

# Congratulations to the Color Ball Honorees!

*This year we'll be honoring:*

**Champion of the Year:**  
Dr. Michael S. Krelstein, MD

**Business Champion:**  
Thrivent Financial

**Lifetime Champion:**  
Margaret and Jim England

**Stigma Buster:**  
Judi Holder,  
RI International

**Advocate Champion:**  
Project Enable BPSR Wellness &  
Recovery Center



13<sup>TH</sup> ANNUAL NAMI SAN DIEGO  
**Color Ball**  
INSPIRATION AWARDS

GET YOUR TICKETS NOW!  
Sponsorships Available

WEDNESDAY, OCTOBER 19, 2016 at 5:30pm  
SAN DIEGO AIR & SPACE MUSEUM in Balboa Park

Together we will reach the stars.

Help us raise awareness and provide free support and education to San Diegans affected by mental illness.

 **NAMI** San Diego information@namisd.org 858.634.6580 www.NAMIsandiego.org

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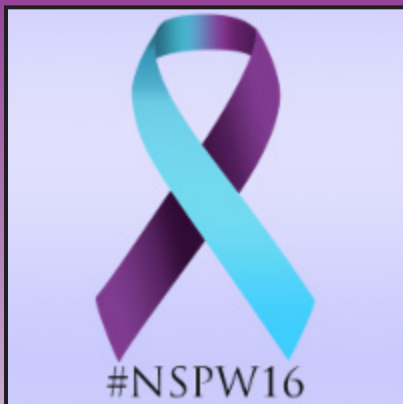
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## National Suicide Prevention Week



**September 5-11, 2016**

National Suicide Prevention Week (NSPW) is an annual week-long campaign to inform and engage health professionals and the general public about suicide prevention and warning signs of suicide. It draws attention to the problem of suicide in the United States and strives to reduce the stigma surrounding the topic,

as well as encourage the pursuit of mental health assistance and support people who have attempted suicide.

**If you need information about how to handle a mental health crisis, you can talk to a trained counselor who can help with your specific situation. Call the Access and Crisis Line at 1-888-724-7240. The toll-free call is available 24-hours a day, 7-days a week. ( TDD for the hearing impaired: 619-641-6992.)**

## CONTACT US

1 (858) 634-6580

1 (800) 523-5933

[www.asknamisandiego.org](http://www.asknamisandiego.org)

[information@namisd.org](mailto:information@namisd.org)

[www.namisandiego.org](http://www.namisandiego.org)



# Education & Advocacy

THURSDAY, SEPTEMBER 1st

**TOPIC:** Dr. Theresa Larson

Theresa Larson was a Marine Lieutenant commanding an entire platoon in Iraq while internally struggling with an eating disorder. Her courageous journey to wellness required the bravery to ask for help, to take care of herself first. She is now the founder of Movement Rx, a physical therapy and wellness company that offers support to wounded warriors and individuals with health and movement issues.

**SCHEDULE**

6:30 p.m. Program  
7:30 p.m. Ask the Doctors

**LOCATION**

University Christian Church,  
Friendship Hall  
3900 Cleveland Ave.  
San Diego, CA 92103

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## MARTES, 20 de Septiembre | 20 de Septiembre

6:00 p.m. - 7:30 p.m.  
"Preguntas al profesional" 6:00 p.m. - 7:00 p.m.  
Presentacion Comunitaria 7:00 p.m. - 7:30 p.m.

**Locación**

Health and Human Services Agency at 690 Oxford Street,  
Chula Vista, CA 91911 (primer piso)  
Preguntas? Por favor de comunicarse con  
Cinthya al 619-688-0507

Want to learn more about our Spanish Education & Advocacy Meetings? **Please contact Cinthya Luis at 619-688-0507**

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## THURSDAY, OCTOBER 1st | October E&A Meeting

**TOPIC:** Family Support

Join family members, peers, professionals and community volunteers to learn more about how NAMI San Diego supports families!

**SCHEDULE**

6:30 p.m. Program  
7:30 p.m. Ask the Doctors

**LOCATION**

University Christian Church,  
Friendship Hall  
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.

Board of Directors  
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The NAMI San Diego Newsletter is a monthly publication of:  
NAMI San Diego  
5095 Murphy Canyon Road, Suite 320  
San Diego, CA 92123  
Telephones:  
1 (619) 543-1434 (Helpline)  
1 (800) 523-5933 (Helpline)  
1 (858) 634-6580 (Administration)  
1 (858) 634-6585 (Fax)  
Email: [information@namisd.org](mailto:information@namisd.org)  
Website: [www.namisaniego.org](http://www.namisaniego.org)

Articles received by the 15th will be considered for publication in the following month's newsletter. Send articles to: [newsletter@namisaniego.org](mailto:newsletter@namisaniego.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](mailto:newsletter@namisd.org). Thank you.



