM - 5:00PM

*SSI Advocates available to assist with applications and appeals. Please contact the clubhouse for more information.



San Diego

5095 Murphy Canyon Road, Suite 320
San Diego, CA 92123

Return Service Requested



Save The Date!

Spanish Family-to-Family Class

begins July 20th through October 5th!

Time and Date: Every Wednesday from 6:00PM - 8:30PM

Location: County Assessor's Office

590 3rd Ave, Chula Vista, CA 91910

Contact: Gina Osuna at (619) 288-3133



Support

Educate

Advocate

We're in this together.

www.NAMISanDiego.org