# Volunteer Opportunities!

NAMI San Diego is looking for energetic and dedicated volunteers to work on our community outreach Helpline, the 13th Annual Color Ball and Inspiration Awards, and our new Side by Side program!

## HELPLINE VOLUNTEERS

By volunteering for the helpline, you will be providing resources and support to family members and peers dealing with mental illness who call between 10a.m. and 4p.m., Monday through Friday.

**To become a NAMI volunteer, contact our Helpline Coordinator at 858-634-6580.**

## 13th ANNUAL COLOR BALL VOLUNTEERS

Our annual fundraising event will take place on Wednesday, October 19, 2016. We are looking for those interested in being part of the Volunteer Silent Auction Committee and/or volunteer day of the event.

**To volunteer for the Color Ball please contact Kristine at [KristineFisette@NAMISD.org](mailto:KristineFisette@NAMISD.org).**

## SIDE BY SIDE PEER COMPANION PROGRAM

If you are someone with direct lived experience with mental health challenges, or a family member of someone with direct lived experience, and you wish to share your journey by being a supportive companion then Side by Side is for you! Companions are matched with individuals with direct lived experience with mental illness (program participants). Through these matches, companions and program participants will have the opportunity to choose to meet up and go to the beach, check out a local museum, grab a cup of coffee, talk, and more!

**For more information, please contact Cinthya Luis, Side by Side Peer Companion Program Coordinator at 619-688-0507 or [cinthyaluis@namisd.org](mailto:cinthyaluis@namisd.org).**



# NEW Family-To-Family Courses!

*This FREE 12 Week course series is taught by trained family members who have lived experience of having a family member diagnosed with mental illness.*

**Location:** Escondido Clubhouse  
474 W. Vermont Escondido, CA 92065

**Start Date:** September 12, 2016

**End Date:** November 28, 2016

**Time:** 6:30 p.m. - 9:00 p.m.

**Location:** Ramona United Methodist Church  
3394 Chapel Lane Ramona, CA 92064

**Start Date:** September 14, 2016

**End Date:** November 30, 2016

**Time:** Wednesdays 6:30 p.m. - 9:00 p.m.

To register for the courses above, please email [F2F@namisd.org](mailto:F2F@namisd.org) with your name, contact phone number, address, email, and which course you would like to register for. If these courses are not a good fit for your schedule or location preference, there will be additional courses added throughout San Diego County (i.e. East, South, North Inland, North Coastal, North Central, and Central regions).

**To sign up for the waitlist, please visit our website at [www.namisaniego.org/event-registration](http://www.namisaniego.org/event-registration), or call the NAMI Family & Peer Support Helpline at (619) 543-1434 or (800) 523-5933.**

## Be A Part Of CHECK YOUR MOOD 2016!

Check Your Mood is an annual one-week event in which the County of San Diego, local businesses, healthcare agencies, community partner organizations and residents from across the county come together to provide and participate in free, confidential depression screenings for the community. This year's Check Your Mood week will be on Monday, October 10, 2016 through Sunday, October 16, 2016.

**FOR MORE INFORMATION, PLEASE CONTACT Loren Goldstein at [Loren.Goldstein@sdcounty.ca.gov](mailto:Loren.Goldstein@sdcounty.ca.gov) or Alexis Munoz at [Alexis.Munoz@sdcounty.ca.gov](mailto:Alexis.Munoz@sdcounty.ca.gov).**

## Children, Youth & Families Liaison Program

Are you a parent, youth (age 25 or younger) or professional involved in Child, Youth & Family Behavioral Health Services, foster care, child welfare services, juvenile justice, special education, or transitional age youth population?



**To become a NAMI San Diego ally, email [SuzetteSouthfox@NAMISD.org](mailto:SuzetteSouthfox@NAMISD.org) to join the Children, Youth & Family Liaison to join our alert list.**

## NAMI Homefront Education Program



NAMI Homefront is a free, six-session education program for family, friends and significant others of Military Service Members and Veterans with mental health conditions. It focuses on the unique needs of military and veteran communities, such as post-deployment and post-discharge transitions. The course is designed to help family members understand and support their

loved ones while maintaining their own well-being. The trained teachers of this course are also family members who have experience with military culture and know what it is like to have a loved one living with mental illness.

**Call the NAMI Education Department at (858) 634-6461 or email [f2f@namisd.org](mailto:f2f@namisd.org).**

## The National Alliance for Caregiving is proud to present On Pins and Needles: Caregivers of Adults with Mental Illness

On Pins and Needles: Caregivers of Adults with Mental Illness is a study of 1,601 caregivers ages 18 or older who provide care to an adult with serious-to-moderate emotional or mental health issues. The purpose of this study is to describe the experiences and challenges of this targeted subset of caregivers. It is estimated that at least 8.4 million Americans provide care to an adult with an emotional or mental health issue especially vulnerable, as they face complex, high burden care situations, resulting in higher caregiver stress and strain. The study found that a combination of stigma and isolation has implications on the caregiver's well-being: 74% report feeling high emotional stress. This emotional burden and constant feeling of being "on pins and needles" can lead to physical health impacts for the caregiver. **For the full report, please visit [NAMISanDiego.org](http://NAMISanDiego.org).**

# Know Your Rights: Parity for Mental Health and Substance Use Disorder Benefits

There is now a United States law stating that certain health plans must cover mental health and substance use (MH/SU) services comparably (in a similar way) to medical and surgical care, or what most people refer to as physical health. Many simply refer to the requirement of the law as parity.

You have the right to call your plan and request information about your benefits. Sometimes a different company manages your mental health and substance use benefits than the one that manages your physical health benefits. For example, this may be another insurance company. You are entitled to information about your plan regardless of who manages it. There are many ways to learn about your mental health and substance use benefits:

**For more about the Federal parity law, go to the Department of Labor (DOL) Mental Health Parity page at [www.dol.gov/ebsa/mentalhealthparity](http://www.dol.gov/ebsa/mentalhealthparity) or call toll-free at 1-866-444-3272 to speak to a DOL benefits advisor.**



**Tuesday, September 27 from 6:00p.m. - 8:00p.m.  
5095 Murphy Canyon Road, San Diego, CA 92123**

This summer, San Diego County's Family Youth Liaison services transitioned to NAMI San Diego. Just as NAMI San Diego has a three-fold mission; the Child, Youth & Family Liaison provides education, support and advocacy through parent & provider workshops, training, speakers, focus groups, blogs, and webinars. Our liaison connects with and supports families involved in Child, Youth & Family Behavioral Health Services as well as families engaged in Child Welfare Services, Juvenile Justice System, Foster Care or Special Education.

We are closing our parking lot and hosting an array of food trucks, live music, and children's activities! Meet the Children, Youth & Family Liaison Team and tour the Community Lab where trainings are developed for providers, children, youth and families. Join us to socialize, celebrate and network! **RSVP to [SuzetteSouthfox@NAMISD.org](mailto:SuzetteSouthfox@NAMISD.org)**



**Directing Change  
Film Screening**

## Directing Change

Come view inspiring short films produced by students across California. These films address the important topics of suicide prevention and ending the silence of mental illness. The 2016 winners and the San Diego participants will be recognized as we kick off the next season. Come celebrate with us and help break the stigma! Doors open at 6pm for reception, screening begins at 6:30 pm.

**WHEN:** Wednesday, September 14, 2016 - 6:00 p.m. to 7:30 p.m.

**WHERE:** e3 Civic High - 395 11th Avenue, 6th Floor, San Diego, CA 92101

**PARKING:** Two free hours of parking is available with validation:

Parking located underneath the Central Library (enter the structure off of 11th Avenue). Validation at the e3 Reception Desk located on the 6th Floor. Each additional 20 minutes of parking is \$1.25. Private, secured entrance for e3 Civic High is located on the corner of 11th Avenue and J Street. From the parking level, go up one level to the ground and e3's entrance is located to the north.



Limited seating available for this FREE event. Please RSVP [www.directingchange.eventbrite.com](http://www.directingchange.eventbrite.com)

For more information, please contact Kristine Fissette at [kristinefissette@namisd.org](mailto:kristinefissette@namisd.org) or call 858-634-6580

# Family Meeting Schedule & General Support Groups

## (Adults 18 and older)

### FAMILY SUPPORT GROUPS IN ENGLISH

#### **Brawley**

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

#### **Clairemont**

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

#### **East County**

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

#### **Escondido**

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

#### **Imperial Valley**

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

#### **La Mesa**

1st Tuesday, 6:30p.m. - 8:00p.m.  
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 - 7:00p.m. - 8:30p.m.  
Ramona United Methodist Church  
3394 Chapel Lane, Ramona, 92065  
Contact: (619) 543-1434 or  
(800) 523-5933

#### **Rancho Bernardo**

3rd Monday, 7:00p.m. - 9:00p.m.  
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, 11:30a.m. - 1:00p.m.  
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, 6:30p.m. - 8:30p.m.  
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, 6:00p.m. - 8:00p.m.  
Otay Mesa Library  
3003 Coronado Ave.  
San Diego, 92154  
Contact: Gina Osuna (619) 288-3133

#### **South Bay**

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

#### **South San Diego**

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

### EDUCATION & ADVOCACY MEETINGS

#### **NAMI San Diego**

1st Thursday, 6:30p.m. - 8:30p.m.  
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 - 7:00p.m. - 8:30p.m.  
Support Group - 8:30p.m. - 10:00p.m.  
St. Michael's by the Sea  
Episcopal Church  
2775 Carlsbad Blvd, Carlsbad, 92008  
Contact: (760) 722-3754  
info@naminorthcoastal.org

### TOPIC SUPPORT GROUPS

#### **Borderline Personality Disorder Informational Meetings**

1st Thursday, 6:30p.m. - 9:00p.m.  
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, 6:00p.m. - 7:30p.m.  
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, 7:00p.m. - 9:00p.m.  
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, 6:30p.m. - 8:00p.m.  
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, 6:00p.m. - 7:30p.m.  
NAMI San Diego Headquarters  
5095 Murphy Canyon Road, Suite #320  
San Diego, 92123  
Contact: (619) 688-0505 or  
(619) 670-1184



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 and relaxed environment where you can share the challenges and successes you've had while coping with mental illness.

**Mental Health America**

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

**East County Mental Health Clinic**

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

**Central Library**

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

**Mariposa Clubhouse**

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

**En Espanol**

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

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

3rd Thurs. of the month 5:30p.m.-6:30p.m.  
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: 9:00a.m.-5:00p.m.

**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: 8:00a.m.-5:00p.m.

# 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: Mon. - Fri.: 8:00a.m-4:00 p.m.  
Evenings/Weekends - Call for Schedule

**Casa Del Sol Clubhouse (Bilingual)\***

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

**Corner Clubhouse**

2864 University Ave.  
San Diego, 92104  
Phone: (619) 683-7423  
Hours: Mon. - Fri.: 8:00a.m.-4:00p.m.

**East Corner Clubhouse\***

1060 Estes Street  
El Cajon, 92020  
Phone: (619) 631-0441  
Hours: Mon. - Fri.: 8:00a.m.-4:00p.m.

**Eastwind Clubhouse**

**UPAC Eastwind Center**  
8745 Aero Drive, Suite #101  
San Diego, 92123  
Phone: (858) 268-4933  
Hours: Mon. - Fri.: 8:30a.m.-5:00p.m.

**Escondido Clubhouse\***

474 W. Vermont Ave.  
Escondido, 92025  
Phone: (760) 737-7125  
Hours: Mon. - Fri.: 8:00a.m.-4:30p.m.

**Mariposa Clubhouse\***

560 Greenbrier Drive, Suite C-E,  
Oceanside, CA 92054  
Phone: (760) 439-2785  
Hours: Mon. - Fri.: 8:00a.m.-4:30p.m.

**Friends In Hand Clubhouse**

144 Copper Ave.  
Vista, 92083  
Phone: (760) 631-2206  
Hours: Sat. & Wed. 11:00a.m.-4:00p.m.

**Friend-to-Friend Program\***

(Serving the homeless)  
2144 El Cajon Blvd.  
San Diego, 92104  
Phone: (619) 955-8217  
Hours: Mon. - Fri.: 8:00a.m.-4:00p.m.  
API Discovery Clubhouse

**Alvarado Parkway Institute**

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

**The Meeting Place, Inc.\***

2553 State Street  
San Diego, 92101  
Phone: (619) 294-9582  
Hours: Mon. - Fri.: 8:00a.m. - 4:00p.m.

**The Oasis Clubhouse**

Serving Transitional Age Youth (Ages 16-25)  
6153 Fairmont Ave.  
San Diego, 92120  
Phone: (858) 300-0470  
Hours: Mon. - Fri.: 9:00a.m.-6:00p.m.

**NHA - Friendship Clubhouse**

286 Euclid Ave., Suite #104,  
San Diego, 92114  
Phone: (619) 263-6269  
Hours: Mon. - Fri.: 8:30a.m.-5:30p.m.

**Visions**

226 Church St.  
Chula Vista, 91910  
Phone: (619) 420-8603  
Hours: Mon. - Fri. 12:00p.m.-7:00p.m.  
Saturdays & Sundays: 12:00p.m.-5:00p.m.  
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: Mon. - Fri.: 8:30a.m.-12:00p.m.  
Saturdays & Sundays: 1:00p.m.-5:00p.m.

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



# NAMI San Diego

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

*Return Service Requested*



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Help us raise awareness and provide free support and education to San Diegans affected by mental illness.



**NAMI San Diego**

information@namisd.org 858.634.6580 [www.NAMIsandiego.org](http://www.NAMIsandiego.org)

